

# SMART Health

AUGUST 2019

## It's Quitting Time for SITTING

**The human body is designed to move.** Yet, many Americans spend at least half their waking time sitting — in cars, on sofas and in front of phones, TVs and computers. Sitting too much is now a recognized health hazard.

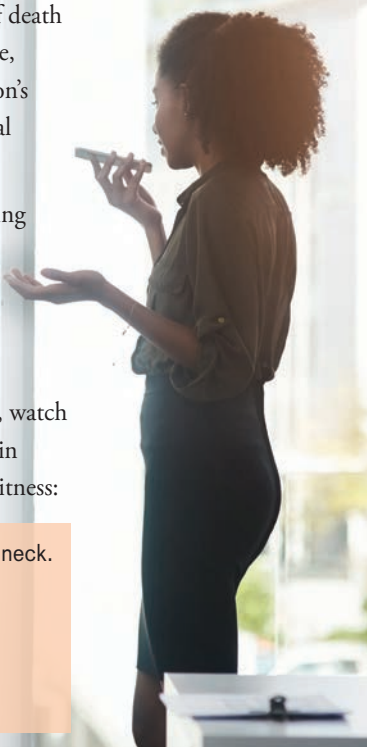
**What's too much?** Sitting for 6 or more hours a day increases your risk of premature death by 19%, compared with people who sit fewer than 3 hours, according to research by the American Cancer Society last year. The 21-year study followed more than 127,000 people who had no major chronic diseases when they joined the group; during the study (1993-2014) nearly 49,000 died.

**Those reporting the most leisure time sitting** had higher risks of death from numerous medical conditions, including cancer, heart disease, stroke, diabetes; kidney, lung, liver and digestive diseases; Parkinson's disease; Alzheimer's disease; nervous disorders; and musculoskeletal disorders.

**The hunched position we assume while sitting** at a desk or driving for long periods constricts the muscles, causing tension, fatigue and pain. To decrease the daily discomfort and long-term health risks of inactivity, loosen up: Take frequent, short movement breaks throughout your day.

**Make a habit of standing up as often as possible** — as you read, watch TV or talk or text on your phone, or to walk around. Learn to fit in simple core stretches at your desk. Here's an example from ACE Fitness:

- 1 Stand upright, fingers clasped behind your head; relax your neck.
- 2 Turn your head toward your left elbow.
- 3 Lean your upper body to the right; no bending forward or backward.
- 4 Hold for 30 seconds. Repeat on the opposite side.



### BEST bits

■ **Contact Lens Health Week is August 19 to 23.** If you're 1 of 45 million people in the U.S. who wears contact lenses, stay aware of how to avoid infections and other complications linked to lens wear. Symptoms to watch for: irritated, red eyes; pain in or around your eyes; and sudden blurry vision or discharge. Remove your lenses; if symptoms persist, see your eye care provider. Learn more at [cdc.gov/contactlenses/fast-facts.html](http://cdc.gov/contactlenses/fast-facts.html).



■ **Massage feels good and helps relieve stress.** It can also effectively reduce pain and muscle tension, and is sometimes prescribed along with standard treatments for various medical conditions. Those studied extensively include: pain, cancer, fibromyalgia, insomnia, headaches, joint pain and soft tissue strains or injuries. There are several types of massage, ranging from light to deep pressure. To locate a qualified, effective massage therapist, ask your health care provider.

■ **What is psoriasis?** It's a chronic autoimmune disorder that produces extra skin cells causing scaly, itchy, often painful patches on the skin. Flare-ups are linked to skin injuries, systemic infections, and stress — anything that affects the immune system. It may be inherited but is not contagious; it occurs in 2% to 3% of people. If you have thick patches on your skin, see your health care provider.



**August is Psoriasis Awareness Month.**

Learn more at [psoriasis.org](http://psoriasis.org).

## TIP of the MONTH

### Lighten UP

Sugary drinks and alcohol-based beverages are abundant in the warm months. The trouble is that they easily pack extra calories and added sugars into the diet. Water is a better choice, and it doesn't need to be boring. Try carbonated water, and add flavor with mint leaves, a wedge of citrus, cinnamon sticks, fresh fruit or cucumber slices. Or brew herbal tea and refrigerate for a refreshing cold drink.



“Moderation. Small helpings. Sample a little bit of everything. These are the secrets of happiness and good health.”

— Julia Child

## eating smart

# Growing Teens into Healthy Adults

By Cara Rosenbloom, RD



**Convincing teens to eat well, exercise and get enough sleep is not always easy**, especially when parents are competing with junk food advertising and binge-worthy shows that keep kids on the sofa for hours. And there's still peer pressure to deal with.

**Here are 5 tips to help you positively influence your teen's lifestyle choices as they navigate puberty and growth spurts:**

- 1. Trust them to know their appetite.** They should eat when they are hungry and stop when full. Don't berate them for wanting seconds, or for eating more 1 day than the next — that's normal as they grow.
- 2. Be a role model.** Your teens learn by example. They will mirror your food choices and your commentary on your own body. Eat well and be positive about what you love about yourself. Don't make negative comments about your shape — or theirs.
- 3. Teach moderation.** Teens are independent and make many of their own food choices. That often means fast food, sugary beverages, salty snacks and candy. That's okay sometimes. Explain it in terms they can understand, such as the 80/20 idea: Eat well 80% of the time, and enjoy treats 20% of the time.
- 4. Sleep matters.** How tall your child will be is mostly determined by genetics, but factors such as eating well, getting enough sleep and being active also matter. Human growth hormone is mostly released while a child is asleep, so encourage a normal bedtime.
- 5. Make healthy choices easy.** Keep nutritious grab-and-go snacks on hand for busy teens. Include nuts, fruit, hummus, yogurt, whole-grain crackers, cheese and ready-to-eat vegetables.



**Remember: If teens learn healthy habits at home, they will know how to care for themselves as they blossom into young adults.**

### BBQ Greek Flatbreads

### EASY recipe

- 1 tbsp extra-virgin olive oil
- 2 medium sweet onions, cut in half and sliced thinly
- 4 whole-grain flatbreads or pita
- 2 ripe tomatoes, diced
- 2 tbsp Kalamata olives, pitted and sliced
- ½ cup feta cheese, crumbled
- 2 tbsp freshly chopped mint or oregano

**Preheat** barbecue to medium. **Pour** olive oil onto 12-inch piece of aluminum foil. **Add** onions to foil and fold over sides to form a closed pouch. **Grill** 15 minutes until onions are browned. **Place** flatbreads on a barbecue-safe baking sheet. **Top** with onions, tomatoes, olives and feta cheese. **Grill** on sheet 5 minutes until cheese softens. **Top** with mint or oregano; slice and serve warm.

**Makes 4 servings. Per serving:**

226 calories | 13g protein | 10g total fat | 3g saturated fat | 4g mono fat | 3g poly fat | 25g carbohydrate | 4g sugar | 10g fiber | 421mg sodium

# Indulge in Time for YOU

If life-work balance seems elusive, maybe you're trying too hard.

**Tightly scheduling your work week can produce stress — but making room for unplanned leisure helps relieve stress.**

Give yourself time to recharge and even improve mental health.

You'll likely boost creativity, too, according to INSEAD business school professor Manfred Kets De Vries.

Five me-time tips:

- ❶ **Indulge in what rejuvenates.** Whether it's a hot bath, meditation or riding a bike, don't feel guilty when you aren't busy.
- ❷ **Go for a walk.** Walking is great exercise, but just taking a leisurely stroll can boost your mood, according to American Psychological Association research.
- ❸ **Relax about family time.** Be spontaneous and in the moment instead of always relying on formal plans for family activities. Cook a meal, visit a local park or play a game together.
- ❹ **Connect with nature.** Take time to watch clouds, stars and birds in flight. Connecting with sights and sounds of nature increases the sense of well-being, according to University of California research.
- ❺ **Spend time with your pet.** Relaxing with your pet can lower stress hormone levels. Pennsylvania State psychologists found simply being around a dog dampens stress responses.



“Happiness is not something you postpone for the future; it is something you design for the present.”

— Jim Rohn

📖 **Are you gaining weight but aren't sure why?**

Research suggests extra weight can result from eating and snacking more than you realize because you're distracted — for example, eating while watching TV or working. The solution is mindful eating. Pay attention to food — how it looks, tastes and smells — instead of multi-tasking at mealtime.

## Benefits of Learning a New Language

**More than ever before, the world is a global community.** And learning a new language makes communicating with people in other countries (in person or virtually) easier.

**While acquiring a second or third language is more difficult** for most adults than it is for youngsters, you can learn a new language at any age by taking community classes or online courses.

**Becoming bilingual or multilingual can make traveling more enjoyable,** improve

your thinking abilities and work skills and benefit your kids, too.

**More benefits of learning a new language:**

- ❖ **In the 21st century, speaking to international associates** and clients in their own language builds trust and reduces misunderstandings. Learning another language may open opportunities to work and potentially live in other countries, too.
- ❖ **Learning a new language can strengthen brain cell connections,** and studies show that

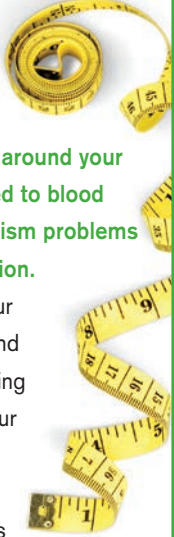
it can boost overall memory, according to Penn State researchers. What's more, studies of older bilingual speakers indicate speaking more than 1 language may help stave off Alzheimer's disease and other dementias.

- ❖ **When adults learn and speak a new language at home,** their kids can benefit by picking up the second language easily. Concordia University found bilingual children potentially have better problem-solving skills.



It's the little details  
that are vital.  
Little things make  
big things happen.

— John Wooden

 Excess fat around your  
middle is linked to blood  
sugar metabolism problems  
and inflammation.

To measure your  
waist, exhale and  
wrap a measuring  
tape around your  
bare abdomen  
above your  
hipbone. This is  
your **waist circumference**.

A man's waist larger than  
40 inches and a non-pregnant  
woman's waist measuring  
more than 35 inches may  
indicate risk for high blood  
pressure, type 2 diabetes  
and heart disease, according  
to the CDC. Learn more at  
[cdc.gov/healthyweight/  
assessing/index.html](https://www.cdc.gov/healthyweight/assessing/index.html).

Take care of yourself,  
be healthy, and always  
believe you can be  
successful in anything  
you truly want.

— Alessandra Ambrosio

# Don't Shrug Off Shoulder Pain

**Your shoulder joint is the most mobile joint in your body.** It's composed of several bones: clavicle (collarbone), scapula (shoulder blade) and humerus (upper arm bone) — all anchored by muscles, ligaments and tendons forming the rotator cuff, and moving it up and down and side to side. No wonder it's subject to many injuries and ailments, especially as we age.

**Common causes of shoulder pain include:** rotator cuff tendinitis, arthritis, torn cartilage, torn rotator cuff, a pinched nerve in the neck or shoulder, dislocation of the shoulder out of its socket and frozen shoulder (a common cause of pain and stiffness in people in their 40s, 50s and 60s). If you injure your shoulder, you may feel serious pain and lose the ability to move freely.

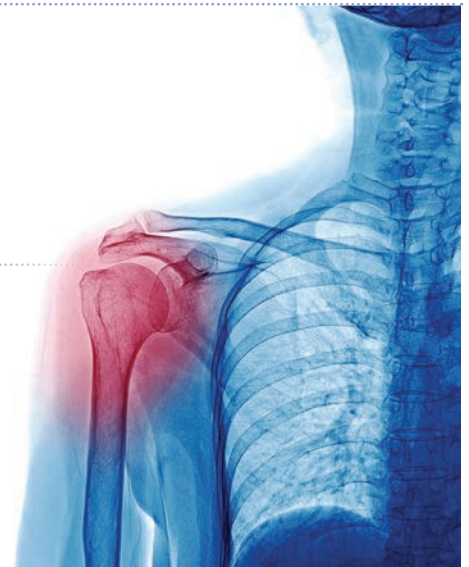
**See your health care provider promptly if you have:**

- Shoulder pain due to injury.
- Intense or ongoing shoulder pain.
- Inability to use your shoulder or raise your arm.
- Sudden swelling or stiffness.
- The arm or hand is weak or numb.

**Practical tips to reduce shoulder pain and injury:**

- Stay fit and use good posture.
- Warm up before exercise, sports or other activities.
- Lift weights the right way; don't lift too much.
- Follow the rules for safe lifting.
- Don't strain to reach overhead or behind you.
- Avoid stressful upper body activity if you have shoulder weakness.

**If your health care provider prescribes it, physical therapy is effective for recovering shoulder strength and health.**



## EXPERT advice

— Elizabeth Smoots, MD, FAAFP

### Q: Causes of sudden, persistent weight gain?

**A: Fluid retention is the most common cause of sudden weight gain.** It usually comes as quickly as it goes. Persistent fluid retention can signal heart, liver or kidney disease.



**Other conditions that may quickly pile on the pounds:** Diabetes and low thyroid function are often associated with weight gain, usually along with muscle weakness and fatigue. People with Cushing's syndrome make too much cortisol, resulting in fatty deposits in the face, neck, trunk and abdomen. Pregnancy may be a possibility in premenopausal women.

**Medications linked to added weight:** Certain hormone treatments, birth control pills or corticosteroids have weight gain as a side effect. The same for beta blockers taken for high blood pressure, or tamoxifen used for breast cancer. Other drugs associated with weight gain include antidepressants, antipsychotics, seizure drugs, and insulin or sulfonylureas for diabetes. See your health care provider if weight gain persists, no matter if it's sudden or gradual.

# Swallowing Tips

By Elizabeth Smoots, MD, FAAFP

**Many people experience trouble swallowing if they eat too fast or don't chew enough.** But repeated problems with swallowing, called **dysphagia**, can signal a medical condition that needs to be addressed. Symptoms to watch for include painful or difficult swallowing, drooling, hoarseness, frequent heartburn, food regurgitation or coughing when swallowing. Older people and those with nervous system disease are at increased risk for dysphagia.



**Several underlying causes:** Stricture or narrowing of the lower esophagus may result from gastroesophageal reflux disease (GERD). Other common reasons for dysphagia include spasm or poor coordination of esophageal muscles, esophagitis, throat pouches, foreign bodies, tumors, radiation or scleroderma. Trouble with swallowing can lead to poor nutrition, choking or pneumonia.

**Call 911 if you have difficulty breathing.** Go to the emergency room if food becomes lodged in your throat or chest. Signs you need to see your health care provider include recurrent or persistent swallowing problems, weight loss, vomiting or food regurgitation.

**Swallowing self-care tips:** Take smaller bites. Eat slowly and chew your food well. Use a pill splitter on medications if OK'd by your health care provider or pharmacist. If you have GERD, get it treated early to reduce your esophageal stricture risk. Receiving good medical care can often make dysphagia easier to manage.

## EXPERT advice

— Eric Endlich, PhD

### Q: What is reverse SAD?

**A: Fall and winter sometimes trigger a type of depression called seasonal affective disorder (SAD).** But a few people experience reverse (summer) SAD in the spring or summer with insomnia, reduced appetite, weight loss, anxiety or agitation.

**Sunlight influences** our biological clocks, serotonin levels, and melatonin production, which in turn impact mood and sleep. Heat

and humidity may also contribute to summer SAD. Risk factors include family history of the disorder, past depression or anxiety and living near the equator.

**Some people don't know that they have this little-known condition** and may receive other diagnoses. Sufferers improve with antidepressants or summer trips to cooler climates (without air conditioning).

**Though typically mild, the condition can worsen, leading to:**

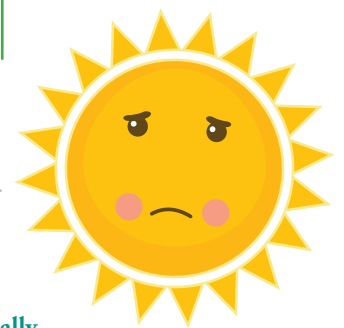
- Social withdrawal.
- School or work problems.
- Substance abuse.
- Eating disorders.
- Suicidal thoughts or behavior.

**Professional treatment** can reduce SAD symptoms and improve functioning.



“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, ‘I lived through this horror. I can take the next thing that comes along.’”

— Eleanor Roosevelt



## Savings Mistakes You Can Fix

Everyone wants to save money whenever they can. While this is wise, sometimes spending money pays off more than trying to save it:

**Routine maintenance** — in many cases, autos are the second largest expense in budgeting. It pays off in the long run to keep up with routine maintenance. Oil changes, tire rotation, engine maintenance: Preventive maintenance is a lot cheaper than fixing damage.

**Medical checkups** — whether it's the medical doctor or dentist, skipping routine appointments can be costly. Regular teeth cleanings are less expensive than cavity fillings or crowns. Hospital care is substantially more expensive than routine checkups.

**Skimping on value** — while a house brand may cost less than a name brand, it pays to look at quality. If you save money buying a cheaper product only to have it break the first time you use it, it is more cost effective to spend more on a name brand.

**BOTTOM LINE:** Recognize your necessities and don't skimp on them just to save a buck. It could cost you more in the long run.



## safety solutions

# 7 Hidden Beach Dangers

A day at the beach can be filled with fun, but take precautions:

**1 Contaminated sand.** Sand is filled with bacteria, including *E. coli*, which thrives at the beach. Always wash your hands before eating and immediately after leaving the beach.

**2 Sand submersions.** Sadly, many people, mostly children, have suffocated as a result of man-made holes collapsing on them. Victims can become completely submerged and drown in sand in a matter of minutes. Don't allow children to dig deep holes (deeper than their knees), and fill in the holes before you leave.

**3 Riptides or rip currents.** Rip currents usually occur near stationary objects, such as jetties, reefs or piers. If you're caught in a rip current, you will feel the water pulling you out to sea. Don't fight the current. Instead swim parallel

to the shore until you're out of it. If you can't, tread water and signal for help.

**4 Stingrays.** These creatures are often hard to see since they usually bury themselves under the sand near coastal shorelines. If you step on a stingray's tail, you could be subject to pain and irritation caused by a small poisonous barb at the end of it. **Tip:** Shuffle your feet to alert the fish and they'll usually swim away.

**5 Phytoplankton and jellyfish.** Both can produce toxins that can cause itching and burning if you come in contact with them.

**6 Sharks.** Shark attacks are rare, but they do happen. Reduce your risk by staying close to the shoreline and in groups. Avoid being in the water at twilight or in the dark. Don't enter water

### BEACH WARNING FLAGS

- Blue:** low to medium hazards.
  - Yellow:** medium hazards — weak swimmers are discouraged from entering water.
  - Red flag/double red flag:** high hazard — all swimmers discouraged from entering water/water closed.
- Other warning flags can include** flags for marine pests (jellyfish, etc.), watercraft areas and offshore winds.

with shiny jewelry (reflected light resembles fish scales) or if you are bleeding from a wound.

**7 Water quality and surf.** Pay attention to beach advisories. If high levels of bacteria or strong currents are in the water, a beach advisory will go into effect. Know what the flags mean and heed the warnings.



## Smart Online Habits

**Posting an office lunch photo on social media is harmless, right?** Not really. Your workplace may have specific rules about posting online.

- ❖ **LEARN** your employer's social media policies and adhere to them.
- ❖ **CHECK** your privacy settings on your social networks.
- ❖ **ASK** people if they want their photos to appear online before posting and tagging them.
- ❖ **USE** strong passwords and change them often. Don't use the same password for multiple accounts.
- ❖ **WATCH** what you post online — it will stay there.

- ❖ **DON'T** click on links or open files unless you know they are from a trusted source. Even then, check verbally with the trusted source before clicking on it if you weren't expecting the file or document.
- ❖ **DON'T** assume a Wi-Fi hotspot is secure. Most are not, and other people using the network can see what you see and send. If you use an unsecured network or a site that's only encrypted on its sign-in page, you are opening up yourself, and your personal data, to potential hackers.
- ❖ **SIGN** out of accounts after you are finished.

# Vaccinations at Every Age

You never outgrow your need for protection against disease. Routine screening and immunizations are primary health goals for everyone. Several vaccines are needed in childhood. Adults also need them to prevent some illnesses, such as tetanus and influenza, or when traveling abroad to high-risk countries.

**No. 1 reason to vaccinate:** The immediate benefit is individual immunity — it provides long-term protection against serious, often life-threatening diseases.

**The secondary benefit:** To prevent epidemics of serious diseases around the globe and eventually eradicate them. Because of vaccination, smallpox no longer exists in the U.S. and polio may soon be gone worldwide; diphtheria and whooping cough have been reduced to very low levels. But beyond our borders some diseases are still common, and travelers can be exposed to or bring these diseases into the U.S.

**For normal-risk adults,** the CDC recommends the following immunizations. The number of vaccine-preventable diseases keeps growing as researchers learn more about what causes them. People at increased risk may need earlier or more frequent screenings based on their health care provider's advice.



Hepatitis A .....	2 or 3 doses if at risk
Hepatitis B .....	2 or 3 doses if at risk
Human papilloma virus (HPV) .....	2 or 3 doses (depending on age at first vaccination)
Influenza.....	1 dose every year
Measles/mumps/rubella .....	1 or 2 doses if at risk
Meningococcal meningitis .....	1 or more doses if at risk, as advised
Pneumococcal PCV13 .....	1 dose
Pneumococcal PPSV23 .....	1 or 2 doses as advised
Tetanus/diphtheria/pertussis.....	Tdap 1 dose; Td booster every 10 years
Varicella (chickenpox) .....	2 doses if at risk
Zoster (shingles).....	2 doses at 50 or older



**FLU VACCINE STATS:**

The CDC reported that flu shots in 2018 were estimated to prevent 7.1 million illnesses, 3.7 million medical visits, 109,000 hospitalizations and 8,000 deaths.



**For ages 18 years and younger,** review the 2019 immunization recommendations with your child's provider. Learn more at [cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html](https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html).

**Some parents worry about the side effects of immunizing.** Vaccines build immunity by imitating an infection that causes your system to produce antibodies to the disease. Vaccination can sometimes cause minor symptoms, such as fever; this is normal and expected as the body builds immunity to the disease. Serious reactions are rare.

**Not immunizing puts children at risk for contracting serious disease.** And it can result in a resurgence of some diseases, most recently measles and whooping cough. Questions? Learn more from your child's health care provider now. Request a vaccination record form to keep your kids safely immunized, on schedule.

# oswald™

Focus Forward

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## DR. ZORBA'S corner

### Weight loss is tough. Really tough.

We know that losing weight reduces your risk of developing diabetes, heart disease and stroke. Now, research published in March indicates that losing weight can decrease migraines. Researchers reviewed 473 patients in 10 studies. It didn't seem to matter how overweight the patients were or how much weight they lost — what mattered was that they were shedding the pounds by changing their lifestyle or having surgery. **My suggestion:** Adopt habits that will cut those needless calories — no sugary beverages (drink water instead), and read Nutrition Facts labels. These changes matter.  
— Zorba Paster, MD

## August Fill-in-the Blank Puzzle

Find out how well you know the topics covered in this issue of the newsletter.

- 1 In the U.S., 45 million people wear \_\_\_\_\_.  
(2 words)
- 2 Concordia University found that \_\_\_\_\_ children potentially have better problem-solving skills.
- 3 Another name for the shoulder blade is \_\_\_\_\_.
- 4 Seasonal affective disorder is a type of \_\_\_\_\_.
- 5 The most common cause of sudden weight gain is \_\_\_\_\_ retention.
- 6 \_\_\_\_\_ is name of a medical condition characterized by repeated problems swallowing.
- 7 A beach flag colored \_\_\_\_\_ warns weak swimmers to not enter the water.
- 8 People need 2 doses of the Zoster (shingles) vaccine at age \_\_\_\_\_ and older.

### Stay in Touch. Keep those questions and suggestions coming!

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