

HOPE

HEALTH LETTER



VOL. 29, NO. 6

“An ounce of prevention is worth a pound of cure.”

JUNE 2009

© HHI

DIABESITY

The latest word on diabetes and obesity

The link between type 2 diabetes and obesity is so strong that a new term — **DIABESITY** — is becoming common.

The good news is that losing weight and increasing your activity level can help prevent diabetes or slow it in its tracks if you already have diabetes.

Just a small weight loss (5, 10, or 15 pounds) can have a big impact. Small changes in your diet can also make a big difference. Eating just 100 calories less than you need every day can trim off 10 pounds over the course of a year.

You can evaluate your overall risk for diabetes and heart disease online at CheckUp America (www.diabetes.org.) The interactive site also has a Body Mass Index (BMI) calculator that can help you determine a healthy body weight for your height.

Source: American Diabetes Association



Going shopping?

You've probably heard that using smaller plates can help you eat less. Apparently the same principle applies when it comes to shopping.

If you want to spend less, carry a basket or use a small cart instead of the large carts available at supermarkets.

People buy roughly 30% more items when they shop with a big cart. And the bigger the cart, the more likely you'll be to stock up on unnecessary items.

Source: *Buyology: Truth and Lies About Why We Buy*, by Martin Lindstrom, Doubleday, a Division of Random House

How to stay positive when times are tough

see page 6...



What's Inside...

• What's on your plate?	Page 2
• School's out	Page 3
• Healthy Bites	Page 4
• Tips for traveling with pets	Page 6
• Drug interactions	Page 7
• Fireworks safety	Page 8

WHAT'S ON YOUR PLATE?

How to enjoy fruits and vegetables at every meal

BREAKFAST

- Top French toast or waffles with berries or slices of banana or kiwi fruit.
- Fill an omelet with mushrooms, peppers, onions, zucchini, and spinach.
- Add fresh, canned, or dried fruit to plain yogurt or cereal.

LUNCH

- Replace half the meat in sandwiches with extra slices of tomato and romaine or leafy lettuce.
- Add fruit slices or grapes to any green salad.
- Make a peanut butter sandwich with slices of apple or pear instead of jelly.
- Top a baked potato with broccoli or salsa instead of butter and sour cream.

- Head to a salad bar and fill up on mostly raw, crunchy vegetables.
- Buy or make a bean burrito stuffed with extra vegetables.
- Add your favorite chopped fruits and vegetables to tuna or chicken salad.

DINNER

- Garnish a fillet of sole with grapes, or add pineapple slices to grilled chicken breast.
- Finely chop any type of vegetable in a food processor, then sauté and add to lasagna.
- Stuff a meatloaf with celery, onions, carrots, and lentils.
- Spray vegetables lightly with olive oil and roast them in a 400° oven or grill them on skewers.
- Grill stone fruits like peaches, nectarines, and plums for dessert.

A diet that includes lots of fruits and vegetables may help lower your risk for cancer, heart disease, and type 2 diabetes. The U.S.D.A. Food Guide Pyramid recommends these daily totals for adults:

2½ CUPS VEGETABLES

1 cup raw or cooked, 2 cups raw leafy vegetables, or 1 cup 100% juice count as 1 cup. The size of a fist is equivalent to one cup.

2 CUPS FRUIT

1 cup raw or cooked fruit, 1 medium piece of fruit (the size of a tennis ball), 1 cup 100% juice, or ½ cup dried fruit count as 1 cup.

Source: *5 a Day: The Better Health Cookbook*, by Dr. Elizabeth Pivonka and Barbara Berry, Rodale Books

Penne Pasta with Tomatoes, Garlic, and Basil

Fresh tomatoes and heart-healthy olive oil are the foundation for this simple dish

For the pasta

- 1 lb. penne pasta
- 2 Tbsp. kosher salt
- 1 Tbsp. olive oil

For the sauce

- ⅓ cup extra-virgin olive oil
- 1 oz. fresh basil, stems removed, leaves left whole, dry
- 6 cloves fresh garlic, peeled and sliced thin
- 1 lb. (about 4 medium) Roma tomatoes, cut into ½-inch wedges
- 2 tsp. kosher salt, or to taste
- 1 tsp. freshly ground black pepper, or to taste
- Grated Parmesan cheese as an accompaniment

Boil the pasta in salted water until barely tender, about 10 minutes. Drain and scatter over a baking sheet rubbed with olive oil to halt cooking. Heat oil over medium heat and add basil leaves, then garlic, and sauté until fragrant but not browned. Add tomatoes, salt, and pepper and sauté until tomatoes are soft and heated through.

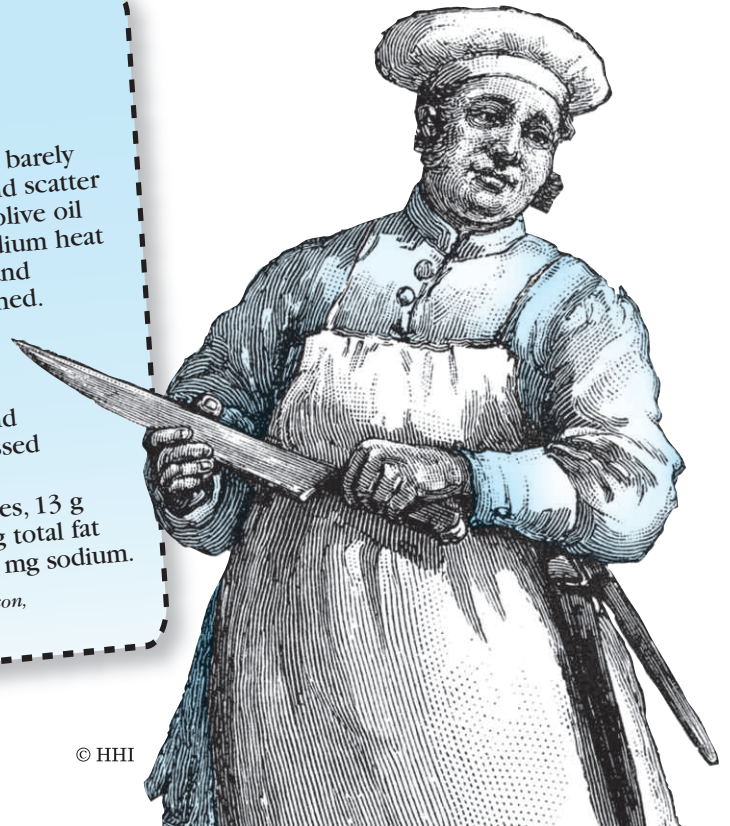
Toss the sauce with the pasta and serve with Parmesan cheese passed separately.

Serves 6. Per serving: 426 calories, 13 g protein, 60 g carbohydrate, 15 g total fat (3 g saturated fat), 4 g fiber, 400 mg sodium.

Source: *West Coast Cooking*, by Greg Atkinson, Sasquatch Books



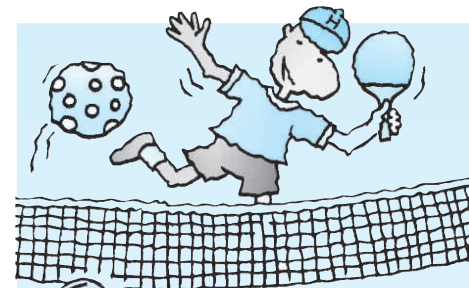
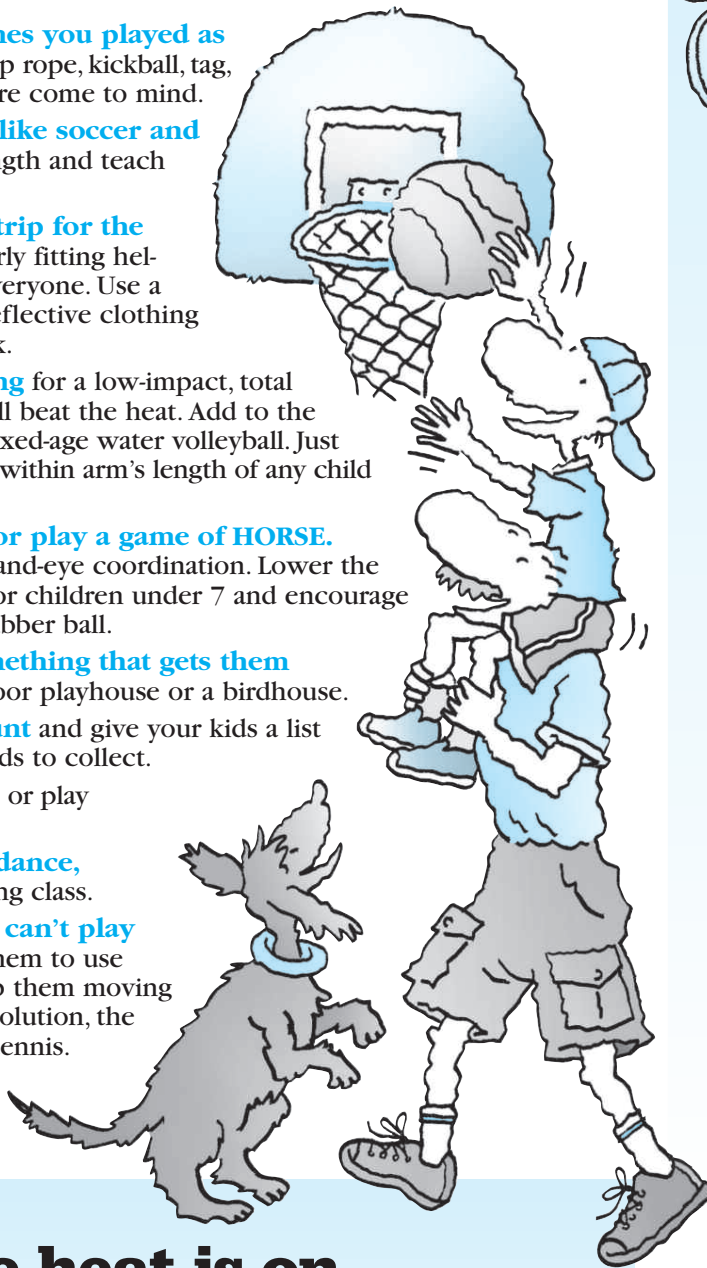
The more chopping needed to prepare a meal, the healthier.



10 SCHOOLS OUT ways to keep your kids moving

1. **Teach them the games you played as a kid:** Hopscotch, jump rope, kickball, tag, Frisbee, and four square come to mind.
2. **Fast-moving sports like soccer and volleyball** build strength and teach teamwork.
3. **Plan a weekly bike trip for the entire family.** Properly fitting helmets are a must for everyone. Use a bike light and wear reflective clothing when riding after dark.
4. **Take them swimming** for a low-impact, total body workout that will beat the heat. Add to the fun with a game of mixed-age water volleyball. Just be sure to always stay within arm's length of any child in the water.
5. **Shoot some hoops or play a game of HORSE.** Basketball develops hand-eye coordination. Lower the height of the basket for children under 7 and encourage them to use a foam rubber ball.
6. **Help kids build something that gets them outside,** like an outdoor playhouse or a birdhouse.
7. **Plan a scavenger hunt** and give your kids a list of local bugs and weeds to collect.
8. **Visit a driving range** or play miniature golf.
9. **Sign them up for a dance, martial arts, or tumbling class.**
10. **On days when they can't play outside,** encourage them to use video games that keep them moving like Dance Dance Revolution, the video bike, or virtual tennis.

Sources: American Council on Exercise; Shape Up America



PICKLEBALL A combination of badminton and tennis that's fun for all ages

If you're looking for a safe summer sport that can be fun for the entire family, pickleball may be the answer. It's played on a badminton court with the net lowered to 34 inches at the center. Players use oversized ping-pong paddles to hit a wiffle ball — a plastic baseball with holes cut throughout. The skills are easy to learn. Beginners are told to “hold the paddle like a spatula and flip the ball like a pancake.” The ball must also bounce once after a serve before it's returned.

Pickleball was developed on a double-wide driveway with a net strung across. The game was named after a family whose dog named Pickle would chase the ball when it went off into the grass.

To find a location near you where you can play pickleball, contact your local parks and recreation department, YMCA, or the U.S.A. Pickleball Association at www.usapa.org.

WORKING OUT When the heat is on

If you exercise outdoors, try to do so early in the morning (before 10 a.m.) or in the evening (after 4 p.m.) when temperatures are cooler and sunburn risk is lower.

Remember to drink a glass of water at least once an hour instead of waiting until you get thirsty. Limit liquids with caffeine, alcohol, and lots of sugar.

Wear loose-fitting, light-colored clothing.

On the hottest days, try walking in an air-conditioned mall, working out in an air-conditioned gym, or switching to water exercise.

Source: U.S. Centers for Disease Control and Prevention

“I'd rather spend four hours with the kids than four hours on the golf course.”

— David Beckham

Doc Talk

POWER TO THE PATIENT

Personalized Prevention

The truth is, not everyone needs an annual physical if they are feeling well. The preventive services you may need depend on your gender, age, family history, and lifestyle. How can you make sure you get the preventive services you need, when you need them, and at the lowest possible cost?

1. When you visit the doctor for a specific reason, like an upper respiratory infection, ask to receive preventive services that might be appropriate, such as a cancer screening. This gives you a “two for” care reason for the visit and saves the cost of an extra visit.
2. When you receive preventive services, ask when you need them repeated — for example, 10 years after a normal colonoscopy, five years after a normal cholesterol test, every year for mammograms for women over age 40.
3. Visit <http://epss.ahrq.gov/PDA/index.jsp> to get a list of personalized recommendations.
4. Look for opportunities to receive preventive services like immunizations, blood pressure checks, and blood tests for cholesterol outside of doctor visits, such as nurse visits at the doctor’s office, pharmacy visits, and health fairs.
5. Keep a record of preventive care you receive — the date, results, and when you need it repeated. A helpful checklist and record can be found at www.ahrq.gov/ppip/adguide/.

Prevention is personal. Make it a point to take charge of your prevention needs and keep yourself well.

William J. Mayer, MD, MPH
Medical Editor

Do you have a subject you would like the doctor to discuss? E-mail DocTalk@HopeHealth.com.



An ode to the bicycle

When it comes to the health and well-being of both people and the planet, it would be hard to find anything better than a bicycle.

Bicycling gives you a good cardiovascular workout that’s easy on your joints. A relaxing ride with family or friends can also relieve stress.

And with zero carbon dioxide emissions, a bike does not contribute to air pollution or climate change.

Source: Seven Wonders for a Cool Planet: Everyday Things to Help Solve Global Warming, by Eric Sorenson and the Staff of Sightline Institute, Sierra Club Books

Dangerous driving mistakes

Never turn around to discipline kids if they’re squabbling in the back seat.

Get out of traffic, pull over, and then try to calm them down.

Not paying attention — for whatever reason — is one of the most dangerous driving mistakes. Other no-nos: driving while drowsy or under the influence; talking on cell phones; eating or drinking; changing CDs; not adjusting to weather conditions; driving while angry or upset; speeding; changing lanes without checking blind spots; and ignoring essential auto maintenance.

Sources: National Highway Traffic Safety Administration; Drive for Life: The National Safe Driving Test and Initiative

Health

Health Briefs for Busy People

Getting a clear picture

Most people view their risk of getting cancer as higher or lower than it actually is.

To get a more accurate view of your personal risk, link onto the National Cancer Institute’s Website at <http://understandingrisk.cancer.gov/>.

You’ll learn the difference between lifestyle, genetic, biological, and environmental risk factors. There are also interactive programs to help you evaluate and lower your risk for several types of cancer, including: breast, cervical, colorectal, lung, prostate, and skin.

Protect that innocent smile

Although thumb sucking is generally harmless, it can lead to dental problems such as an overbite if children continue to do it after their permanent teeth come in.

Watch for situations that set off the habit in your child, like boredom, frustration, or being upset. Then try to steer your child to something else, like a game. Have your child hold or squeeze the thumb or hide it behind his or her back.

It may also help to stand with your child in front of a mirror and show him or her how the thumb may be pushing the top teeth forward and changing his or her good-looking smile.

Source: Dr. William Sears, Working Mother Magazine, December/January 2007



The words “please” and “thank you” are magical. Use them, please.

Some neighborly advice

One important part of being prepared for an emergency is to know your neighbors. If you haven't already, introduce yourself to each other and exchange information about the people in your household so that you'll be able to help each other when an emergency strikes.

When the power goes out or a tree lands on the roof, your closest neighbor can be your first source of help.

Source: King County Emergency Preparedness, www.metrokc.gov/prepare/default.aspx

Just say no to bare feet

To protect against plantar warts and athlete's foot, always wear flip-flops when you're in a locker room or gym, and avoid going barefoot in public.

Plantar warts are caused by a virus that produces flat or gray-brown bumps on the soles of the feet. Athlete's foot comes from a fungus that causes flaking and itching between the toes and on the soles of the feet. Both can be picked up from walking barefoot in locker rooms, where the damp floor from the shower and sweat make a perfect breeding ground for viruses and fungi.

Source: American Podiatric Medical Association

Egg replacers

Silken tofu can be used to reduce or eliminate eggs in baking as well as in sauce and dessert recipes. In general, 2 tablespoons of silken tofu replace one large egg.

Other swaps for one large egg that can be used in baking:

- ½ cup puréed or mashed ripe banana
- ¼ cup unsweetened applesauce
- ¼ cup puréed peaches
- ¼ cup prune purée (works well with chocolate and carob)
- 2 Tbsp. orange juice concentrate plus 1 Tbsp. mashed banana

Try to match the fruit with the flavor of what you are baking. Applesauce or peaches work well with carrot cake, for example. It's also a good idea to try a recipe using egg replacers at least once before you plan to serve it at a big event.

Source: Vegetarian Journal, Issue Two, 2007

FISCAL FITNESS

How to get credit card spending under control

- **Stop carrying your credit cards with you.** This will cut down on impulse spending. If your response is "but I need it for emergencies," ask yourself when was the last time you really used a credit card for an emergency. Simply by having a credit card with you when you shop, a person is likely to spend 34% more.
- **Develop a plan for using your card.** You'll be less likely to overspend if you set a limit and make a plan for how you will repay the debt you're going to create.
- **Phone a friend.** When you're anxious or stressed, a non-judgmental, supportive person may be able to help you find an alternate solution.
- **Sometimes when people pay off large credit debt all at once, it creates a false sense of wealth and the debt is quickly built up again.** If that's true for you, paying the balance off over time will give you time to change your spending habits (i.e., pay off single or multiple credit cards over 12 to 18 months).
- **Always wait 24 hours before making a purchase.** A "cooling off" period works especially well with catalog purchases, which may not seem so attractive the next day.

Source: University of Wisconsin-Extension



Smart Living



Arrange your office so that you must get up and out of your chair frequently throughout the day.

The information in this publication is meant to complement the advice of your health-care providers, not to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

© 2009 by the Hope Heart Institute, Seattle, WA

- Institute Founder: Lester R. Sauvage, MD
- Material may not be used without permission.
- For subscription information, or reprint permission, contact: Hope Health, 350 East Michigan Avenue, Suite 301, Kalamazoo, MI 49007-3851 U.S.A.
- Phone: (269) 343-0770 • E-mail: info@HopeHealth.com
- Website: HopeHealth.com

♻️ Printed with soybean ink. Please recycle.

Medical Editor: William Mayer, MD, MPH

Medical Advisory Board: Victor J. Barry, DDS

- Renee Belfor, RD • Kenneth Holtn, MS
- Robert H. Knopp, MD • Gary B. Kushner, SPHR, CBP
- Scott Musial, BS, MS, RPh • Vicki Rackner, MD, FACS
- Lester R. Sauvage, MD • Wallace Wilkins, PhD

For more information, visit HopeHealth.com

safety

SAFE PASSAGE

Tips for traveling with pets

When you can't leave Fido at home, make sure his trip is safe by following these tips:

- **Never, under any circumstances, leave your pet (or child) alone in a parked car, no matter how brief you think the stop will be.** Even in mild temperatures with the windows cracked, temperatures inside a car can reach deadly levels in as little as 15 minutes.
- **Don't let your dog ride with his head outside the window.** Flying objects can get into his eyes, nose, and ears and cause injury.
- **Use a well-ventilated crate or carrier** that is large enough for the animal to sit, stand, lie down, and turn around in if possible.
- **Avoid feeding** him in the car while it's moving.
- **Carry plenty of water** in plastic water bottles.
- **Make sure your pet is wearing a flat (not choke) collar** with an ID tag that has your phone number, address, and other important information.
- **Protect your dog's paws when you get out of the car.** If the sidewalk or street is too hot for your bare feet, it's too hot for your dog's paws.



stress less

HOW TO STAY POSITIVE WHEN TIMES ARE TOUGH

You can learn to be optimistic

Each morning, identify your upcoming activities and events. Anticipate the steps you'll take to make them go well.

Every night at bedtime, write down three things that happened during the day that went really well. They can be small or big things, like my kids really behaved well today, my boss praised my work, or I got a hug.

Next to each event, write down the reason why you think each thing happened.

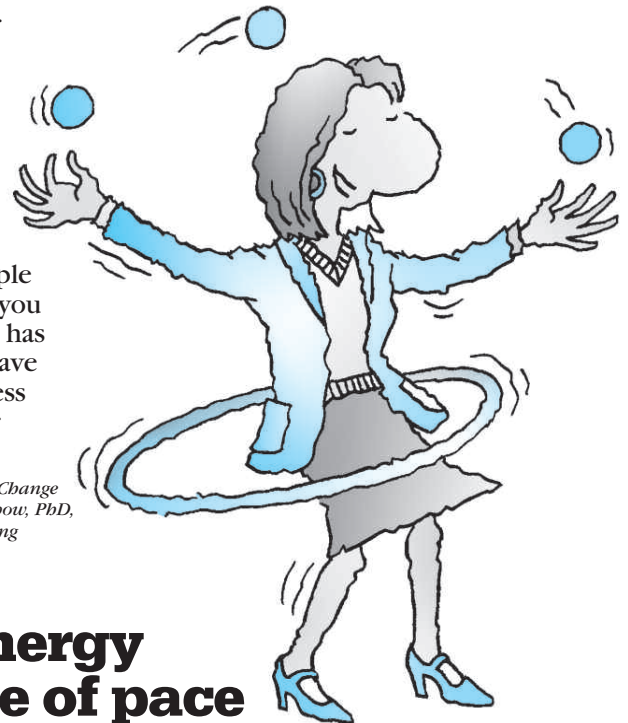
Maybe your children were better behaved because they went to bed earlier the night before.

You got praise from your boss because you just completed a successful project.

Doing these exercises every morning and night will help you focus on the good things in your life. You'll end each day on a positive note, and over time your optimism will increase.

In addition to making yourself happier and benefiting the people around you, optimism can give you added health benefits. Research has shown that optimistic people have stronger immune systems, are less prone to cancer, and live longer after a heart attack.

Source: Living SMART: Five Essential Skills to Change Your Health Habits Forever, by Joshua C. Klapow, PhD, and Sheri D. Pruitt, PhD, Diamedica Publishing



BREAK TIME

Boost your energy with a change of pace

Pick an activity or location that's entirely different from your current task when you need a short break to re-energize at work:

If you've been...	Switch to...
Sitting or staring at a computer screen	Stand up and stretch; look out the window
Doing something that requires accuracy and concentration	Something physical, like straightening up your desk
Working on something that entails creativity and complex thinking	Routine tasks like filing or unpacking your briefcase
Working alone	Interacting with someone else for a short time

Source: Letting Go of What's Holding You Back; Maximize your Happiness in Work, Love, and Life, by Wayne M. Sotile, PhD, and Mary O. Sotile, MA, Stewart Tabori & Chang

take care

MEN'S HEALTH WEEK

June 15–21

4 Things Men (and Women) Need to Know About Prostate Health

- 1. Beginning at age 50, all men should be screened for prostate cancer.** Earlier screening is recommended for African-American men or men with a family history of prostate cancer. Talk to your doctor about what approach would be best for you.
- 2. After 50, many men develop BPH (benign prostatic hypertrophy),** an enlargement of the prostate gland. BPH is not cancer and it does not increase your risk for cancer. It can cause discomfort with urination, however, including the need to take more frequent trips to the bathroom and reduced urine stream. Depending upon the severity of the symptoms, treatment may include medications or surgery.
- 3. Simple lifestyle changes may help relieve the symptoms of BPH.** Limit alcohol and caffeine and drink less fluids late in the day. Stop smoking, as smoking may increase symptoms. Losing weight, if needed, may help in some cases. Review your medications with your doctor or pharmacist. The antihistamines and decongestants in over-the-counter cold and allergy medications may also make symptoms worse.
- 4. Most men say they would get their needed screenings** for prostate cancer if reminded to do it by a loving spouse or partner.

Sources: American Urological Association; American Cancer Society; Men's Health Network



BE ON THE LOOKOUT FOR Prescription and over-the-counter drug interactions

Be sure to tell your doctor and pharmacist about all the medications — including prescription, over-the-counter, and dietary supplements — that you take.

Drug interactions can occur in people of any age, but it's particularly important to protect against them in the elderly. As people age, they can be more vulnerable to the negative effects of medications, including drug-to-drug interactions.

Common adverse reactions that occur include:

- **Lisinopril plus potassium** can disrupt heart rhythm.
- **Warfarin (Coumadin®) combined with aspirin or the cholesterol-lowering statin Zocor®** can increase bleeding.
- **The dietary supplement ginkgo plus aspirin** can increase the risk for bleeding.

Source: Journal of the American Medical Association, Vol. 300, pg. 2867

June Health Observances



Sun Safety

Choose sunscreen products with an SPF of at least 15 that contain avobenzone (Parsol® 1789) or zinc oxide. The label should also say "broad spectrum protection," meaning the product blocks both UVA and UVB rays. The Sun Safety Alliance recommends an SPF of 30 or higher for young children. Visit www.sun-safetyalliance.org for more tips on sun protection.

Home Safety

To safeguard against falls, keep stairs well lit at the top and bottom. Avoid placing loose rugs on or near stairs, and make sure hand railings run from the top to the bottom of the staircase.

Place grab bars in bathtubs and showers, and use extra caution with children around chairs, windows, beds, swings, ladders, and fences.

Falls are the number one cause of accidental home injury. To learn more about how to keep your home injury-free, log onto the Home Safety Council at www.homesafetycouncil.org.

This electronic newsletter contains copyrighted property of The Hope Heart Institute and is intended for the sole use of individual newsletter subscribers. It is a violation of federal copyright law to photocopy or otherwise distribute electronic copies of this newsletter without prior written permission of Hope.

HOPE HEALTH LETTER

© HHI

weight control

A health researcher offers quick tips for better eating

“Eating properly is a skill that needs to be practiced,” says Columbia University researcher Lance Davidson, who offers these ideas:

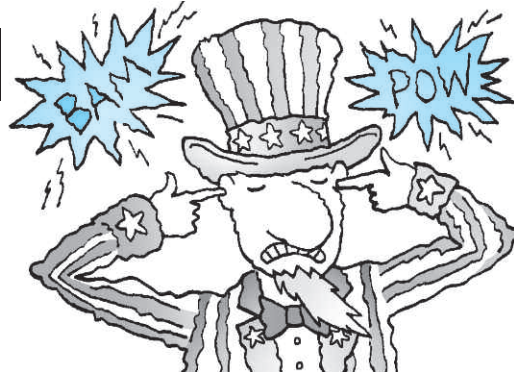
- Record what you eat and how much.
- Put less food on your plate.
- Aim to eat at least 2½ cups of vegetables and 2 cups of fruit each day.

Eating less can also pay big dividends as you age. Middle-aged women who did not cut back on the amount of food they ate over a three-year study had twice the risk of significant weight gain.

That’s an obvious but still important health message, says Dr. Davidson.

“The body’s energy requirements progressively decline with age, and food intake must mirror that decrease or weight gain occurs.”

Source: American Journal of Health Promotion, Vol. 23, Issue 3, pg. 187



Fireworks safety

To keep your Fourth of July safe, enjoy a professional fireworks display. Nearly 7,000 people visited emergency rooms last year because of fireworks-related injuries.

Bottle rockets cause the greatest number of injuries. Sparklers are second and can heat up to 1,800°F — hot enough to melt gold.

The boom of fireworks can also take a toll on hearing. Most fireworks explode in the 130 to 190 decibel range. Any sound above 80 decibels can be harmful to your ears.

For fun alternatives, let your kids celebrate with glo-sticks, glo-ropes, and glo-jewelry. Homemade noise-makers can include bike horns, whistles, cymbals, and pots and pans.

Source: Prevent Blindness America, www.preventblindness.org

body, mind & soul

“I’m not young enough to know everything.”

— Sir James Matthew Barrie

“Airport security confiscated my Bengay®. They accused me of packing heat.”

— Dave Weinbaum

“It’s discouraging to think how many people are shocked by honesty — and how few by deceit.”

— Noel Coward

“There are three kinds of memory: good, bad, and convenient.”

— Unknown

“After paying for a wedding, about all a father has to give away is the bride.”

— Ned Spicker