

June newsletter from your healthcare providers Canterbury Wellness Center


In this issue we bring you tips to avoid and treat common summer ailments, healthy snack options for teens (as well as adults!), life tips for middle age men (easy changes to make to increase your chance to live into your 80's!), the proper lab tests for individual patients, and information on the medication Avandia. (Direct web links to all publications in blue)

Summer Ailments and Remedies

Now that summer is just around the corner we want to remind patients about important summer health tips. Below you will find a number of common summer ailments and remedies:

Ailments & Remedies

<p>Ailment: Sun-Fried Eyes Remedy: Besides donning a brimmed hat and 100 percent UV-blocking sunglasses, protect your eyes against ravaging free radicals with antioxidants like vitamin C, vitamin E, and lutein. Help yourself to some spinach, collard greens, and citrus to ensure that your eyes are getting what they need.</p>	<p>Ailment: Dehydration Remedy: Move to a cool, shady spot and loosen or remove unnecessary clothing. Slowly drink a low-sugar electrolyte-infused drink like R.W. Knudsen Family's Recharge (available at health food stores). You can also make your own with the following recipe, courtesy of Dr. Day.</p> <p>REHYDRATION SOLUTION Add the following to 1 liter of drinking water: 2 to 4 tablespoons sugar or honey 1/4 teaspoon sodium chloride salt 1/4 teaspoon potassium chloride salt 1/4 teaspoon baking soda (sodium bicarbonate) Optional: 1/2 cup juice to improve taste</p>	<p>Ailment: Heat Rash Remedy: Apply a cold compress or add a knotted sock full of raw oatmeal to cool bathwater, then soak. Stay as cool as possible.</p> <p>Ailment: Itchy Skin Remedy: To repel insects naturally, apply a citrus-scented oil such as citronella or use DEET-free Buzz Away, which is available online at www.mothenature.com. To soothe itchy skin, apply a cold compress or smooth on aloe vera gel or calendula gel (both available at health food stores).</p>
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Taken from Women's Adventure Magazine (www.WomensAdventureMagazine.com)

This is only a portion of the entire article ([available here](#)).

Healthy Snacks for Teens

[WebMD Feature](#)

What's the first thing you do when you get home from school? If you're like most teens, you raid the refrigerator. But snacking on the wrong foods can add unwanted calories and make you even hungrier when mealtime rolls around. Eating snacks low in nutritional value does nothing to make you smarter or stronger, either. The key is to choose healthy snacks that will fill you up and help nourish you without adding too many calories.

Snacks and Your Weight

Favorite teen snacks include chips, soft drinks, cookies, candy bars, pizza, burgers and fries, and ice cream. Yet all of these high-calorie snacks can cause weight gain. What happens when teens notice that they've put on a few pounds? Many stop snacking altogether and begin to "fast" for hours at a time.

The problem is, you set yourself up for overeating when you go for five or six hours without eating. Many nutritionists believe that we should eat smaller meals every three to four hours (instead of three large meals per day). This may help your body's blood sugar levels stay stable. Providing a steady supply of glucose to your brain helps keep you from having mood swings and getting cranky. It also helps to reduce the chances of bingeing.

Good News and Bad News about Snacking

Here's the good news: the best way to maintain a normal weight (and be smarter and stronger) is to stop depriving yourself. Go ahead and eat a healthy snack between meals, and enjoy it! Snacking between meals ensures that your body will not run out of fuel. And common sense tells you that it's hard to make wise choices at dinnertime if your stomach is growling.

The bad news is that if you make poor choices or eat too many calories at snack time, you'll probably gain weight. If your snack choices are determined by how you feel at the moment or by the not-so-nutritious selections in the vending machine, you're likely to overeat and miss out on important nutrients.

That's why it's good to plan ahead. See the list of Smart Snack Suggestions (below), or come up with your own healthy favorites. Then, post this list on your refrigerator door. Make sure you or your parents buy these foods from the supermarket, so you have a variety to choose from each afternoon.

Betcha Can't Eat Just One!

Even when you choose healthy snacks, it can be hard to limit your snack portions. That's especially true when you get home from school and are ready to devour anything that's not moving!

To control portions, measure one serving of your snack the night before and put this in a zipper plastic sandwich bag. Then your pre-measured, packaged snack will be ready when you get home.

For example, you could put 1 cup of your favorite whole-grain cereal in the plastic bag and leave it out on the kitchen counter. When you get home, pour the cereal into a bowl and top it with fruit and low-fat milk. Or put five whole-grain crackers in your sandwich bag. The next afternoon, grab a string cheese out of the fridge and enjoy your snack.

You can also take your snack bag to school with you, if you're staying late for sports or clubs. It's better to know what you're eating (trail mix, cheese and crackers, or almonds and dried cranberries) than to impulse-snack from the vending machine or fast food restaurants.

What Foods Are Best?

The best snacks include complex carbohydrates, low-fat dairy, and low-fat protein:

Complex carbohydrates. Good choices include fruits, vegetables, whole grains, beans, and legumes, hummus, and edamame (steamed Japanese soybeans).

Low-fat dairy products. Good choices include low-fat milk, yogurt, cheese, cottage cheese.

Low-fat protein. Good choices include lean chicken, turkey or fish

What Foods Do I Watch Out For?

Avoid refined carbohydrates, foods that are high in sugar and white flour. Limit white potatoes (or chips), sweets, candy, sugary drinks, and pastries. These foods can cause your blood sugar to spike rapidly, which may trigger a hunger attack when it falls again.

Also stay away from expensive "power bars." If you look at the label, you'll see most protein bars, energy bars, and sports bars are just candy bars in disguise (they've added a few vitamins). Most power bars are high in calories, too.

Smart Snack Suggestions

The following snacks will help fill you up and keep you going until your next meal. Many can be pre-packaged the night before:

- Apple slices spread with peanut butter and sprinkled with raisins.
- Banana sliced in half and spread lightly with peanut butter.
- Bean burger on a whole-grain bun with lettuce and tomato.
- Bean burrito.
- Black bean dip with whole-grain crackers.
- Cheese toast (whole grain bread with low-fat cheese).
- Cut-up vegetables with low-fat ranch dressing.
- Edamame (steamed Japanese soybeans).
- Hummus on a whole-wheat pita.
- Low-fat yogurt with a tablespoon of chopped walnuts.
- Oatmeal made with low-fat milk with strawberries.
- Peanut butter and banana sandwich on whole-grain bread. (Use half a banana and spread the peanut butter lightly.)
- Popcorn without butter (sprinkle with Parmesan cheese).
- Red grapes and string cheese.
- Rice cakes spread lightly peanut butter (spread lightly).
- Serving of almonds and dried cranberries or blueberries.
- Slice of cheese or veggie pizza.
- Small bagel with low-fat cream cheese.
- Soy nuts and string cheese.
- Soymilk smoothie.
- String cheese and whole-grain crackers.
- Trail mix (measure one serving).
- Tuna sandwich on whole-grain bread.
- Turkey and low-fat cheese sandwich on whole grain bread with lettuce and tomato.
- Vegetable soup with whole-grain crackers.
- Whole-grain cereal with low-fat milk.
- Whole-grain English muffin spread lightly with peanut butter.

Midlife Choices Put Men on Road to Healthy Old Age or Death

From: [WebMD](#)

By Daniel J. DeNoon

WebMD Medical News

Reviewed by Louise Chang, MD

At middle age, there's a fork in the road for a man's health. One way leads to a two-in-three chance reaching age 85. The other cuts those odds to about one in five. A road map for that healthy old age comes from a remarkable study of 5,820 American men of Japanese descent. Studied since 1965, when they were an average 54 years old, the surviving men now range in age from 85 to 105. The study of these men uncovers six signs that point toward a healthy old age. They are:

- No smoking
- No more than two alcoholic drinks a day
- Normal blood sugar
- Normal blood pressure
- Not overweight
- Physical strength

The biggest individual risks came from smoking, having more than three alcoholic drinks a day, having high blood sugar, or high blood pressure. Men who have all six risk factors have only a 22% chance of living to 85 -- and only a 9% chance of being healthy if they live that long.

The healthiest men are nonsmoking, strong, lean, moderate drinkers with normal blood sugar and blood pressure. Such men have a 69% chance of surviving to age 85 and a 55% chance of being healthy then, find Bradley J. Willcox, MD, of the University of Hawaii and Pacific Health Research Institute, Honolulu, and his colleagues. "Our questions were, 'What is healthy aging?' and 'How do you get there?'" Willcox tells WebMD. "I am encouraged very much by our findings. I think that there is a tremendous number of things we can do to age more healthily." The findings appear in the Nov. 15 issue of *The Journal of the American Medical Association*.

More Men's Health Signposts

These days, people live longer, healthier lives. But most of those who reach what gerontologists call "oldest old age" are women. More than twice as many women reach age 85 as men. Three times as many reach 90 -- and four times as many get a cake with 100 candles.

It's becoming clear that the factors linked with healthy aging differ for men and women, says Boston University researcher Thomas T. Perls MD, MPH. Perls, who was not involved in the Willcox study, is director of the New England Centenarian Study, which explores how people live to be 100 years old. Perls notes that in addition to their six medical and lifestyle factors, Willcox and colleagues also found two social factors that boost a man's odds of a long, healthy life.

One of these is marriage. Unmarried men, they found, were 70% more likely to die before age 85. Perls says he, too, finds this to be true. "The vast majority of 100-year-old women lost their spouses in their 60s and 70s," Perls tells WebMD. "The 100-year-old men -- who are much fewer in number -- I would say all of them are married, either to their original or second spouse. "Men cannot survive without a spouse. Women certainly can," Perls says. "They may thrive without a spouse. "So there are probably very potent and important gender differences in healthy aging," he says.

The second social factor Willcox and colleagues identified is education. Men with less than a high school education have a small, but significant, 17% extra risk of death before age 85. But not finishing high school cuts the chances of being physically and mentally healthy at age 85 by a whopping 62%.

And there may be other as-yet-unexplored factors. For example, an editorial in the same issue of JAMA suggests that fatherhood likely plays an important role in men's health. What role? Nobody knows because nobody has looked at the issue, suggest Craig F. Garfield, MD, of Evanston Northwestern Healthcare Research Institute, and his colleagues. "Now is the time to gather more complete information about the involvement and impact of different forms of fatherhood for men, and the ensuing benefits and risks that affect the majority of men who are fathers," Garfield and colleagues argue.

How Men Can Survive to 85 -- and Beyond

What's the secret to achieving a healthy old age? No single thing, Willcox and Perls agree. For example, Willcox and colleagues found that having three or more alcoholic drinks a day lowered the odds of surviving to 85 by 97%. Yet Perls says this finding, in Japanese Americans, may not apply to all men. "Seventh-Day Adventists don't drink alcohol, and they have the highest life expectancy in the U.S.," Perls notes. "But more literature is coming out showing some health benefits to daily, moderate alcohol consumption. "Three daily glasses of wine, for example, may be associated with longevity in Italian men," says Perls.

So what's most important? Smoking, Perls and Willcox agree, is the sharp end of death's scythe. After this major factor, Perls says, learning to manage stress may be key. "We think people who live to be 100 manage stress well," he says. "They don't necessarily have less stress, but they manage it well." And both Perls and Willcox stress the need for keeping one's weight down, getting regular exercise, and staying mentally and socially active.

So if you're a middle-aged man, here's Willcox's advice: "First, get to your doctor and get your survival risk score calculated," he says. "Second, start working on these risk factors we identified. "And remember, these are the things we started measuring in the '60s because we knew they were important. But all of them can be changed," Willcox says.

"If you smoke, quit smoking. If you're overweight, get leaner. Start moving more. Do some strength training. Be a lifelong learner. And if you are happily married, stay that way," he says.

A note about ordering specific labs tests at Canterbury Wellness Center

Please remember each patient at our clinic is unique! We prefer to take each patient's individual health history into account when ordering laboratory tests here at Canterbury Wellness Center. Not every lab test is appropriate for every patient. It is important to realize that ordering 30 different blood tests because the "internet suggests you do" is not as reliable as working one-on-one to order the specific labs test which are appropriate for YOU!

Avandia medication for Type II Diabetes

You may have heard in the news that a new study has shown that the medication Avandia may increase your risk of cardiovascular events like heart attacks. While the official verdict is still out on this medication, and the FDA has not pulled it from the market, we are encouraging our patients who are currently taking the medication to be switched to another medication or medications (depending on the individual patient). Please contact our office or set up an appointment for more information.