

HEALTH NUGGETS , JULY 2018

- 1) Eating berries may help postpone memory decline: Eating 2 or more servings of strawberries and blueberries each week enable one to avoid memory problems for an average of 2.5 years longer than those who don't regularly eat berries. *Annals of Neurology*.
- 2) If you need a vitamin D supplement make certain it's D3 & not D2.
- 3) Drinking soda is linked to a higher stroke risk. Researchers analyzed over 43,000 men and 84,000 women between 1980 and 2008. Those who drank more than one regular soda per day were more likely to have high blood pressure and cholesterol, while those who drank diet soda were more likely to be overweight and have chronic diseases. *Amer Journal of Clinical Nutrition*.
- 4) Strong thighs are key for mobility. Chair sit to stands and step-ups.
- 5) Have you heard that you can't take the flu shot if you have an egg allergy? Not true. Overwhelming evidence since 2011 has shown that even if you have life-threatening allergy to eggs people have not had any ill effects. Evidently there isn't enough egg protein in the vaccine to cause a reaction. Health care providers need to know that there's no reason to ask this question anymore.
- 6) Avoid activities that put heavy stress on joints. This might include long-distance running, deep squats and lunges, dead lifts, and using heavy weights or kettlebells. These exercises are good for your glutes, but not your joints.
- 7) A study published Oct 2017 in the *Journal of the Amer College of Cardiology* found that people who regularly skip breakfast are linked with higher levels of arterial plaque than those who don't. They found that 75% of those who regularly skipped breakfast had signs of plaque buildup in their arteries, compared with only 57% who ate a good breakfast daily.
- 8) A blood test to screen for cancer may be just around the corner. Researchers from Johns Hopkins Univ reported this in the January issue of *Science*. They screened blood for DNA and proteins related to 8 different types of cancer. They were able to identify early cancers from more than 1,000 patients.
- 9) The light boxes used to cure polish during gel manicures, and to dry traditional nail polish emit UVA rays. Protect your hands from exposure by wearing sunscreen on your hands or wearing a pair of fingerless gloves during your manicure.

- 10) What skin potions really work? As you get older, you may wonder what can help your skin look more like it used to—minus the wrinkles, dark spots, and other signs of aging. Dr. Waldman, a dermatologist at Harvard Medical School gave some advice. Overall, the best serum is a combination of vitamin C, vitamin E, and ferulic acid. Vitamin C in particular can prevent brown spots, reverse UV damage, and stimulate the growth of new collagen.
- 11) Foods to eat almost daily: if you eat fish—salmon, Brussels sprouts, blueberries, nuts, and plain yogurt. Some flavored yogurts have way too much sugar.
- 12) Singing like in a choir increases happiness.
- 13) There is a weight-loss ripple effect. Being on a weight-loss and fitness plan could help your partner's health, too. When 128 men and women dieted and exercised regularly for 6 months, their partners also slimmed down.
- 14) Gum disease is linked to a higher risk of cancer, according to a recent study of 7,500 older adults.
- 15) Leafy greens appeared to help slow cognitive decline in a 5 year study. That's 1 cup of lettuce or ½ c of cooked greens such as spinach, kale or collards.
- 16) A good night's sleep: We don't need less sleep as we age—generally 7-9 hours. Dr. Malow at Vanderbilt recommends the following. Turn off electronics at least an hour before going to sleep, get in a daytime walk, read a good book 30-60 minutes before bed, tune in to some soothing music or a white noise machine. Napping may make it more difficult to doze off at night. If you nap occasionally and it doesn't affect your nighttime sleep, that's fine. But limit to an hour.
- 17) There are foods that can help keep arteries clear and blood pressure in the right range: Apples, kale, lentils, oatmeal, sardines and salmon, and walnuts have a slight edge over other nuts.
- 18) Some things you might want to skip. A gluten-free diet. Unless you have celiac disease or can tell a big difference when you eat gluten it may actually raise heart disease risk, because it could lead to a lower intake of whole grains. Opting for a high-protein diet is not good if it's high in saturated fats. Switching to coconut oil. 1 tbsp has 11 grams of saturated fat, and according to the American Heart Assoc, it has been shown to raise your LDL or bad cholesterol as much as butter, beef fat, or palm oil.
- 19) There's a no-diet way to lose weight. Slow down your eating. In a recent Japanese study of 60,000 men & women with T2D, the slowest

eaters were 42% less likely to become obese over 5 years compared with food-gobblers. 2 other strategies—skipping after-dinner snacks and not eating within 2 hours of going to sleep—also reduced the likelihood of obesity.

- 20) Expired medications: With the exception of tetracycline, most medications are fine to take. According to a study, 88% of 122 medications tested held their potency for an average of 6 1/2 years.