

# **STAYIN' ALIVE**

Talking about safety isn't enough.



# **HEALTH & WELLNESS NEWSLETTER JUNE 2020**

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## HIGHLIGHTS for the JUNE 2020 Newsletter

### **A Sip of Central Perk: How Much Coffee is Safe to Drink?**

If you drank as much coffee as the cast of *Friends*, what would happen? Don't try it, OK. Some research suggests coffee may provide some protective health benefits. But new research suggests too much may raise your risk for health problems. Learn more before you pour another cup.

### **Fight Age-Related Memory Loss with Heart-Healthy Habits**

If you could do something to help keep your mind sharp to prevent age-related memory loss and dementia, would you do it? New research suggests there's at least one thing you can do. And it doesn't have anything to do with training your brain. Here are some things you can do:

### **Get Fit: Even a Little Exercise is Better Than Nothing**

Ever had something happen that derails your exercise plans? Weeks go by. Maybe months or longer without any exercise. The benefits of all your hard work to be active start to fade. But it doesn't have to be that way, according to new research. Here's what you can do:

### **Y-Axis: The Comfort Food Brain Drain**

Got a craving for comfort food? Before you chow down on your comfort food of choice, chew on this. New research about comfort foods high in saturated fat may change your mind.

### **Recipe: Strawberry Banana Parfait**

How about a healthy and fruity summer treat? Skip the heavy cream and pound cake. And give this Strawberry Banana Parfait recipe a try.

### **Ask the Wellness Doctor**

Dr. Don Hall answers this month's Ask the Wellness Doctor question: What steps can I take to get back on track?

### **Health Challenge**

Take the month-long Health Challenge: Protect Your Skin: Be sun-smart to keep your skin healthy.

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# NEWSLETTER

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THE Y AXIS



## The Comfort Food Brain Drain

Ever heard of comfort food?

You know. An order of fries. A biggie-sized burger. A heaping pile of macaroni and cheese. Biscuits and gravy. Maybe a deep-fried Twinkie.

Consider cancelling your order. Eating comfort food may be a recipe for brain drain.

(Not just weight gain and chronic disease.)



In a recent study, researchers found that eating foods high in saturated fat can impair concentration and focus, even five hours after eating.<sup>4</sup>

Want to be a little sharper? Chew on this. Researchers found that foods made with unsaturated fats don't have the same effect.

### COMMENTS?

Send comments to the editor: [well@wellsources.com](mailto:well@wellsources.com)

## A Sip of Central Perk: How Much Coffee is Safe to Drink?

Too much coffee linked to poor bone health, joint pain and obesity

If you spent as much time at Central Perk sipping coffee as Rachel, Monica, Phoebe, Joey, Chandler, and Ross, you might have a problem.

The cast of the cult-classic TV show *Friends* spent a lot of time chugging cappuccino, iced tea, lattes, and black coffee. But too much coffee may be bad for your health.

Sip on this. In a recent study, researchers looked at health data and coffee-drinking habits of more than 300,000 people.<sup>1</sup> They found that people who drink a lot of coffee (more than 4 to 6 cups a day) have a higher risk for health problems.

Too much coffee may increase your risk for:

- Poor bone health
- Joint pain
- Obesity

**A typical cup of coffee** is 8 ounces, and contains 100 mg of caffeine. The U.S. Food and Drug

Administration recommends limiting caffeine to no more than 400 mg per day for adults.

Coffee on its own is a low-calorie drink. But the typical to-go size is 16 ounces. Add flavored syrup, sugar, and cream, and it's loaded with caffeine and calories.

While some research does suggest drinking coffee may provide some health benefits, too much isn't something to laugh about with your friends.

If you're a coffee drinker, keep your habit under 4 to 6 cups a day. And don't drink coffee too late in the day, or you may have trouble getting to sleep. *Cheers...* oh wait, that's a different show. @

### MORE

FDA: Spilling the beans on coffee <https://tinyurl.com/yxdcqic7>

## Fight Age-Related Memory Loss with Heart-Healthy Habits

Heart healthy habits may reduce risk for dementia and early death

Lost your keys? Forgot why you walked into a room? Completely spaced an important meeting? It happens, especially if you're busy, stressed out, short on sleep, or getting older.

But when does forgetting a few details become a bigger problem? And is there anything you can do to protect your brain as you age?

Dementia isn't a sudden disease with dramatic symptoms. It's stealthy. It works away attacking areas of the brain, often without any visible signs for years.

Until there are signs like...

- Memory loss
- Changes in mood or depression
- Apathy
- Trouble with daily tasks
- Getting lost more often
- Confusion

An estimated 50 million people are living with dementia.

Every few seconds someone is diagnosed with dementia. And by 2030, cases are expected to top 82 million.

**The good news...**there's a defense against dementia to



protect your brain as you age. New research shows that keeping your heart healthy, keeps your brain healthy, too.<sup>2</sup>

What can you do to keep your heart healthy?



## Strawberry Banana Parfait

Did you know Wimbledon tennis fans love strawberries? They eat about 54,000 pounds during the games. There won't be a 2020 tournament. COVID-19 cancelled that, too. But you can still eat like a tennis fan. Skip the heavy cream and pound cake. And give this Strawberry Banana Parfait recipe a try.<sup>5</sup>

### Ingredients

- 1/2 medium banana, mashed
- 1/8 tsp vanilla
- 1/3 C non-fat plain Greek yogurt
- 1/2 C fresh strawberries, sliced
- 1/2 C bran or wheat flakes cereal

### Directions

1. Stir banana and vanilla into yogurt. Combine well.
2. In a 10-12-ounce glass, layer the yogurt-banana mixture, strawberries and cereal.
3. Serve immediately and enjoy

Serves 1. 190 calories per serving.

# Get Fit: Even a Little Exercise is Better Than Nothing

## Fitness benefits fade fast when you stop exercising

When was the last time you went for a walk, hit the gym, or hustled your way through a workout?

If it's been a while, you're not alone. Maybe you had a good exercise routine in place, and then your schedule got messed up. Sound familiar?

COVID-19 has certainly had an impact. But vacations, family matters, work, and different seasons of life can bump regular exercise from your to-do list, too.

### So if you take a break from exercise, how long does it take to get out of shape?

About a month.<sup>3</sup> In a recent study, researchers put a group of inactive people through a 13-week workout. This included



lifting weights to build muscle strength and endurance. They also cycled, rowed, and walked on a treadmill to burn calories and improve heart health.

**The results...** Exercising 3 to 5 days a week helped people:

- Improve cardiovascular health
- Reduce body fat
- Improve body composition
- Increase muscle strength and endurance

- Lower blood pressure
- Boost good cholesterol levels
- Lower triglycerides

**Here's what happened next.** One group of people quit working out. No gym. No workouts. Nothing but sedentary living. Fitness started fading after a week off. Within a month, they lost all the health benefits they gained from 13 weeks of training.

And it doesn't have to be that way. If you want to stay in shape, find a way stay active.

"Something is better than nothing when it comes to physical activity," says lead researcher Dr. Lance Dalleck. "Interrupting sedentary behavior is key." @

**MORE**

How to keep moving during COVID-19  
<https://tinyurl.com/y8wqjupk>

## Fight Age-Related Memory Loss with Heart-Healthy Habits (continued from page 1)

- Eat more fruits, vegetables, whole grains, nuts, seeds, and legumes.
- Avoid or limit sugary drinks and foods high in sodium.
- Get regular exercise.

**MORE**

Lifestyle habits to prevent dementia  
<https://tinyurl.com/y766o2sn>

- Don't smoke, or quit if you do.
- Maintain a healthy weight, or lose weight if you need to.

Now is always the best time to start. Remember that. @

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## Take the June Health Challenge!

Protect Your Skin: Be sun-smart to keep your skin healthy

## Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:  
What steps can I take to get back on track?

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# WELLNESS CHALLENGE

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# Protect Your Skin

## CHALLENGE

Be sun smart to protect your skin

### Requirements to complete this HEALTH CHALLENGE™

1. Read "Protect Your Skin."
2. Take action to protect your skin and prevent skin cancer.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Australian math teacher Leisa Renwick went to work, the beach was never really far away.

About 85 percent of Australia's residents live within 30 miles of ocean waters, sandy beaches, and about 250 days of sun a year.

Sounds pretty good, right? Go to work. Spend time with your family. Soak up some sun. That's kind of how it was for Renwick, until something happened.

One day everything seemed pretty normal. And then she got the news from her doctor after a recent skin biopsy.

"Stage four metastatic melanoma," doctor's told Renwick. "Sorry, there's nothing we can do."

Doctors gave the mother of three pain medication, and the sobering news she had just weeks to live.

Are you sun smart about protecting your skin? Take this quiz to find out.

- |    | T                        | F                        |   |
|----|--------------------------|--------------------------|---|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> | If you get sunburned 5 or more times, your risk for skin cancer doubles.  |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | You should wear sunglasses to protect your eyes from the sun's ultraviolet rays.                                      |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | You can't get skin cancer if you only spend a few minutes at a time outside most days.                                |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> | Using a tanning bed to get a light tan is a good way to prevent a sunburn when you're outside.                        |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | When you're outdoors, you should apply sunscreen about every two hours, or after swimming, sweating, or toweling off. |

How did you do? If you answered any of these statements incorrectly, you could benefit from learning more about how to protect yourself from the sun. Even a little too much sun exposure or ultraviolet light from tanning beds can damage your skin. The next time you plan to be outdoors, be proactive to protect your skin, and your eyes from the sun's harmful ultraviolet rays.

Answers: 1 True 2. True 3. False 4. False 5. True

Fortunately, Renwick survived after surgery, aggressive treatment, and medication. Now she shares her story to help other people prevent melanoma and skin cancer.

About 86 percent of all skin cancer is linked to excess sun exposure.<sup>1</sup> When detected and treated early, 99 percent of people survive.<sup>2</sup> But preventing skin cancer is a better way to go.

In the U.S., an estimated 3.5 million people are diagnosed with skin cancer every year. And about 1 in 5 adults will develop skin cancer by age 70. What are you doing now to protect your skin from the sun?

If you want to prevent skin cancer and protect yourself from the sun's harmful ultraviolet rays, take the month-long health challenge to Protect Your Skin.

How to choose and use sunscreen  
<https://tinyurl.com/y7g5us82>

# 10 Sun-Smart Habits to Protect Your Skin

- 1. Schedule outdoor time.** When possible, avoid outdoor activities during midday. The sun's ultraviolet rays are the strongest between 10 a.m. and 4 p.m.
- 2. Lather up.** Use sunscreen with an SPF-30 rating or higher. SPF stands for "sun protection factor." A sunscreen with an SPF-30 rating blocks 97 percent of the sun's harmful rays.<sup>4</sup> Apply sunscreen 30 minutes prior to sun exposure. Reapply every two hours, and after swimming, sweating, or toweling off.
- 3. Cover up.** When appropriate, wear a long-sleeved shirt and long pants. A loose-fitting, tightly woven fabric offers the best protection. If that's not practical, wear at least a T-shirt or beach cover-up. Stick with dark colored cover-ups. Boost your protection by wearing sunscreen under your clothing.
- 4. Top it off.** Wear a hat. A wide-brimmed hat works better than a cap, because it protects your ears and neck. A straw hat with holes or visor-only cap isn't enough to protect you from the sun's ultraviolet rays.
- 5. Shield your eyes.** Look for shades that provide 100-percent UV protection. Wrap-around lenses work the best, because they keep the sun's rays from sneaking in from the side or from behind your glasses.
- 6. Be sun smart for your baby.** Keep babies under six months



old out of the sun. They sunburn easily because their skin is thin and delicate. Shade, sunscreen, and clothes to cover up will protect your baby from sunburn and skin damage.

- 7. Skip tanning beds.** Tanning beds produce concentrated ultraviolet radiation that can damage your skin. A single tanning-bed session increases your risk for skin cancer by up to 69 percent, compared to people who don't use tanning beds.<sup>5</sup>
- 8. Stay dry and cover up.** A wet light-colored T-shirt offers little more UV protection than wearing no shirt at all. If you're swimming or playing the water, dry off when you're done and cover up.
- 9. Look for shade** whenever possible, before you need relief from the sun. If there isn't any shade where you're at, consider setting up a tent, tarp or canopy to make your own shade.
- 10. Don't be fooled by cloudy skies.** UV rays pass through clouds and reflect off the sand, water, concrete, and snow. Even if it's cloudy or you're in the shade, the rays can still reach you. When you're outside, remember to wear sunscreen and lip screen, too.



Most cases of skin cancer and skin damage develop over time, after years of sun exposure without proper protection. But it doesn't have to be

## The Not-So Sunny Side of Skin Damage

Spend the day at the beach. Lay out in the sun next to the pool. Work outside. Go golfing, or head outdoors for your favorite sport, hike, or day-trip.

Being outside is a great way to stay active. But too much time in the sun can be harmful to your skin, your vision, and your health.

Without proper protection, the sun's ultraviolet rays can cause:<sup>3</sup>

- Sunburn
- Rashes, itchiness, and dryness
- Wrinkles, loss of collagen and skin elasticity
- Sun spots, freckles, and skin discoloration
- Vision damage
- Skin cancer

Tips to stay safe in the sun  
<https://tinyurl.com/y99rpehr>

that way. The next time you head outside, protect your skin from the sun. Your skin will be healthier, and you'll have many sunny days ahead.

Reduce your risk for skin cancer  
<https://tinyurl.com/y99rpehr>

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# Protect Your Skin

## CHALLENGE

Be sun smart  
to protect  
your skin

### Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you protect your skin from the sun.
3. Use the calendar to record the actions and choices you make walking a regular part of your life.
4. At the end of the month, total the number of days you take steps to protect your skin from the sun. You must do this on at least 22 days this month to complete this challenge. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™ ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	
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\_\_\_\_\_ Number of days this month I protected my skin from the sun

\_\_\_\_\_ Number of days this month I was physically active for at least 30 minutes



### Other wellness projects completed this month:

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Name \_\_\_\_\_ Date \_\_\_\_\_

# ASK THE DOCTOR

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**Q.** How can I get back on track to better health?

**A.** Ever feel like your diet, exercise routine, work schedule, or sleep habits have gone off track?

Lots of things can get in the way of making healthy choices...like a global pandemic. It's had an impact on nearly everyone.

Gained a few pounds? Missed some workouts? Skipped sleep to binge-watch shows? You're not alone. But it doesn't mean you're a failure. And it doesn't mean you should give up on developing healthy habits.

So how do you get back on track? Any kind of behavior change (good or bad) typically doesn't happen overnight. It's a process. And just about everyone has a setback or two when trying to develop new habits.

But it's worth the effort. Healthy lifestyle habits can cut your risk for chronic disease and help you live longer.<sup>1</sup>

If you find yourself making choices that don't line up with your goals, just get back on track. Here's how:

### Step 1 – Recognize

When you recognize that you've gone off course, stop. It's the easiest step to help you get back on track. When you've strayed from your goal to improve your diet, drink more water, exercise or get better sleep, you're usually the first to know.

Stop and figure out what you're doing, and why. And you'll be one step closer to getting back on track.



### Step 2 – Make a Plan

So your plan to eat more fruits and vegetables, lose 10 pounds, or get regular exercise didn't go as planned. Now what?

After you take a minute to recognize what went wrong, set some new goals. Make sure they're SMART. Your goals should be Specific, Measureable, Attainable, Relevant, and have a Timeline for completion.<sup>2</sup>

This exercise will help you evaluate your goals and make adjustments to help you get back on track.

For example, you can't expect to make the switch overnight from skipping workouts and watching TV to being active most days. You need an action plan that starts with small goals. Try exercising for 20 minutes at the same time every day. When that becomes a habit, move on to longer exercise sessions, harder workouts, and less TV time.

Think it through. What's the one thing you can do today, in three days, in a week, and in a month, to get back on track and work towards your goal?

### Step 3 – Choose to Change

Changing behavior is really about repetition. It's about being organized.

## ASK THE Wellness DOCTOR

If you didn't stick to your diet or exercise plan, it just means you haven't repeated the behavior enough.

It's not enough to say you're going to change. You have to choose to change, take action, and do it over and over. Creating accountability can help.<sup>3</sup> Here are some things you can do:

Set an alarm on your mobile device reminding you to workout, have a glass of water, get to bed on time, etc.

Work with a health coach, doctor, dietitian, or personal trainer to hold you accountable, encourage you to keep going, and measure your progress.

Keep track of your daily choices like calories, steps, sleep, or how much water you're drinking.

Ask for help from family and friends to help you stay on track. And get out of the pattern of all-or-nothing thinking.

Need to get back on track? Now is always the best time to get started.

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