

Happy 4th of July
Stay Safe this
Summer!

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See you in September.

Wellness Corner Connection

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Bone Health Is Year Round

Let's Get the Facts on Skeletal Health

Many of us, when we think about physical health, we focus primarily on our weight, muscle strength and flexibility. Yet we tend to forget that without skeletal strength, none of that would be possible. Without strong bones, our bodies would collapse and we would not have the essential minerals for maintaining multiple bodily functions.

Ninety-nine percent of our body's calcium is stored in our bones and teeth according to NIH. Even though it may seem obvious that bone health is vital, knowledge and interventions geared to preventing unnecessary bone loss and the risk of osteopenia and osteoporosis is lacking. Much of it just has to do with awareness and the public's lack of knowledge in what to do and what questions to ask their physicians. Hopefully we can address some of these concerns in this month's issue. Let's look at some facts about this topic:

A strong skeleton
is just as impor-
tant as a healthy
heart! ♥

- Peak bone mass is reached in late adolescence but bones never stop changing. An adult skeleton replaces its bone mass every 10 years.
- Fifty percent of the calcium in the adult skeleton was deposited between the ages of 13-17.
- After age 30, calcium deficiencies can lead to gradual bone loss—as high as 0.5% per year.
- Osteoporosis affects 200 million women and the lifetime risk of hip fractures is 1 in 6, compared to 1 in 9 for breast cancer.
- Bone Mass Density (BMD) is measured in T-score, a negative number because it symbolizes bone loss.
- Calcium, vitamin D, dairy and physical activity are critical to preserving and building bone mass.
- Bone loss and aging are inseparable but there are things you can do now to prevent or delay the loss as you age.

Risk factors you cannot change:

- **Gender.** Your chances of developing osteoporosis are greater if you are a woman. Women have less bone tissue and lose bone faster than men because of the changes that happen with menopause.
- **Age.** The older you are, the greater your risk of osteoporosis. Your bones become thinner and weaker as you age.
- **Body size.** Small, thin-boned women are at greater risk.
- **Ethnicity.** Caucasian and Asian women are at highest risk. African American and Hispanic women have a lower but significant risk.
- **Family history.** Fracture risk may be due, in part, to heredity. People whose parents have a history of fractures also seem to have reduced bone mass and may be at risk for fractures.

Risk factors you can change:

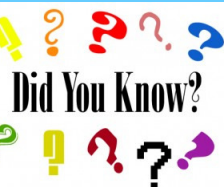
- **Sex hormones.** Abnormal absence of menstrual periods (amenorrhea), low estrogen level (menopause), and low testosterone level in men can bring on osteoporosis.
- **Anorexia nervosa.** Characterized by an irrational fear of weight gain, this eating disorder increases your risk for osteoporosis.
- **Calcium and vitamin D intake.** A lifetime diet low in calcium and vitamin D makes you more prone to bone loss.
- **Medication use.** Long-term use of certain medications, such as glucocorticoids and some anticonvulsants can lead to loss of bone density and fractures.
- **Lifestyle.** An inactive lifestyle or extended bed rest tends to weaken bones.
- **Cigarette smoking.** Smoking is bad for bones as well as the heart and lungs.
- **Alcohol intake.** Excessive consumption of alcohol increases the risk of bone loss and fractures.

Osteopenia indicates low bone mass when overall bone mineral density has not fallen far enough to cause serious concern. This diagnosis does not mean you will get osteoporosis. However, lifestyle changes involving physical activity and proper nutrition are essential to prevent further decline. **T-score of -1 to -2.5.**

Osteoporosis, the advanced loss of bone tissue, is often called the "silent disease" because it's usually not diagnosed until a fracture. 80% of older adults with bone breaks have never been tested. Following a fracture, 1 in 5 hip fracture patients end up in a nursing home and 24% of hip fracture patients over 50 die in the year after the fracture. These are startling statistics shared from the National Osteoporosis Foundation (NOF). **T-score of -2.5 or lower.**

17.2 million new cases of osteoporosis or osteopenia are projected between 2010 and 2030, a 32% growth rate compared to 2005-2010.

A woman's risk of a hip fracture is equal to her combined risks of breast, uterine and ovarian cancers (NCF, 2016).



The Human Body is Amazing:

The surface area of your lungs is large enough to cover one side of a tennis court.

Adult human has about 206 bones. Infants, about 231.

Your body uses 300 muscles to balance itself while standing still.

Skin is the largest organ of the human body, accounting for about 15% of your total body weight.

When you blush, the lining of your stomach also turns red.

The adult body is made up of about 60% water, though we start out at about 75% as newborn babies, around the same ratio of water to land on Earth.

Your fingernails can show your state of health, indicating problems such as mineral or vitamin deficiencies, liver trouble, thyroid or anemia. Some signs: brittle, pale or spotted nails.



How To Prevent Bone Loss

To reach optimal peak bone mass and continue building new bone tissue as you age, you should consider several factors:

Calcium: An inadequate supply of calcium over a lifetime contributes to the development of osteoporosis. Many published studies show that low calcium intake appears to be associated with low bone mass, rapid bone loss, and high fracture rates. National nutrition surveys show that many people consume less than half the amount of calcium recommended to build and maintain healthy bones. **Food sources of calcium include low-fat dairy products, such as milk, yogurt, cheese, and ice cream; dark green, leafy vegetables, such as broccoli, collard greens, bok choy, and spinach; sardines and salmon with bones; tofu; almonds; and foods fortified with calcium, such as orange juice, cereals, and breads.** Depending on how much calcium you get each day from food, you may need to take a calcium supplement.

Calcium needs change during one's lifetime. The body's demand for calcium is greater during childhood and adolescence, when the skeleton is growing rapidly, and during pregnancy and breastfeeding. Postmenopausal women and older men also need to consume more calcium. Also, as you age, your body becomes less efficient at absorbing calcium and other nutrients. Older adults also are more likely to have chronic medical problems and to use medications that may impair calcium absorption.

Vitamin D: Vitamin D plays an important role in calcium absorption and bone health. Food sources of vitamin D include egg yolks, saltwater fish, and liver. Many people obtain enough vitamin D naturally; however, studies show that vitamin D production decreases in the elderly, in people who are housebound, and for people in general during the winter. Adults should have vitamin D intakes of 600 IU (International Units) daily up to age 70. Men and women over age 70 should increase their uptake to 800 IU daily.

Exercise: Like muscle, bone is living tissue that responds to exercise by becoming stronger. Weight-bearing exercise is the best for your bones because it forces you to work against gravity. Examples include walking, hiking, jogging, climbing stairs, weight training, tennis, and dancing.

Smoking: Smoking is bad for your bones as well as your heart and lungs. Women who smoke have lower levels of estrogen compared with non-smokers, and they often go through menopause earlier. Smokers also may absorb less calcium from their diets.

Alcohol: Regular consumption of 2 to 3 ounces a day of alcohol may be damaging to the skeleton, even in young women and men. Those who drink heavily are more prone to bone loss and fracture, because of both poor nutrition and increased risk of falling.

Medications that cause bone loss: Several medications can contribute to bone loss. For example, the long-term use of glucocorticoids (medications prescribed for a wide range of diseases, including arthritis, asthma, Crohn's disease, lupus, and other diseases of the lungs, kidneys, and liver) can lead to a loss of bone density and fracture. Bone loss also can result from long-term treatment with certain anti-seizure drugs, such as phenytoin and barbiturates; gonadotropin-releasing hormone (GnRH) drugs used to treat endometriosis; excessive use of aluminum-containing antacids; certain cancer treatments; and excessive thyroid hormone. It is important to discuss the use of these drugs with your doctor and not to stop or change your medication dose on your own.

Recommended Calcium Intake (mg/day):

19-50 yr old—1,000

51-70 yr old males—1,000

51-70 yr old females—1,200

A Bit More On Physical Activity

According to the Surgeon General, physical activity "is one of the most important controllable lifestyle changes to help prevent or reduce the risk of a number of chronic diseases".

Physical activity is known to influence both bone and muscle metabolism; therefore, inactivity, or a decline in activity (sitting all day at work), can affect bone through those two pathways. Inactivity, with its lack of "pressure" on the body, causes bones to become weakened and more fragile, leading to possible increases in fractures. It's basically the "use-it-or-lose-it" scenario.

Walking—often the top recommendation for osteoporosis although studies do show that it has a limited effect on bones. In folks over 65, increasing daily steps by 25% has been associated with an increase in hip BMD.

Progressive Resistance Training (PRT) - Proven to be the most effective way to increase BMD in women and older adults and to maintain BMD in men. Also increases muscle mass and strength helping to increase bone formation as well as fall prevention. Target back strengthening exercises, stair climbing and squats to strength large leg muscles.

Posture and balance training—simple everyday tasks such as staying upright and standing without falling may be taken for granted while we're young. But as we age, the posture-control system that relies on multiple inputs (visual, inner ear balance, sense of touch and nerve responses) can become challenged. Therefore, cognitive task along with movement get more difficult. The body prioritizes posture control over cognitive-task performance to avoid falling. This is known as "posture first" principle. So emphasis should be placed on exercises that incorporate two tasks, such as walking and talking, or that challenge our senses through closing the eyes (visual), using a tilting platform (proprioceptive) or use of a foam mat (tactile). It is recommended that you progress slowly when introducing these components. (Start off holding on to a chair or wall).

80% of adults do not meet the guidelines for both aerobic and muscle strengthening activities.

High-Impact Exercises—activities such as hopping, skipping, and jumping can increase bone mass density, muscle strength and power. Adding unilateral and multilateral components, such as single-leg hopping or side, front and back hops, can improve balance and coordination for fall prevention.

High-intensity Progressive Resistance Training which combines heavy resistance training with high-impact activities has been proven to be effective for postmenopausal women with low to very low bone mass.



Shape Up Your Eating Habits

Want to shape up your eating habits over the summer? With an abundance of fruits and vegetables, there is no better time like the present.

Even though summertime cook outs could bring some temptations that could hit your waistline, there are so many delicious and healthy variations you can bring to your traditional meals that will not only keep your pallet satisfied but also keep you from adding a notch on your belt.

Maybe you've decided to cut back a little on the hot dogs, peel the fatty skin off your barbecued chicken and limit mayo-laden macaroni and potato salads. Will this be enough to shape up your summertime eating habits? Cutting back on high-fat meats and mayo-drenched salads is a good place to start. But along with limiting certain foods, it's just as important to think about what to add to your meal plan. To make healthy eating habits stick, it's better to **think more about enjoying your food and less about what to avoid**. Here are some ideas to wet your appetite that won't expand your waistline.

Make simple substitutions:

- Breaking an unhealthy food habit doesn't mean you have to make radical changes or follow complicated recipes.
- Exchange artery-clogging creamy sauces and dressings with marinades or dressings made with olive oil or canola oil (heart-healthy fats) and herbs.
- Instead of serving a classic potato salad with creamy mayo, try steaming new potatoes and drizzling them with olive oil, garlic powder and chopped chives.
- Look for chicken or turkey sausages to grill instead of pork. They taste delicious and often offer great savings on fat and calories.
- Use wholesome barley or quinoa for a grain-based salad instead of pasta or potatoes. Add lots of raw, cut-up veggies, such as red peppers, carrots, red onion and celery.
- Go for sorbets and fruits instead of heavy cakes if you crave dessert.
- Drink plenty of water in lieu of sports drinks and sodas.
- Downsize what you put on your plate. Fill two-thirds of it with fruits, vegetables and grains, and one-third with poultry, fish or meat.

Take advantage of the season

Summer is prime time for the best fruits and vegetables.

- Try grilling vegetables, such as pearl onions, mushrooms, zucchini and bell peppers. Most vegetables can be grilled by cutting them into bite size pieces and threading onto skewers. Grilled fruit kabobs are also a great summertime dessert!
- Buy fresh herbs (or grow them). They can bring out the flavor in food. If you have extra, chop them up, put them in an ice-cube tray and fill it with water. Once the herbs freeze, pop them out and put them in a plastic bag. Defrost by running them under hot water.
- At your next barbecue, skip the chips and serve crunchy carrot sticks, bell pepper strips and broccoli with a low-fat dip.
- Head to the beach with a veggie-filled picnic lunch. In addition to turkey or lean ham on whole wheat bread, pack fruits and vegetables such as baby carrots, cherry tomatoes, grapes, plums, blueberries and cherries.
- If you are going camping or hiking, unsweetened dried fruits, such as cranberries, raisins, apricots and figs, are easy to tote in your backpack and can provide quick "pick me up" energy.
- Avoid food dyes and excess sugar and make your own frozen fruit pops at home. Freeze 100 percent fruit juice in small paper cups (add diced-up fruit to the juice before freezing for extra fiber and nutrients). Insert wooden sticks when the juice is slushy enough to hold the stick upright. When the juice is frozen solid, peel the paper off and serve.
- Keep containers of fruits and vegetables washed and cut into bite-size pieces in the refrigerator. Have them as snacks instead of chips and cookies.



Who is at Higher Risk for Dehydration?

People are at higher risk of dehydration if they exercise at a high intensity, have certain medical conditions, are sick, or are not able to get enough fluids during the day. Older adults are also at higher risk. As you get older, your brain may not be able to sense dehydration and send the signals for thirst.

Symptoms of dehydration include the following:

- Little or no urine, or urine that is darker than usual
 - Dry mouth
 - Sleepiness or fatigue
 - Extreme thirst
 - Headache
 - Confusion
 - Dizziness or lightheaded feeling
 - No tears when crying
- Don't wait until you notice symptoms of dehydration to take action. Actively prevent dehydration by drinking plenty of water.

What are Electrolytes?

The main components are sodium, potassium, calcium, magnesium, chloride, hydrogen phosphate and hydrogen carbonate. Regulate—hydration, blood pH, proper nerve and muscle function. Improper balance can lead to muscle weakness and cramping.

Replacing lost Electrolytes:

To replace the electrolytes lost during excessive sweating, it may seem logical to grab a sports drink to re-hydrate. Most if not all of them are filled with artificial ingredients and tons of sugar.

Regular sports drinks contain: Water, sucrose syrup, glucose-fructose syrup, citric acid, natural grape flavor with other natural flavors, salt, sodium citrate, monopotassium phosphate, red 40, Blue 1. This is taken straight from the Grape flavored Gatorade bottle.

TIPS FOR A HEALTHY SUMMER!

Celebrate Independence Day without illness or injury...some common sense tips:

The rule of “not letting food sit out for more than two hours” is shortened to one hour if the temperature is above 90° F. When in doubt, throw it out.

Always wear a life jacket when boating.

The hours between 10 a.m. and 4 p.m. are the most hazardous for outdoor ultraviolet (UV) radiation exposure in the United States.

Watch for signs of heat exhaustion or heat stroke, especially in children. Kids' bodies absorb more heat on a hot day than adults do. Also, children are less able to lower their body heat by sweating. A child's body temperature may increase three to five times as fast as an adult's body temperature. Signs of trouble include red, hot, and moist or dry skin; no sweating; a strong, rapid pulse or a slow, weak pulse; a throbbing headache; dizziness; confusion; being grouchy (or grouchier than normal); or acting strangely.

Top 5 Healthiest Condiments

1. **Mustard**—has no sugar. Mustard seed itself is a powerful antioxidant. Yellow mustard contains turmeric and paprika both antioxidants as well.
2. **Guacamole**—contains lots of healthy fats that satisfy your appetite and regulate hormone balance, has lots of fiber, and plenty of vitamins, minerals, and antioxidants
3. **Salsa**— Although ketchup is considered unhealthy due to the sugar content, salsa is almost never made with added sugar if you get a good brand. Mostly just vegetables. Try it on your 4th of July burger and see!
4. **Hummus**— this is mostly chickpeas, tahini, garlic, lemon and olive oil. But now there are all kinds of flavors to choose from. When buying hummus make sure its made with olive oil and NOT soybean or canola oil.
5. **Pesto**—Generally a mashed mix of garlic, pine nuts, basil, olive oil, and grated cheese. Great source of healthy fats and powerful antioxidants.

Compelling Reasons For Eating Fruits

STRAWBERRIES
Fighting cancer & aging



BLUEBERRIES
Protects the Heart



GRAPES
Relaxes blood vessels



MANGOS
Prevents cancers



BANANAS
Boost energy

CHERRIES
Calms Nervous System



ORANGES
Protects skin & vision



KIWIS
Increase bone mass



APPLES
Help resist infection



WATERMELON
Controls heart rate




PINEAPPLE
Fights arthritis



PEACHES
Provide potassium fluoride & iron



5 Top Spices For Your Bones

	Favorite Spice	What it does for your bones	How to use it
	Cinnamon	Reduces bone breakdown and can help prevent osteoporotic bone loss	<ul style="list-style-type: none"> • Sprinkle on apples or pears • Add to tea or coffee • Add to oatmeal
	Cloves	Contains manganese, vitamin K, and omega-3 fatty acids	<ul style="list-style-type: none"> • Use for baking • Mix in stir fry dishes
	Garlic	Alkalizes and has anti-inflammatory & antioxidant properties	<ul style="list-style-type: none"> • Add to almost anything, including soups, dips, veggies, and sauces
	Ginger	Has anti-inflammatory and antioxidant actions	<ul style="list-style-type: none"> • Make ginger tea • Slice and use with fish or veggie stir-fry
	Turmeric	Helps prevent your body from oxidative stress that can lead to cell damage, bone loss and negative health effects	<ul style="list-style-type: none"> • Use in curries • Toss with rice • Add to cooked vegetable

Health Benefits of Barley

Organic  Facts

Nutrients*

Dietary Fiber 62%
Carbohydrate 26%
Protein 20%
Calories 18%

Vitamins*

Niacin 23%
Vitamin B6 13%
Thiamin 13%
Riboflavin 7%

Minerals*

Manganese 66%
Selenium 54%
Phosphorus 22%
Copper 21%

*% Daily Value per 100g. For e.g. 100g of barley provides 66% of daily requirement of manganese.

Preserves skin elasticity

Reduces risk of gallstones

Strengthens immune system

Helps to prevent osteoporosis

Controls blood cholesterol levels

Keeps colon and intestine healthy

Effectively manages type 2 diabetes

Prevents cancer and heart ailments

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Recipe
Corner

Southwestern Barley Salad

This Southwestern Barley Salad is packed with delicious flavors of cilantro, lime, and seasonings. It's healthy, wholesome, and perfect for picnics or lunch.

Ingredients:

- 1 cup uncooked barley
- 1 cup sweet corn kernels
- 1½ cup grape tomatoes, halved
- ¼ cup chopped fresh cilantro
- 4 stalks green onion, thinly sliced
- Juice of 2 large limes
- ¼ cup olive oil
- 2 tsp kosher salt, plus more to taste
- 1¼ tsp granulated sugar
- ½ tsp garlic powder
- ¼ tsp freshly ground black pepper, plus more to taste

Directions:

Do ahead: Cook barley according to package instructions until tender (generally, boil for approx 1 hour in a large pot of salted water) Drain cooked barley in colander. Rinse, tossing, with cold water until starchiness is washed off.

In a large mixing bowl, combine remaining ingredients. Stir to combine well. Add rinsed/drained cooked barley. Stir to combine. Add additional kosher salt and pepper as needed. Let salad chill 1-2 hours, covered, for flavors to meld before serving.



From: Chew Out Loud
Serves: 6-8

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The best way to predict the future is to create it!