

# TOPHEALTH®

The Health Promotion and Wellness Newsletter

We Care About Your Health

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## Sugar: Five Sweet Ways to Cut Back

Kids love it, dentists hate it and Americans consume too much of it — more than 130 pounds per person each year. Sugar may be a key factor in metabolic syndrome, a condition that is believed to increase the risk for diabetes, heart disease and maybe even cancer.

Replacing some of the sugar in your diet with more nutritious foods is undoubtedly a good idea. The American Heart Association recommends limiting added sugars to no more than 100 calories per day for women and no more than 150 calories per day for men. Five ways to reduce your sugar intake:

- ① Instead of soda, drink water or sparkling water with lime or a splash of fruit juice. Soda is the leading source of sugar in the American diet.
- ② Eat fewer processed foods and more whole foods, such as produce. Food labels list ingredients in descending order of quantity. If sugar is in the top 5, double check the calories and grams per serving.
- ③ Save baked goods and desserts for special occasions. Instead, try naturally sweet fruits, either fresh or canned in fruit juice.
- ④ Buy only unsweetened, 100% fruit juice. Better yet, fruit beats juice any day for a healthy, sweet treat.
- ⑤ Enhance flavor with spices such as cinnamon, ginger, nutmeg and cloves, or with extracts of maple, coconut, chocolate or banana instead of sweeteners.

### Are You Really Hungry?

Food is supposed to nourish and fuel you, but eating can also be triggered by feelings other than hunger, such as boredom, loneliness, anxiety and depression. Signs that you may be eating for emotional reasons include sudden cravings for sweets or specific foods, eating when it's unlikely that you're hungry (such as an hour or two after a hearty dinner) and feeling guilty after eating. Could you be an emotional eater?

*Clues on other side.*



## LONGEVITY CORNER

**Family history matters.** Recent medical research suggests that if you have a family member who developed cancer before age 50, you could benefit from early screening. Breast, prostate and colon cancer in the family can raise your risk two to six times; early and regular screening can help save lives. **Find out:** If any family members were diagnosed with cancer at a young age, make sure you and your children make an appointment for a screening.

~ Zorba Paster, MD



Smart moves for your personal wellness program and a screening guide are at [www.personalbest.com/extras/nov11tools](http://www.personalbest.com/extras/nov11tools).

## Diabetes: Type 1.5

**At one time** only three types of diabetes had been identified: type 1 or "juvenile" diabetes, type 2 (formerly called "adult onset"), and gestational diabetes, which appears in pregnancy. These days things aren't as clear-cut.

**Younger people** can get type 2, and type 1 often appears later in life. In fact, scientists now recognize several subtypes forming a "continuum" of diabetes. One of the most common is type 1.5 or latent autoimmune diabetes in adults (LADA).

**In LADA**, onset of insulin dependence (requiring insulin injections) happens more slowly than in type 1. In contrast to people with type 2, auto-antibodies (proteins that attack insulin-producing cells) are present in the blood of those with LADA. Researchers are still working out the diagnostic criteria.

**Identifying LADA** is especially important in leaner, active adults who are more likely to have LADA and don't show the marked insulin resistance found in type 2. Early insulin treatment may help preserve the function of insulin-producing cells longer for people with LADA. If these individuals are misdiagnosed as having type 2 diabetes, they could take ineffective medications and lose insulin production more quickly.


Also, new medications being developed for type 1 might turn out to be effective against LADA, leading to better treatment of this disease.

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## This Mold House

In many foreclosed homes, when the family moves out, mold moves in. With closed doors and windows and no air conditioning, humidity levels can rise, promoting mold growth. Mold can cause significant health problems, especially in sensitive individuals. If you're considering purchasing a home, have the inspector check for signs of mold. Drywall, carpets, ceiling tiles, paneling or other mold-infected items may need to be replaced — and factored into your purchasing decision.



 **More info:** Go to [www.epa.gov/mold/moldresources.html](http://www.epa.gov/mold/moldresources.html).

## Detective Work: Emotional Eating

❖ Keep a diary of what and when you eat to better understand the pattern.

❖ Try to keep unhealthy foods out of your personal environment, such as your house, car or office.

❖ When the urge to eat strikes, ask yourself: Am I really hungry? If not, find an alternative to eating.

❖ Try to identify the feeling that's triggering the urge to eat, and learn to tolerate the emotion. Feelings usually fade over time.

❖ Consider writing your feelings down in a journal or talking with a trusted friend.

❖ Try shifting to another activity, such as walking, yard work or yoga.

❖ Learn a relaxation technique such as meditation.



❖ If the difficulty persists, consider meeting with a professional counselor who is familiar with these issues.

**Nibble on this:** Occasional eating for non-hunger reasons (such as a slice of birthday cake) is fine, but a frequent pattern affecting your weight or peace of mind should be taken seriously.

## Diabetes: Type 1.5 Overview

Characteristics	Type 1	LADA	Type 2
Typical age of onset	Youth or adult	Adult	Adult
Progression to insulin dependence	Rapid (days/weeks)	Latent (mths/yrs)	Slow (years)
Presence of autoantibodies	Yes	Yes	No
Insulin dependence	At diagnosis	Within 6 years	Over time, if at all
Insulin resistance	No	Some	Yes

## Quick Guide to Stomach Pain



Stomach pain can be tricky — discomfort can be caused by abdominal organs (spleen, intestines), organs in other locations (lungs, heart) or infections such as flu or strep throat. But these guidelines can help you track down the problem — or know when to see a professional.

### Step 1

Observe the location and duration of your pain. Pain throughout the belly can mean flu, indigestion or gas. Intense and steady pain in the lower right area may indicate pancreatitis. Severe, intermittent pain in adults may point to kidney or gall stones.

### Step 2

Notice what makes you feel better or worse. For example, symptoms of hiatal hernia may worsen when lying down, and a bowel movement may temporarily relieve irritable bowel syndrome (IBS). When ill, stick to water or clear liquids for a few hours (six hours if you've been vomiting). Then eat small amounts of mild foods, such as rice or applesauce, and avoid dairy products. If pain occurs after meals, try antacids and avoid greasy, fatty or acidic foods, caffeine and alcohol. Avoid aspirin or other painkillers until you talk to a health care professional.

### Step 3

Call your doctor or health care provider if pain worsens or does not improve in 24 to 48 hours; bloating persists for more than two days; you urinate frequently or feel burning when urinating; you have a fever over 100°F (adults); or if you experience prolonged loss of appetite or unexplained weight loss. *Seek immediate medical treatment if:*

- You are being treated for cancer, are pregnant or could be pregnant.
- You are unable to pass stools, especially if you are also vomiting.
- You have blood in your vomit or stool accompanied by abdominal pain.
- You have sudden, sharp abdominal pain.
- You have pain in or between your shoulder blades, with nausea.
- You have a rigid, hard and tender belly.
- You have had a recent injury to your abdomen.
- You have difficulty breathing.