

October 2018
A Special Supplement to

The Delaware
Gazette
The Sunbury News

Healthy *Living*

Food as Fuel

The connection
between energy
and eating

Exercise

Finding time
for fitness

Health & Hygiene

Understanding
adult acne



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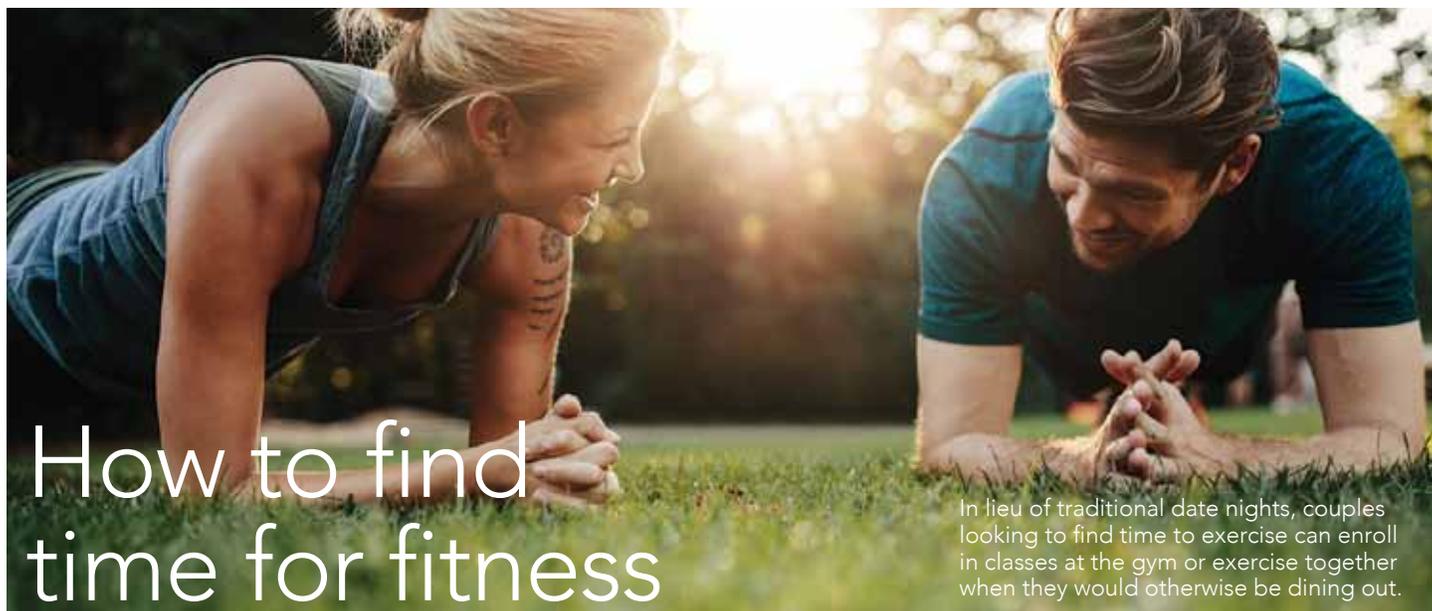
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How to find time for fitness

In lieu of traditional date nights, couples looking to find time to exercise can enroll in classes at the gym or exercise together when they would otherwise be dining out.

Many adults admit to having little or no time to exercise, and statistics support the notion that men and women simply aren't exercising enough. According to the National Center for Health Statistics, only 21 percent of adults ages 18 and older met the physical activity guidelines for aerobic and muscle-strengthening activity (*Note: The World Health Organization recommends that healthy adults between the ages of 18 and 64 should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week or do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week, while also performing muscle-strengthening activities involving the major muscle groups at least two days per week.*)

Commitments to work and family can make it hard to find time to visit the gym or exercise at home. But the benefits of regular exercise are so substantial that even the busiest adults should make concerted efforts to find time to exercise. The following are a handful of ways to do just that.

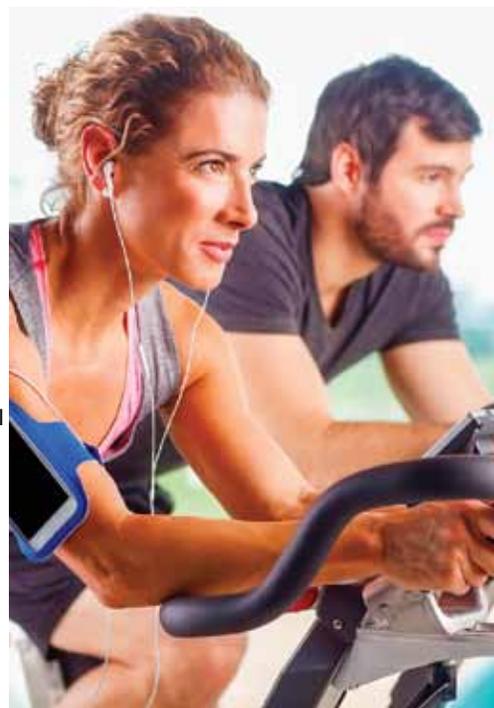
Embrace multitasking. Many professionals are adept at multi-tasking in the office, and those same skills can be applied when trying to find time for exercise. Instead of plopping down on the couch to watch television, bring a tablet to the gym or the basement and stream a favorite show while on the treadmill or the elliptical. When running errands around town, ride a bicycle or walk instead of driving.

Cut down on screen time. A 2016 report from The Nielsen Company revealed that the average adult in the United States spent more than 10 hours each day consuming media. That includes time spent using smartphones, tablets, personal computers, and other devices. By reducing that screen time by just one hour per day, adults can create enough free time to meet the WHO-recommended exercise requirements.

Make it a group effort. Involving others can make it easier for adults to find time to exercise. Instead of hosting work meetings in a conference room, take the meeting outside, walking around the office complex while discussing projects rather than sitting stationary around a conference table. At home, take the family along to the gym or go for nightly post-dinner walks around the neighborhood instead of retiring to the living room to watch television.

Redefine date night. Adults who can't find time for exercise during the week can redefine date night with their significant others. Instead of patronizing a local restaurant on Friday or Saturday night, enroll in a fitness class together. Parents can still hire babysitters to look after their youngsters while they go burn calories instead of packing them on at local eateries.

Finding time to exercise can be difficult for busy adults. But those committed to getting healthier can find ways to do so even when their schedules are booked.





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Avoiding foodborne poisoning



Romaine lettuce has recently been linked to various instances of foodborne illnesses.

Numerous foodborne illness outbreaks of salmonella and E. coli have occurred across the United States and Canada in 2018. And such outbreaks are not limited to North America. In May, more than 40 cases of hepatitis A were reported in six European Union countries, according to the European Center for Disease Prevention and Control.

When two or more people get the same illness from the same food or drink source, the event is called a foodborne disease outbreak, according to the Centers for Disease Control and Prevention.

While infection from salmonella strains and escherichia coli are some of the most notable contagions, other illnesses can occur as well, as evidenced by the EU hepatitis outbreak. Listeria and cyclospora are some other known foodborne illness pathogens. Through the first half of 2018, warnings and recalls have been issued by the CDC for shell eggs, romaine lettuce, dried coconut, chicken salad, kratom, raw sprouts, and frozen shredded coconut due to illness outbreaks.

The ramifications of food illnesses are significant. The Food and Drug Administration and the CDC reported that 121 people in 25 states became ill in April 2018 from eating romaine lettuce grown in the region of Yuma, Arizona. Forty-six of those individuals were hospitalized, including 10 who developed a type of kidney failure. One person in California died from the sickness.

Increased reporting about foodborne illness outbreaks begs the question as to whether or not more can be done to reduce the spread of these harmful pathogens. Contamination can occur in various places as food makes its way to dinner

tables. Long-term prevention of foodborne illness outbreaks involves the cooperation of many people in the production chain — all the way to the consumer, according to the CDC.

- **Production and harvesting needs to be safe and clean, with efforts to keep food products free of animal waste and sewage contamination.**
- **Inspection of processing plants can help ensure sanitary practices are in place.**
- **Pasteurization, irradiation, canning, and other steps can kill pathogens during food processing.**
- **People who package or prepare foods must properly wash their hands and clean facilities where food is handled.**
- **Food service workers should not go to work when they are ill.**
- **Foods need to be kept at proper temperatures during transport and when on display at stores.**
- **Consumers should be aware of expiration dates and employ proper food handling and cooking measures.** These include thoroughly washing produce, and cooking poultry, meats and other foods to the recommended temperatures.

People who experience food poisoning should report each instance to the local or state health department. Identifying symptoms and location can help health officials track illnesses and look for similar exposures.



An umbrella term that encompasses various conditions, cardiovascular disease, or CVD, is a formidable foe. According to the World Health Organization, cardiovascular diseases claim the lives of 17.7 million people across the globe every year, accounting for 31 percent of all deaths worldwide.

If CVD statistics are alarming, then it's important to note that many premature deaths related to CVD can be prevented. While the WHO notes that four out of five CVD deaths are due to heart attacks and strokes, men and women who learn to recognize the warning signs of heart attack may be able to get help before things escalate. In fact, the American Heart Association notes that many heart attacks begin slowly with mild pain or discomfort. By paying attention to their bodies and learning to recognize these warning signs, men and women may be able to get help before heart attacks claim their lives.

Chest discomfort: Discomfort in the center of the chest that lasts more than a few minutes or goes away and comes back is a telltale sign of heart attack. The discomfort may feel like pressure in the chest, squeezing, fullness, or pain.

Discomfort in the upper body: Discomfort in areas of the upper body that are not the chest also may be a warning sign of heart

attack. The AHA notes that such discomfort or pain may occur in one or both arms, the back, neck, jaw, or stomach.

Shortness of breath: Shortness of breath may be an early warning sign of heart problems. The AHA notes that this may or may not be accompanied by discomfort in the chest.

Additional signs: The AHA notes that some people suffering from a heart attack may break out in a cold sweat, experience nausea or begin to feel lightheaded.

Are symptoms different for men and women?

Symptoms of heart attack tend to be different for men and women. While the most common symptom for both men and women is chest pain or discomfort, women are more likely than men to experience additional symptoms. According to the AHA, women are more likely than men to experience shortness of breath, nausea/vomiting and pain in their backs or jaws.

The AHA urges fast action by anyone who suspects they or a loved one are suffering a heart attack. Acting quickly can save lives and help men and women avoid joining the nearly 18 million people who succumb to cardiovascular disease each year.



People who periodically experience difficulty sleeping may benefit from spending more time outdoors. According to researchers at the University of Colorado Boulder, sleeping outside can be beneficial to the sleep-wake cycle. That's because spending time under the stars increases melatonin levels in the body. Melatonin is a hormone that controls wakefulness. Higher

levels help the body relax and induce sleep. The researchers found that individuals who spent a weekend in the woods camping out at night fell asleep earlier and rose an hour and a half earlier in the morning. For those who don't like to camp, increasing exposure to daylight and then avoiding sources of artificial light (i.e., televisions and cellphones) at night can help create a similar effect.

What is activated charcoal?



Health-conscious consumers may be hearing more about activated charcoal and its wide range of uses. Activated charcoal, also known as activated carbon, is a form of carbon processed to have small pores that increase surface area adsorption. Simply Supplements says adsorption involves the adhesion of atoms, molecules and ions onto the surface of a larger absorbent. Absorption would force those molecules to permanently dissolve into the entirety of the absorbent, not just the surface. Healthline notes that activated charcoal is typically made from bone char, coconut shells, peat, coal, olive pits, or sawdust. The "activation" occurs by heating these materials at high temperatures to make them more porous. Historians believe that activated charcoal has been used for medicinal purposes since the 19th century. While activated charcoal is still being studied, it has been used as a treatment for acute poisoning. Some people rely on it as a hangover remedy, but there is no evidence to support its efficacy in such instances. Activated charcoal is available in capsules or tablets to treat digestive gas problems and is increasingly used in toothpaste to whiten teeth and reduce stains. Individuals are advised to carefully research activated charcoal and discuss its purported health benefits with their physicians before including it in their health regimens.

The connection between eating & energy

The connection between energy and eating is significant. A healthy diet and approach to eating can vastly improve energy levels, while a poorly planned diet that lacks nutrition can contribute to feelings of fatigue and increase a person's risk for various ailments.

The Harvard Medical School notes that different kinds of foods are converted to energy at different rates. That's why some foods, such as candy, provide quick boosts of energy while foods such as whole grains tend to supply the body with energy reserves that it can draw on throughout the day.

It's not just what people eat but how they eat that can affect their energy levels. In addition to choosing the right foods, men and women can try the following strategies as they look to eat to boost their energy levels.

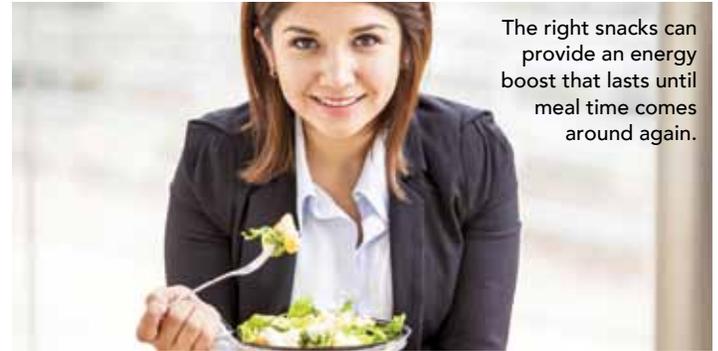
Eat smaller, more frequent meals. Avoiding the traditional three-meals-per-day approach may help improve energy levels, especially for people who tend to eat sizable meals once, twice or even three times every day. According to the Cleveland Clinic, the metabolisms of people who do not eat regularly will slow down, as the body absorbs and stores more of the food it eats. Those stores include cholesterol and fat, which can be unhealthy and contribute to weight gain.

However, by eating small meals more frequently, one's metabolism speeds up and more calories are burned. The body recognizes more food is soon on the way and, as a result, it does not need to store as much cholesterol and fat as it would if meals were eaten less frequently.

Avoid a big lunch. The Harvard Medical School notes that, while the reasons are unclear, research has indicated that the circadian rhythms of people who eat big lunches indicate a more significant drop in afternoon energy levels than the rhythms of people who eat smaller midday meals. Men and women who eat big lunches and find their energy levels waning later in the workday can try to eat smaller midday meals to boost their energy.

Be careful with caffeine. The foods people eat are not the only components of their diet that can affect their energy levels. Caffeinated beverages can provide a temporary boost of energy as well. However, men and women who drink coffee or other caffeinated beverages to boost their energy levels should avoid doing so in large amounts after 2 p.m. That's because caffeine can cause insomnia, and insufficient sleep can dramatically affect energy levels.

Choose the right snacks. Eating smaller, more frequent meals may compel some

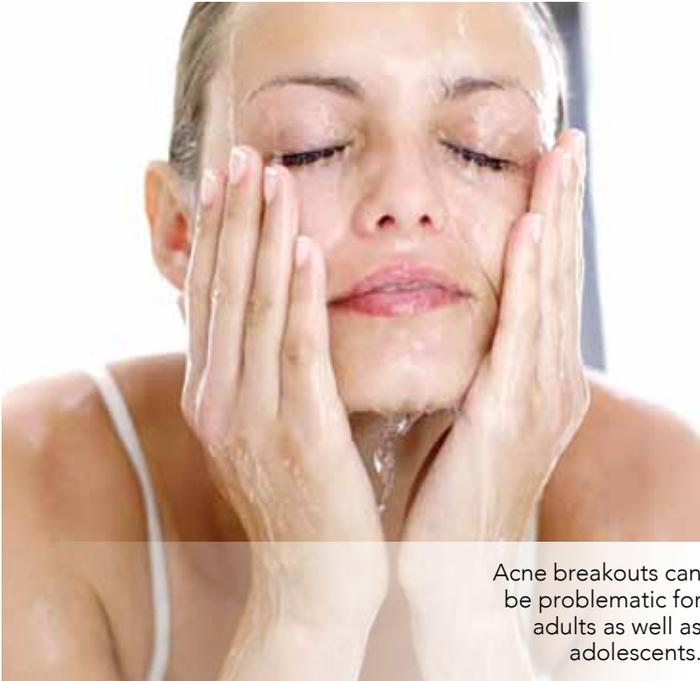


The right snacks can provide an energy boost that lasts until meal time comes around again.

people to snack. The Academy of Nutrition and Dietetics notes that snacks are important as long as they're the right snacks. Avoid snacks that are just empty calories in favor of foods that contain protein and fiber-rich carbohydrates. Such snacks, which may include fruits such as apples and fresh berries or protein sources like nuts and Greek yogurt, can provide lasting energy. It's also important that men and women not snack to fill themselves up, but rather to quell any hunger pangs and get an energy boost between meals.

The foods people eat and when they eat them can have a dramatic impact on their energy levels.





Acne breakouts can be problematic for adults as well as adolescents.



Clearing up adult acne

Many youngsters develop acne during adolescence. Acne often disappears by the time adolescents graduate high school, but for some people, acne lingers into adulthood.

The American Academy of Dermatology says adults can get acne, which may persist as adults reach their 30s, 40s or 50s. Some people even develop acne for the first time as adults, a condition known as adult-onset acne. Although both men and women can develop acne, women tend to get adult acne more often than men.

Adult acne can be particularly frustrating for adults who had acne as children. Understanding what's behind the blemishes can help people get the treatment they need to banish breakouts.

Stress: Stress may contribute to adult acne. When stressed, the body releases certain hormones, most notably cortisol, to address

the problem. Skin experts say that testosterone can accompany cortisol, which can drive oil glands to produce more oil. Stress can lead to more oily skin, which increases the likelihood of breakouts. Learning how to reduce stress can lead to clearer skin.

Hormonal changes: Fluctuations in hormones are normal for women. Estrogen and progesterone levels vary depending on the menstrual cycle. The Johns Hopkins Department of Dermatology says that acne is prevalent before one's menstrual cycle, and can also occur during menopause when hormones are in flux again. If acne is problematic, women can speak with their doctors about hormone therapy or birth control pills to see if either option can alleviate the hormone fluctuations that contribute to acne.

Family history: Genes also may be to blame for adult acne, as

some people may have a genetic predisposition to acne.

Medication: Acne may be a side effect of certain medications. If medicine is triggering breakouts, women can discuss potential alternatives with their physicians.

Sugar: Some evidence suggests that sugar can contribute to acne by raising insulin levels, which then triggers oil-releasing male hormones. Stick to foods that do not trigger a sugar (and insulin) spike. Australian researchers found that people who followed a low-glycemic index diet (which is low in refined carbohydrates like those found in white bread) had a 22 percent decrease in acne lesions, compared with a control group that ate more high-GI foods.

Salt: It's not the greasy fries that cause acne, but it very well may be the salt on those fries. Some doctors suspect that sodium can cause issues with the skin because the iodine found in table



salt and seafood can build up and make acne worse.

If these options do not work, speak with a dermatologist about cleansing regimens and topical treatments that can help reduce acne breakouts.



This **Falls management program** provides suggestions to **reduce the fear of falling** and increase activity levels in older adults who want to be more active. Participants learn to view falls as controllable, set realistic goals, change their environment to reduce fall risk factors and perform range of motion exercises to **increase strength and balance**.

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