

The Most Important Tool for a Barbeque

Summertime and barbeques seem to go together. To make sure you don't spoil your summer fun, only serve barbequed meat that is thoroughly cooked. How can you tell? By using a food thermometer to see if the meat you are grilling has reached a safe minimum internal temperature and is ready to serve.

The Partnership for Food Safety Education recommends that you use a digital instant-read thermometer or a thermometer-fork combination for grilling. These are easy to read and accurate to within 2 to 3 degrees Fahrenheit.

To test the temperature of meat and poultry, place the food thermometer in the thickest part of the food but not touching bone, fat, or gristle. Check the temperature in several places to make sure the food is evenly heated. If the meat is not hot enough, remove the thermometer, cook a few minutes longer, then check the temperature again.

(Note: Digital instant-read thermometers and thermometer-forks are not designed to remain in food while it is cooking.)



The U.S. Department of Agriculture recommends the following temperatures:

- ▶ Poultry breast: 170 °F
- ▶ Ground poultry: 165 °F
- ▶ Ground beef: 160 °F
- ▶ Hotdogs: 165 °F
- ▶ Beef, veal, and lamb (steaks, chops), medium rare: 145 °F
- ▶ Beef, veal, and lamb (steaks, chops), medium: 160 °F
- ▶ Beef, veal, and lamb (steaks, chops), well done: 170 °F
- ▶ Pork: 160 °F
- ▶ Fish: 145 °F

Undercooked meat can cause gastrointestinal symptoms, such as upset stomach, diarrhea, fever, vomiting, abdominal cramps, and dehydration, to more severe illness or even death. That's no way to remember your barbeque!

Partnership for Food Safety Education. 2009.

The U.S. Department of Agriculture offers Barbeque Safety Tips: www.fsis.usda.gov/FactSheets/Barbecue_Food_Safety



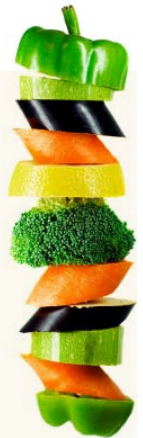
Tips for Grilling Vegetables

Vegetables, fruits, tofu, and vegetarian burgers are delicious grilled, and are great meat alternatives.

1. Start with a clean grill.
2. Cut fresh vegetables (and fruit, too, if you like) into chunks or slices. Try potatoes, carrots, beets, zucchini or other squash, asparagus, eggplant, peppers, tomatoes, mushrooms, onion, peaches, and pineapple.
3. Marinate veggies in your favorite sauce, or sprinkle lightly with Lite Salt™ or herbs.
4. Brush vegetables lightly with olive or canola oil so they are less likely to stick to the grill.
5. Place large chunks of vegetables or ears of corn directly on the grill. Put the smaller chunks or slices on a kabob skewer, or wrap them in foil.

Vegetables can cook quickly. Don't leave the grill unattended. Cooking times will vary.

Duke University Medical Center (news release). May 18, 2009.



Exercise Lowers Risk for Breast Cancer

Breast cancer is the most frequently diagnosed cancer for women – about 182,000 cases each year and over 40,000 deaths annually. A new study suggests that it may be possible to prevent up to half of these deaths.

Nearly 15,000 women had a treadmill test to determine their fitness level (or peak aerobic capacity). After 16 years of follow-up, researchers found that women who exercised enough to reach “moderate fitness” had a third (33%) fewer breast cancer deaths compared to the low-fit women. Highly fit women had 55% fewer breast cancer deaths compared to low-fit women. Those who had a below-average fitness level were 3 times more

likely to die from breast cancer compared to women with a peak aerobic capacity.

The researchers pointed out that most women can reach the moderate- to high-fitness categories by:

- ✓ Getting moderate exercise (such as brisk walking) for 30+ minutes, 5+ days/week
- ✓ Or vigorously exercising for 20-30+ minutes, most days of the week.

The American Cancer Society encourages women to exercise briskly for at least an hour daily for best results in preventing cancer. The only side effect from this kind of medicine is that you will probably look better, feel better, and live longer!

Medicine & Science in Sports & Exercise. April 2009.



Help for Seasonal Allergies

Pollen grains float through the air spring, summer, and winter. But no matter the season, if you're allergic to pollen, your days and nights can be filled with sneezing, watery eyes, congestion, and an itchy throat.

Pollen allergy, or hay fever, affects about 1 in 10 Americans according to the National Institute of Allergy and Infectious Diseases.

Pollen grains are the egg-shaped male cells of flowering trees, grasses, shrubs, weeds, and flowers. Pollen from large flowers does not usually cause allergy problems because their larger – and heavier – pollen grains drop quickly to the ground. The wind can carry the rest of the tiny pollen grains hundreds of miles. Eventually, all pollen floats to the ground, and onto your car, clothes, and skin.



If you are troubled by seasonal allergies, here are some ways to find relief:

- Pollen is usually emitted from 5-10 a.m. Stay inside during that time. And stay inside when it's windy and when the pollen count or humidity is high.

- Because you get pollen on your hands by touching anything outdoors, avoid rubbing your eyes. And wash your hands frequently.
- Wear sunglasses to reduce the amount of pollen that gets in your eyes.
- Change your clothes when you come in from outdoors. You could also shower to remove pollen from your skin and hair.
- Close the windows and use the air conditioner. This can reduce pollen floating in the air both in the house and in the car.
- Get someone else to mow the lawn or rake leaves. And don't hang your laundry out to dry. It'll collect pollen.
- Antihistamines can help. If sinus swelling is involved, a combined antihistamine and decongestant might be best.



Birch pollen (enlarged)



Grass pollen (enlarged)

Consider taking a vacation to an area that is less pollen-infested (such as the beach) during your peak allergy season. But moving permanently to a new location to escape your allergies isn't always the best answer. Many people who move

develop new allergies within a year or two.

If your seasonal allergies are making you miserable, check with your doctor or an allergist/immunologist.

American Academy of Allergy, Asthma, and Immunology. 2009.

Do you know the pollen count in your area?

Knowing the pollen count for your area can help you reduce your allergy symptoms. What exactly is a pollen count? It's the measure of the concentration of allergens in the air.

Absent No measurable pollen

Low Only very sensitive people will have symptoms

Moderate More individuals will suffer from allergies

High Most people who are sensitive to pollens will have some symptoms

Very high All people who are sensitive to pollens will have symptoms, and most will have severe symptoms

To view the pollen levels for your area, visit <http://www.pollen.com>.

Do You Need to Cut Down on Your Drinking?

Can you “hold your liquor”? If so, you might be at greater risk for alcoholism and liver disease. About 3 in 10 U.S. adults need several drinks before they get a “buzz.” They also tend to drink more, socialize with people who drink, and develop a tolerance to alcohol.

Follow the recommended limits for safer alcohol consumption. If you drink, the National Institutes of Health (NIH) recommends that men should drink no more than 14 drinks per week and no more than 2 drinks per day. Women should drink no more than 7 drinks per week and no more than 1 drink in a day.

Avoid alcohol altogether if you are:

- ✓ Planning to drive a vehicle or operate machinery
- ✓ Taking medications that interact with alcohol
- ✓ Managing a medical condition that can be made worse by drinking
- ✓ Pregnant or trying to become pregnant
- ✓ Making important decisions that you don't want influenced by alcohol

National Institutes of Health. May 2009.

Rethinking Drinking – a new NIH campaign – includes a self-evaluation and strategies for responsible drinking. Take the quiz here: http://pubs.niaaa.nih.gov/publications/RethinkingDrinking/Rethinking_Drinking.pdf



ASK THE WELLNESS DOCTOR

Q: Do the new energy drinks cause any health problems?

A: Go to www.wellsource.info/wn/ask-energydrink.pdf to read the answer from Don Hall, DrPH, CHES.

To ask your question, email: well@wellsource.com, subject line: Ask the Wellness Doctor. Emails with any other subject line will be directed to the spam folder.

Health Challenge™: “Drink Adequate Water” available at: <http://www.wellsource.info/wn/hc-water.pdf>. Water is essential for a healthy mind and body. Keeping your kidneys and bladder healthy reduces your risk of heart attack and stroke, and will improve your exercise performance. Drink 6 glasses daily – more if you are in hot weather or if exercising vigorously.

Q. Do the new “energy drinks” cause any health problems?

A. “Energy drinks” are popular with teens and young adults. The energy they promise comes primarily from two sources: sugar and caffeine. The sugar gives a short-term lift to your blood sugar levels if you’re hungry. But if you don’t eat real food along with the energy drink, your blood sugar level will drop quickly – and to a level lower than it would be if you hadn’t consumed anything at all.

Caffeine is a common ingredient in other drinks as well, including coffee, soft drinks, lattes, and tea. But most energy drinks contain very high amounts of caffeine, about 3-5 times more than that in a cola soft drink. Some energy drinks contain even more.

The problem with energy drinks is that they are consumed in large quantities by teens and young adults, which can cause a caffeine addiction and lead to more being consumed. A recent study on energy drinks showed that two drinks a day raised blood pressure levels significantly each day.¹

Another large population study of nearly 25,000 people found that people who regularly drank caffeinated beverages had a 36% increased risk of developing high blood pressure during the 13-year study compared to those who drank little or no caffeine.² Thus, caffeinated energy drinks can contribute



to future health problems, including an increased risk of heart disease, stroke, and other damage from high blood pressure.

So how does caffeine cause so much trouble? It gives a person a boost by raising the epinephrine (or adrenaline) level in the blood. This hormone, in turn, raises blood sugar and blood pressure levels, and stimulates the central nervous system. The high amount of caffeine in an energy drink nearly doubles a person’s normal adrenaline level, and keeps it elevated for up to 2 hours. A high caffeine intake also tends to increase tension and anxiety and decrease relaxation and the ability to sleep well.

Perhaps a greater problem is what the energy drink does to a person’s nutritional status. When you’re hungry, the natural way for you to increase your energy is by eating nutritious foods – not by consuming a stimulant and sugar. The “energy” boost from an energy drink is short-lived and results in an even greater crash in energy when it wears off.

Adequate sleep (at least 7-8 hours daily), healthy meals, and regular exercise are the best ways to develop high-energy minds and bodies. Energy drinks, stimulants, and sugar are cheap substitutes that promise much. But consuming them is not a healthy way to sustain long-term energy and good health.

References:

1. Steinke L, et al. Effect of “Energy Drink” Consumption on Hemodynamic and Electrocardiographic Parameters in Healthy Young Adults. *Annals of Pharmacotherapy*. 2009 Apr;43:596-602.
2. Hu G, et al. Coffee consumption and the incidence of antihypertensive drug treatment in Finnish men and women. *American Journal of Clinical Nutrition*. 2007 Aug;86:457-464.





Drink Adequate Water

CHALLENGE

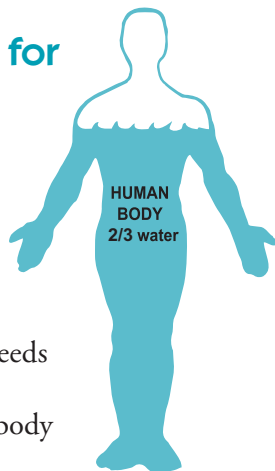
Drink 6 glasses of water daily.

Requirements to Complete this HEALTH CHALLENGE™

1. Read “Why water is important for your health” and “How much water?”
2. To complete the Challenge, drink 6 glasses of water on at least 22 days this month.
3. Keep records of your completed Challenge in case your organization requires documentation.

Why water is important for your health

Nearly two-thirds of your body weight is water. That water is essential for life and a healthy, functioning body.



Water...

- ✓ Helps you think (Your brain is three-quarters water and needs water to work efficiently.)
- ✓ Moves nutrients around the body
- ✓ Regulates your temperature
- ✓ Flushes impurities out of your body via your kidneys
- ✓ Improves circulation (Blood is 80% water.)
- ✓ Helps lubricates your joints, keeping them flexible
- ✓ Improves exercise performance (Muscles are three-quarters water and don't work well when dehydrated.)
- ✓ Keeps your skin soft and beautiful
- ✓ Helps your intestines remove waste, which reduces the risk of constipation
- ✓ Helps prevent fatigue
- ✓ Can aid in weight loss (Drinking water helps you feel full so you don't eat as much.)

Water is to your body what oil is to your car's engine. You can't function without it. Even a small water deficit (just 2%) can cause memory problems, cloud your ability to reason, make it difficult for your eyes to focus, and contribute to fatigue. Chronic inadequate water levels can lead to a variety of health problems, including headaches, constipation, kidney stones, and impaired circulation. In hot conditions, heat exhaustion and heat stroke can occur with physical exertion.

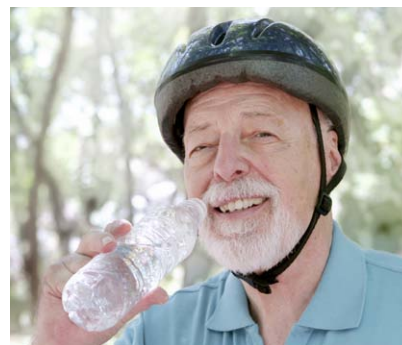
A person can survive without food for several weeks or even months. But without water for just one day, the body begins to shut down. Going a week or so without water would cause death.

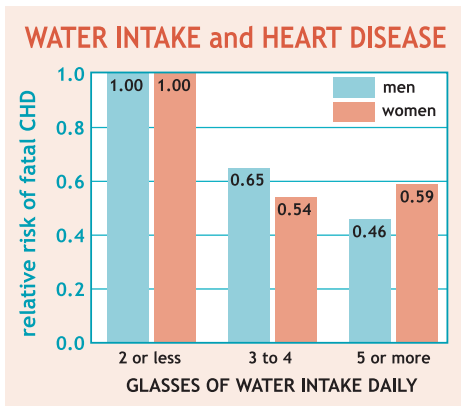
Reduce the risk of disease

Adequate water reduces the risk for certain cancers. The Department of Nutrition at Harvard University studied more than 47,000 healthy men to see if there was a relationship between water intake and risk of bladder cancer. After 10 years, the researchers found that men who drank 6 or more glasses of water daily cut their risk of bladder cancer in half, compared to men who drank very little water. Drinking plenty of water is one good way to keep your kidneys and bladder in good health.

Adequate water also reduces the risk of heart attack and stroke. When a person doesn't drink adequate water, the blood becomes thicker, sluggish, and more likely to clot. Loma Linda University researchers looked at water intake and the risk of heart attacks. They found that, compared to those who drank 2 glasses of water a day, women who drank at least 5 glasses of water a day cut their risk of heart attack by 41%. The risk was reduced by half (54%) in men. This is a remarkable difference.

One positive way to prevent a heart attack is to drink plenty of water. The Loma Linda study also found that drinking soft drinks and coffee did not protect people against heart attack.





Loma Linda University researchers looked at water intake and the risk of heart attacks.

The Institute of Medicine recommends that women should get the equivalent of 91 ounces of water – from beverages and foods – each day, and that men should get about 125 ounces daily. While foods high in water, such as fruit, fruit juices, and soups, can help supply some of your body’s need for liquid, you still need to drink water. Caffeinated and alcoholic beverages are not recommended for hydration because they have a diuretic affect and don’t have the same benefits as water.

Here are some ways to increase your water intake:

- Drink a glass of water when you first get up in the morning, in the evening when you get home, and again before you go to bed at night.
- Keep a bottle of water beside your desk at work. Drink often throughout the day.
- Drink before, during, and after any physical activity, such as walking, hiking, or biking.
- Carry water with you when you travel. Drink often when flying, as the cabin air is very dry.
- If your water doesn’t taste good, add a lemon or lime slice to improve the flavor. You can filter your water and keep a pitcher in the fridge. Or, buy bottled water if the improved taste helps you drink more.

The Institute of Medicine reports that most people get adequate water by letting thirst be their guide. A simple way to see if you are drinking enough water is to check your urine. If it’s dark and smells, you need more water. If it’s nearly clear or light yellow, you are doing great.

How much water?

It doesn’t happen often, but you can drink too much water. Adequate water is important for your health, but drinking twice as much isn’t better. Too much water dilutes the body’s electrolytes and can cause serious problems – even death.

But when exercising, you do need to increase your water intake. When exercising at a moderate level, drink a glass of water every 30 minutes. (One glass of water is 1 cup, or 8 ounces.) When exercising vigorously, plan on drinking about 4 glasses of water for every 1,000 calories you burn. Some pedometers can tell you when you’ve reached that level. In physical endurance events lasting 90 minutes or more, sport drinks with electrolytes seem to be beneficial and help keep the body hydrated even better than water alone. You also need to drink more water at high altitudes and when the weather is hotter than you are accustomed to.

Sources:

- Jeffrey Utz, M.D., *Neuroscience, pediatrics, Allegheny University. MadSci Library. www.MadSci.org. May 15, 2009.*
- *Institute of Medicine. Dietary Reference Intakes: Water, Potassium, Sodium, Chloride, and Sulfate. February 11, 2004.*
- *Water, Other Fluids, and Fatal Coronary Heart Disease: The Adventist Study. American Journal of Epidemiology. 2002 May;155(9):827-833.*
- *Fluid intake and risk of bladder cancer. The New England Journal of Medicine. 1999 May 6;340:1390-1397.*





CHALLENGE
Drink 6 glasses of water daily.

Drink Adequate Water

Instructions

1. Post this record sheet where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of 8-ounce glasses of water you drink each day. Use this calendar to also record your exercise program (min/day), weekly weight, and any other items you may want to track.
3. At the end of the month, total the number of days you drank at least 6 glasses of water. You must meet this goal at least 22 days out of the month to complete the Challenge. Then keep up this healthy practice for a lifetime of good health!
4. Keep this calendar in case your organization requires documentation.

MONTH:

HC = Health Challenge™ • ex. min. = exercise minutes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary
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_____ Number of days this month I drank at least 6 glasses of water

_____ Number of days this month I got 30+ minutes of physical activity such as brisk walking

Other wellness projects completed this month:

Signature _____ Date _____

