LIVE IT in 2014
Loma Linda University Health is here to support you - no matter where you are in your journey to health, well-being and wholeness. Adopting healthy habits will start you on the road to better health and longer life.
[learn more...]

Begin Exercising This New Year...at Home, at the Gym, Anywhere
Have you resolved to start exercising this year? Then commit to success, too. The first step toward making a New Year's resolution stick: planning. Take the time to figure out how you're going to make exercise a permanent part of your life—not just a goal you jot down on a piece of paper.
[learn more...]

Boost Your Heart Health by Reducing Trans Fat
Trans fat is added to foods to give them a longer shelf life—but it can increase your risk for heart disease. Take steps to protect yourself by making a few simple dietary changes today.
[learn more...]

Do ‘Tip-of-the-Tongue’ Moments Signal Memory Decline?
“Tip-of-the-tongue” experiences—when you can't recall the name of something you know—can be embarrassing for people of all ages. While they do occur more often among older people, a new study suggests that they don't necessarily signal more serious memory problems like dementia.
[learn more...]

Hand Washing Can Safeguard Your Little Ones from the Common Cold
Children and colds—the two seem to go together. The average child catches about six to 10 colds each year. See how you can lower these numbers in your household this year.
[learn more...]

Cancer Experts Offer Lifesaving Tips
There's no one surefire way to prevent cancer. But researchers have identified 10 concrete actions that can reduce your risk. Find out what the pros recommend when it comes to staying cancer-free.
[learn more...]
Loma Linda University Health is here to support you - no matter where you are in your journey to health, well-being and wholeness. Adopting healthy habits will start you on the road to better health and longer life.

This is how we LIVE IT.

DILYS: RUNNER, CHEERLEADER, CHAPLAIN
Whether it’s helping others through counseling or giving a friend that extra push on the last mile, Dilys believes no race is won without encouragement. She knows that being an example to others creates a support system that makes every goal achievable. Through her work at Loma Linda University Health, she’s dedicated herself to caring for the mind, body and spirit—and it shows through her commitment to inspire others to do the same.
DR. SABATÉ: VEGETARIAN, TEACHER, SCIENTIST
As one of the nation's most respected nutrition experts, Dr. Sabaté finds inspiration everywhere he looks. And at Loma Linda University Health, he's using his discoveries to teach the community new ways to stay well. His dedication to wellness is changing the way we will think about nutrition for years to come. It’s part of his commitment to help others live a healthy, whole life.

Last reviewed: January 2014

The health information presented in this e-mail newsletter is intended for information purposes only and is not a substitute for consultation with a medical professional. This information should not be used to treat or diagnose a health condition. Always seek advice from a trained healthcare provider. To subscribe, click here to visit our newsletter sign-up page.

Privacy Policy.

To unsubscribe, click here. You will be taken off the list immediately. Thank you!

© Krames StayWell 2014.
BEGIN EXERCISING THIS NEW YEAR...AT HOME, AT THE GYM, ANYWHERE

There is no shortage of reasons why you should exercise. Research shows that exercise can contribute to a lower risk for heart disease, stroke, and diabetes; less stress; a better night's sleep; and improved mood.

OK, so you're sold on the benefits of exercise. But how do you get started—and make exercise a regular feature of your life?

**Move More**

If you're inactive, one of the first things you can do is to simply start moving more. Turn off the TV or computer, and walk the dog or go bowling. Make a point to take the stairs or play with the kids more.

You might clip a pedometer to your waist. Pedometers are small devices that automatically count every step you take. In one study women who used a pedometer were more likely than non-wearers to meet the recommended goal of 10,000 steps a day for adults.

**Figure Out What You Enjoy**

Despite all the great things exercise can do for you, research says that only about 15% of adults work out enough to boost their health. For greater health benefits, you will need to get your heart pumping with aerobic exercise. Aim for at least two and a half hours of moderate-intensity physical activity a week. You should also strength train two to three times a week.

Experts stress this point again and again: It's important to pick aerobic activities that you enjoy. There are lots of choices. If you don't like jogging, consider brisk walking, biking, dancing, hiking, cross-country skiing, basketball, or swimming.

For strength training, you can use free weights, resistance bands, or weight machines. Or you can use the weight of your own body with exercises such as push-ups and sit-ups.

**Are You a Gym Person—or Not?**

Another factor to consider: Where do you want to work out? Do you prefer to be around others? Do you like the idea of easy access to equipment, exercise classes, and fitness professionals? If so, you might want to join a gym.

Before deciding on a fitness facility, shop around. Take a tour or try out a trial membership for a day or week. Does the gym offer all the programs you want? Is it clean and safe? Are the...
You can also exercise at home or outdoors. The equipment you need will depend on your preferences. But you don't necessarily have to spend any money. You can get a good aerobic workout by doing jumping jacks or climbing up and down stairs.

If you purchase a treadmill or other home exercise equipment, try it out in the store first. Does it have all the features you need? Is it safe?

Be sure to check in with your doctor before starting an exercise program if you've been inactive for a long period of time, suffer from a chronic health condition, or are planning a vigorous workout.

_Last reviewed: January 2014_

The health information presented in this e-mail newsletter is intended for information purposes only and is not a substitute for consultation with a medical professional. This information should not be used to treat or diagnose a health condition. Always seek advice from a trained healthcare provider. To subscribe, click here to visit our newsletter sign-up page.

Privacy Policy

To unsubscribe, click here. You will be taken off the list immediately. Thank you!

© Krames StayWell 2014.
Boost Your Heart Health by Reducing Trans Fat

Want to lower your risk for heart disease? Reducing the amount of trans fatty acids—or trans fat—in your diet may have more impact than you think. A new study found that the more trans fat is consumed, the more likely a person is to develop heart disease.

Researchers compared the blood of women who developed heart disease with healthy participants who didn’t. They found that women with the highest blood level of trans fat (with an estimated dietary intake of 3.6 grams/day) were three times more likely to develop heart disease than those with the lowest level (2.5 grams/day). Other studies confirm that trans fat has a negative effect on men's hearts, too.

Trans fat hurts the heart, in part, by raising LDL ("bad") cholesterol and lowering HDL ("good") cholesterol, as well as causing inflammation. The American Heart Association recommends keeping intake of trans fat to less than 1% of total daily calories. For a 2,000 calorie diet, about 2 grams or less (9 calories equals one gram of fat) should come from trans fat. But eliminating it from your diet is best.

Foods that are often high in trans fat include crackers, stick margarine, baked goods, and fried foods. To help avoid trans fat:

- Read labels. Look for foods that list zero trans fats on the nutrition label. Then, check out the ingredients. Food manufacturers legally can claim zero trans fat on the nutrition label but contain as much as 0.5 grams per serving. If you see the words “partially hydrogenated” in the ingredients, it does have some trans fat.
- Watch portion sizes. If you eat foods that contain this harmful fat, make sure you don’t overindulge.
- When ordering at restaurants, ask your server what fats are used to prepare foods or request nutrition content whenever possible.

Last reviewed: January 2014
The health information presented in this e-mail newsletter is intended for information purposes only and is not a substitute for consultation with a medical professional. This information should not be used to treat or diagnose a health condition. Always seek advice from a trained healthcare provider. To subscribe, click here to visit our newsletter sign-up page.

Privacy Policy.

To unsubscribe, click here. You will be taken off the list immediately. Thank you!

© Krames StayWell 2014.
Do ‘Tip-of-the-Tongue’ Moments Signal Memory Decline?

Not being able to recall the name of something or someone you know is one of the most common memory complaints among healthy older adults. To find out if these experiences might be linked with bigger age-related memory problems, researchers looked at data from more than 700 adults ages 18 to 99 who underwent a series of tests to check their mental abilities.

No Link Found to Dementia

The tests included questions designed to elicit potential tip-of-the-tongue experiences, such as, “What is the name of the building where one can view projected images of celestial bodies on the inner surface of a dome?” Participants also underwent general memory tests.

Older people were more likely than younger people to have tip-of-the-tongue moments. But after accounting for various factors, the researchers found that age-related increases in tip-of-the-tongue moments were not linked with actual memory decline that is associated with conditions like dementia. The findings were published in Psychological Science.

Techniques to Maintain Memory

There are many ways to help boost your memory and maintain mental skills. Here are a few that may help you counter mild forgetfulness:

- Use “to-do” lists, notes, and calendars to help you remember important events.
- Find a hobby or get involved with activities that challenge your mind.
- Stay physically active with activities like walking.
- Limit your alcohol intake.

Talk with your doctor if you are worried about your memory. For more information about memory and aging, visit www.nia.nih.gov/health/featured/memory-cognitive-health.

Last reviewed: January 2014

The health information presented in this e-mail newsletter is intended for information purposes only and is not a substitute for consultation with a medical professional. This information should not be used to treat or diagnose a health condition. Always seek advice from a trained healthcare provider. To subscribe, click here to visit our newsletter sign-up page.
Privacy Policy

To unsubscribe, click here. You will be taken off the list immediately. Thank you!

© Krames StayWell 2014.
Hand Washing Can Safeguard Your Little Ones from the Common Cold

Colds are not caused by cold or wet weather. Even so, they peak during the fall and winter months, when many children attend school. Spending more time indoors probably makes children likelier to pass around the viruses that cause colds. During the months when humidity is low, the air dries out nasal passages, making them more likely to become infected.

To lower the cold quota at your house during this year’s cold season, follow these tips:

- Encourage or help your children to wash their hands after wiping their noses and before eating. Hand washing is the simplest way to protect children—and adults—from colds. Make a game of counting to 10 while washing and counting to 10 to rinse.
- Wash your own hands after wiping your child’s runny nose.
- Help your young children sneeze or cough into a tissue, then throw it away immediately afterward.
- Clean your kitchen counters and other surfaces with a virus-killing disinfectant.

The health information presented in this e-mail newsletter is intended for information purposes only and is not a substitute for consultation with a medical professional. This information should not be used to treat or diagnose a health condition. Always seek advice from a trained healthcare provider. To subscribe, click here to visit our newsletter sign-up page.

Privacy Policy.

To unsubscribe, click here. You will be taken off the list immediately. Thank you!
Cancer Experts Offer Lifesaving Tips

An independent group of cancer researchers wrote a new report focusing on diet and exercise as ways to ward off this deadly disease. Funded by U.S. and British organizations, the panel of 21 scientists spent five years reviewing 7,000 of the top cancer studies.

The panel found that 17 types of cancer—not including lymphoma, testicular cancer, or thyroid cancer—may be prevented through not smoking, eating right, and working out. They offer these tips:

- **Maintain a healthy weight.** Obesity raises the risk for cancer. Calculate your body mass index (BMI). Divide your weight in pounds by the square of your height in inches. Multiply the results by 703. This number should stay between 21 and 23 after age 21.

- **Exercise.** Aim for 30 minutes of moderate or vigorous physical activity each day.

- **Limit high-calorie foods and drinks.** These include fast food, sodas, and other items with few nutrients per calorie.

- **Make plant-based foods the biggest part of your diet.** At each meal, fill two-thirds of your plate with a variety of fruits, vegetables, beans, and whole grains.

- **Curb salt.** Older adults, African Americans, and people with high blood pressure—who together make up almost 70 percent of the American population—should eat only 1,500 milligrams or less of sodium each day. Other adults should aim for 2,300 milligrams or less.

- **Choose nutrient-rich foods over supplements.** For some people, such as women who are pregnant, your doctor may recommend a supplement.

- **Breast milk is best.** Breast-feeding protects moms from breast cancer and babies from obesity later in life. According to the American Academy of Pediatrics, parents should use breast milk for at least a year—alone for six months and then mixed with other foods.

- **Remain diligent after cancer.** Cancer survivors need to stick to the same prevention advice as before their diagnosis. Check with your doctor and a nutritionist first.

_Last reviewed: January 2014_

The health information presented in this e-mail newsletter is intended for information purposes only and is not a substitute for consultation with a medical professional. This information should not be used to treat or diagnose a health condition.