




Nutrition Studies: Fact vs. Fiction

By Cara Rosenbloom, RD

Nutritional science is continually evolving. Consider the questions listed below when you read nutrition news.

- ✓ **Was the study conducted on humans?** A study of rats may not apply to humans.
- ✓ **Who funded the study?** There may be bias if a study on chocolate comes from a candy company, for example.
- ✓ **Does the author claim cause and effect?** It is difficult for science to prove certain foods cause or prevent certain conditions. More often, researchers find that people who do 1 thing also do another (an association) rather than a direct cause and effect.
- ✓ **What type of study was it?** These are listed from most-to-least reliable:
 1. **Meta-analysis** – *Example:* Combining the results of 10 studies on the risk of heart disease in smokers.
 2. **Randomized controlled trials** – *Example:* Comparing heart disease rates in 1 study of smokers vs. non-smokers.
 3. **Cohort** – *Example:* Following smokers for 20 years to see the rates of heart disease.
 4. **Case control** – *Example:* Asking heart disease patients to recall how much they smoked over their lifetime.
 5. **Case reports** – *Example:* A detailed story of a 3-pack-a-day smoker who had a heart attack.

Note: Longer (multi-year) studies, such as the multi-generational Framingham Heart Study, have more data to back up the researchers' conclusions.



Reader's question: Is liver healthy to eat?
Liver is packed with vitamins A, D and B12, as well as iron and zinc. However, it is also high in cholesterol, and there's no compelling health reason to eat liver. The American Heart Association recommends limiting liver to a small serving (3 ounces) about once a month. Also, the liver filters out toxic substances that enter the body. If you like liver, opt for organic calves' liver. A younger animal's may have fewer toxins and there will be fewer pesticides, hormones or antibiotic residues. – Cara Rosenbloom, RD

“Kites rise highest against the wind
 – not with it.” – Winston Churchill

New Egg-Free Flu Shot: Flu viruses are usually grown on eggs and then killed to produce traditional flu vaccines. A new flu shot introduced for the 2013-2014 flu season is made with a new method that does not use eggs or whole influenza virus. The vaccine is approved for adults ages 18 to 49 and can be given to people with egg allergy.

– Elizabeth Smoots, MD, FAAFP



October is Breast Cancer Awareness Month.



Breast Cancer Risks

In recent decades, science has identified many risks related to breast cancer. Here's an overview:

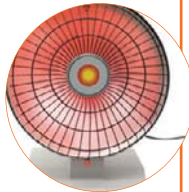
- **Age:** Ninety-five percent of new cases in the U.S. occur in women age 40 and older.
- **Family history:** Having one first-degree relative (mother, sister or daughter) with a history of breast cancer doubles your risk of getting the disease.
- **Genetics:** Alterations in breast cancer genes (BRCA1 or BRCA2) increase risk of breast cancer by up to 85%.
- **Ethnicity:** Caucasian women are at a slightly higher risk of developing breast cancer than are African-American, Asian, Hispanic, and Native American women.

>> Turn to the other side to learn about risks you can reduce.

QuikQuiz™: Fire Prevention

How much do you know about fire safety?

1. You can put out a small stovetop grease fire by (you can choose more than 1 answer):
 - a. Throwing water on it.
 - b. Smothering it with a lid.
 - c. Using baking soda.
 - d. None of the above are correct.
2. You should test smoke alarm batteries:
 - a. Weekly.
 - b. Yearly.
 - c. Monthly.
 - d. Every 2 years.
3. Place space heaters at least__ away from anything that could burn.
 - a. 2 feet
 - b. 3 feet
 - c. 6 feet
 - d. 10 inches



>> Answers at bottom right.



Breast Cancer Risks: What You Can Do

Here are risk factors you can change:

- **Excess weight** – Avoid major weight gain in your waist and after menopause.
- **Lack of exercise** – Staying physically active throughout life may be protective.
- **Smoking** – Growing evidence suggests increased risk.
- **Hormone replacement** – Long-term use of combined estrogen and progesterone is a risk that may drop when discontinued for 5-plus years.
- **Alcohol** – Compared with nondrinkers, women who have 1 alcoholic drink a day have a slight increased risk, while those who have 2 to 5 drinks daily have about 1.5 times the risk.

Best advice: Stay aware of how your breasts normally look and feel – report any lumps, pain or other changes quickly to your provider.



Cubicle-Suitable Exercise

Cubicle-bound office workers spend long days at their desks. Off the job, it's hard to find the time and energy to fit in regular exercise. So, why not fit some mini-exercise routines into your workday? For example:

Back hyperextension: To ease lower back strain, stand with feet a foot apart and hands on hips. Bend backwards to form a deep hollow in your back (don't strain) and return upright in a slow, smooth motion. Repeat up to 10 times.

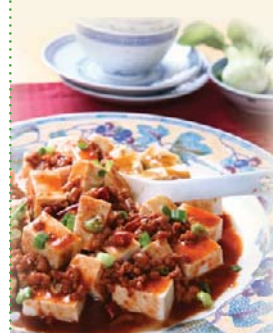
Abdominal squeezes: You can do this anytime, sitting or standing. Take a deep breath and tighten your abdominal muscles, pulling them in towards your spine as you exhale. Hold the squeeze for 5 to 10 seconds and release. Repeat 10 to 15 times.

Chair squats: Using a sturdy chair, stand up and bring your arms forward in front of your face, touching your hands together. In a fluid motion, lower your hips to your chair, just touching them to the chair seat (don't sit). Lower your arms and slowly stand back up. Repeat several times to get your heart rate and body temperature up a bit. Good for shoulders, legs, buttocks and core.

Are cubicle workouts worth it? Yes! Research shows desk exercise helps reduce the cumulative effect of long-term sitting by fighting stress, muscle atrophy, back and neck strain, and inflexibility.

On the Menu: Vegetarian

With the focus on plants, vegetarians tend to eat foods rich in essential disease-fighting fiber and nutrients. But you may wonder: How do meat-free diets supply adequate protein? Semi-vegetarians may include fish, eggs or dairy in their diets. Most people, other than children and pregnant or lactating women, can usually get enough protein even on a completely animal-free vegan diet. Vegans avoid eating any meat, fish, dairy or eggs.



Protein-rich vegetarian sources include soy products, such as edamame (soy) beans, tofu, soy milk and soy cheese. Beans and lentils add protein to soups, chili and side dishes. Nuts, seeds and nut butters are ideal for snacking in small servings.

Before switching to a vegetarian diet, get your health care provider's OK. Everyone benefits by indulging in more plant foods.

Fire Prevention Answers: 1. b, c; 2. c; 3. b



Smart Moves toolkit is at www.personalbest.com/extras/Oct13tools.

Next Month: Prediabetes