

2019 MEDICAL *Guide*



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UV overexposure can cause health risks

Overexposure to ultraviolet, or UV, radiation from the sun has been linked to a host of major health problems. According to the U.S. Environmental Protection Agency, unprotected exposure to UV radiation is the most preventable risk factor for skin cancer, which the Canadian Skin Cancer Foundation notes is responsible for one in every three cancers diagnosed across the globe each year.

Overexposure to UV radiation can also contribute to premature aging and other skin damage. When the skin is overexposed to UV radiation, actinic keratoses may develop on areas of the body that were exposed to the sun, including the face, hands and forearms. Actinic keratoses have a raised, reddish appearance and may be rough in texture.

Vision problems may also arise as a result of overexposure to UV radiation. The EPA notes that research has indicated that exposure to UV radiation increases a person's risk for developing certain types of cataracts, a medical condition in which the lens of the eye grows increasingly opaque.

Overexposure to UV radiation may also contribute to degeneration of the macula, the region of the retina with the greatest visual acuity. UV-protective eyeglasses, contact lenses and sunglasses can protect people from the type of eye damage that arises from overexposure to UV radiation.

The body's immune system may also be adversely affected by overexposure to UV radiation, making a person more vulnerable to infections and even cancer.



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Vegetarian-friendly foods high in protein

People choose a vegetarian lifestyle for a number of reasons. Some individuals have an aversion to eating meat because they're concerned about animal welfare, while others find that a low-calorie, vegetarian diet promotes long-term health.

Vegetarianism can certainly be a healthy option, but those who eschew meat and sometimes eggs often have to find alternative sources of protein to meet dietary needs. According to the Dietary Reference Intakes, the average sedentary man should have 56 grams of protein per day, while an average sedentary woman should consume 46 grams per day. The amount of protein needed will increase if a person is more active, advises Healthline.

Protein helps a person feel fuller, longer, and it is crucial for all cells in the body. Protein is used to build and maintain bones, muscles, skin, and much more. The Academy of Nutrition and Dietetics also states that protein is very important as one ages because aging men and women don't absorb or metabolize amino acids, which are the building blocks

of protein, as well as they did when they were younger.

Those adhering to vegetarian diets

will find there are plenty of non-meat protein sources. Meatless protein sources that offer the biggest health bang for one's buck are "complete



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proteins," which have the essential amino acids the body requires. Some complete proteins include:

- **Eggs**
- **Milk**
- **Cheese**
- **Soy**
- **Quinoa**

Some other great protein sources

may not have all of the amino acids, but they can be paired with other foods to get a fuller nutrient package.

- **Seitan:** This is a meat alternative made from wheat gluten.
- **Lentils:** Lentils pack 18 grams of protein per cooked cup.
- **Beans:** Many forms of beans contain a high amount of protein per serving.

- **Nutritional yeast:** This is a strain of yeast that has a cheesy flavor. It can be sprinkled on foods to add a protein punch.

- **Ancient grains:** Ancient grains include spelt, teff, barley, sorghum, farro, and einkorn. These ancient grains are higher in protein than common grains.

- **Hemp seeds:** These seeds come from hemp, which is in the same family as marijuana. However, hemp will not cause a high because it only has trace amounts of the THC compound that produces that effect. Hemp seeds contain 50 percent more protein than chia seeds and flax seeds, offers Healthline.

In addition to these foods, peanuts and other legumes, almonds, peas, oatmeal, spirulina, broccoli, brussel sprouts, and sweet corn also are good protein sources for vegetarians.

Even though it may seem like skipping meat products would leave vegetarians lacking for protein, there really are quite a number of alternative protein sources out there.



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Should you skip breakfast while dieting?

The secret to losing weight involves a careful balance. The number of calories that go into a person should be exceeded by the energy expended by exercise and the normal biological functions of the body. This often involves controlling caloric intake, which can be simple when people cut back on portion sizes.

Some people believe they can lose weight by limiting what they eat and even skipping certain meals altogether. But skipping a meal like breakfast could actually have an adverse effect on weight-loss efforts.

People who lose weight and keep it off are generally those who eat a large, healthy breakfast. In a 2017 study about meal frequency and changes in body mass index published in *The Journal of Nutrition*, researchers found that those who made breakfast the largest meal of the day were more likely to have a lower body mass index (BMI) than those who ate a large lunch or dinner. A portion-controlled breakfast full of lean protein and whole grains can help people to feel fuller longer. Breakfast can curb hunger pangs before lunch, reducing the likelihood that people will reach for unhealthy vending machine fare to tide them over until their midday meals.

The nutrition experts at Runtastic, a resource for avid runners, find that eating breakfast stimulates the body's natural thermogenic process, which is the use of energy to store food in the stomach, transport it



through the digestive system and burn energy. Furthermore, studies have shown that eating a meal in the morning boosts metabolism more than eating the same meal in the evening. That's because, in the morning, the meal is jump-starting the body's metabolic process for the day.

Eating breakfast also can have a positive impact on blood sugar concentration and may reduce postprandial hyperglycemia (higher blood sugar levels after eating) in people who have diabetes.

The Academy of Nutrition and Dietetics recommends people divide their total daily food intake into four or five meals, including breakfast, over the course of the day. This provides constant fuel and will help one to avoid hunger pangs and blood

sugar drops that may lead to impulse eating.

When choosing breakfast foods, certain options are smarter than others. Look for lean proteins, vegetables, whole grains, and low-fat dairy products. High-fiber foods, like oatmeal, can quell hunger pangs quickly and stabilize blood sugar after a meal. Protein also is filling. A 2005 study of overweight women published in the *Journal of the American College of Nutrition* showed that eating eggs for breakfast instead of a bagel significantly increased feelings of fullness and reduced food intake later in the day. Increasing fiber intake from fruits also can create feelings of fullness and promote weight loss.

Breakfast is an important meal that shouldn't be skipped, even by people aiming to lose weight.

Dairy alternatives are expanding

Visit to a supermarket nowadays and you're bound to see plenty of non-dairy milks and products competing with the real deal. Thanks to the popularity of plant-based nutrition, non-dairy products are increasingly finding a home in consumers' shopping carts.

New research from Mintel, a public relations and marketing firm, reveals that non-dairy milk sales have seen steady growth over the past several years. Between 2012 and 2017, the market grew an impressive 61 percent. Almond, coconut and soy products continue to be popular dairy alternatives. However, new brands and products are continually competing in the non-dairy segment, including pecan, quinoa, oatmeal, and flax-based products. This is a stark change from just a decade or so ago, when people with dairy allergies or dietary preferences had few non-dairy alternatives to choose from.



There are several reasons why people may want an alternative to dairy, as milk, cheeses and yogurts aren't suitable for everyone. A 2015 study published in the *European Journal of Pediatrics* found that cow's milk allergies are the most common food allergies in young children. That allergy follows many people into adulthood. After allergies, the health and wellness resource Healthline says 75 percent of the world's population is intolerant to lactose, the sugar found in milk.

Non-dairy alternatives make sense for many people, though it's important to note there are some distinct differences between non-dairy and dairy products to consider.

- Non-dairy products have fewer calories than dairy.
- Non-dairy products contain a greater number of ingredients than dairy.
- Non-dairy products have a higher water content than dairy.
- There is added sugar in some non-dairy products.

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- Those new to non-dairy items can experiment with the various products available. Here are some options to try.
- Soy milk: This product is made from whole soybeans or soy protein isolate. It's generally creamy and mild, and is the most similar product to cow's milk in regard to nutrition. One cup of unsweetened soy milk contains 80–90 calories, 4–4.5 grams of fat, 7–9 grams of protein, and 4 grams of carbohydrates.
- Almond milk: This beverage has a sweet, nutty flavor. It is low in calories, fat and carbohydrates. Almond milk is low in protein, which may deter some people. One cup of unsweetened almond milk contains 30–35 calories, 2.5 grams of fat, 1 gram of protein, and 1–2 grams of carbohydrates.
- Coconut milk: Creamy like other non-dairy products,

coconut milk must be avoided by people who are allergic to coconut. Coconut milk is low in carbohydrates, but can be high in MCTs, a type of saturated fat. One cup contains 45 calories, 4 grams of fat, no protein, and almost no carbohydrates.

- Oat milk: New to the non-dairy arena, oat milk is made from a mixture of oats and water. Other ingredients may be added to produce a desirable texture. While high in protein and fiber, oat milk also is high in calories and carbohydrates compared to some other dairy alternatives. One cup contains 140–170 calories, 4.5–5 grams of fat, 2.5–5 grams of protein, and 19–29 grams of carbohydrates.

Dairy alternatives are plentiful, and the market is growing exponentially.

*Nutritional content provided by Pacific Foods® brand and Silk®.



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Foods with ample antioxidants

The term “antioxidants” is frequently associated with cancer prevention. Antioxidants are helpful, but many people may not fully comprehend the role antioxidants play in fighting cancer.

Antioxidants are chemicals that interact with and neutralize free radicals, thus preventing them from causing damage, offers the National Cancer Institute. Free radicals are formed in the body by exposure to ionizing radiation and other radiation. An excessive amount of free radicals in the body can negatively affect cells and potentially lead to the formation of various types of cancer and other diseases.

While the body makes some of the antioxidants it uses to scavenge free radicals and render them ineffective, it also relies on antioxidants from food sources.

The Dana-Farber Cancer Institute says that, to date, nine randomized controlled clinical trials of dietary antioxidant supplements for cancer prevention have been conducted worldwide. Some studies have pointed to the benefits of antioxidant supplements, while others found that these supplements can actually

elevate cancer risk or diminish the efficacy of cancer treatments. Increasing antioxidant intake may be best accomplished by eating a variety of plant-based foods that contain high levels of naturally occurring antioxidants, rather than through supplementation.

So what foods offer the highest levels of potentially cancer-fighting antioxidants? The largest and most comprehensive study to date into antioxidant levels was published in 2004 in the Journal of Agriculture and Food Chemistry by the U.S. Department of Agriculture. Researchers analyzed antioxidant levels in more than 100 foods. In addition to pointing out many foods people already knew to be antioxidant-rich, researchers uncovered some surprises.

Here’s a look at some of the best bets for beneficial foods that may be part of a cancer-fighting diet.

- Small red bean (dried)
- Wild blueberry
- Red kidney bean (dried)
- Pinto bean
- Cultivated blueberry

- Cranberry
- Cooked artichoke
- Blackberry
- Prune
- Raspberry

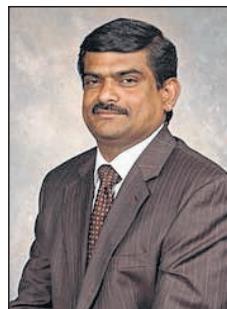
These foods rank high among those with the most antioxidants per serving, according to the USDA. However, many other foods also are great sources of antioxidants. These include russet potatoes, pecans, gala apples, walnuts, Indian gooseberries, cloves, and mint.

Eating a variety of fruits and vegetables, particularly berries, can provide many of the antioxidants the human body needs to neutralize the potential damage caused by free radicals.



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Did you know?

When feeling stressed, people may want to reach for a cup of tea. Research conducted by psychologists at the City University London found that a cup of tea reduces stress, not just by drinking it, but also because of the calming effect of putting the tea kettle on. Furthermore, decaffeinated green tea also can calm a person and encourage sleep. In a 2017 study published in the journal *Nutrients*, participants were able to fall asleep much more easily when drinking decaffeinated green tea. Also, they reported feeling much less stressed out over the course of the one-week experiment.

Even black tea has been found to relieve stress by lowering cortisol levels when a person is faced with stressful situations. According to the herbal remedy site Herbwisdom.com, chamomile tea is an age-old medicinal herb that has been used as a remedy for numerous conditions, including asthma, nervousness, sleep, and stomach ailments and as a treatment for colds. It, too, many help reduce stress. Tea has many benefits for the body, and helping to tame stress may be one of them.



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Blood cancers and their effects on the body

Cancers can affect various parts of the human body. While it is common to think of cancer forming in a particular organ, the cells in blood are no more impervious to cancer mutations than those elsewhere in the body.

Hematologic cancers affect the production and function of blood cells. Cancer Treatment Centers of America says that most blood cancers originate in the bone marrow, where blood is produced. What makes hematologic cancers so imposing is, unlike cancers that may affect only one area, blood cells are involved in just about every process of the body. Blood plays an essential role in the immune system by producing cells to fight off infection.

The American Society of Hematology states that blood stem cells will develop into red blood cells, white blood cells or platelets. With most blood cancers, abnormal blood cells prevent the blood from fighting off infection or preventing serious bleeding. Blood cancers are broken down into three main types.

- **Leukemia:** This is a type of cancer found in the blood and bone marrow that is caused by a rapid production of abnormal white blood cells. These cells are not able to fight infection, and they can impair the ability of the bone marrow to produce red blood cells and platelets. The most commonly diagnosed leukemias, according to the Dana-Farber Cancer Institute, are chronic lymphocytic leukemia, acute myeloid leukemia and acute lymphoblastic leukemia.
- **Lymphoma:** In this blood cancer, the lymphatic system responsible for removing excess fluids from the body and producing immune cells is affected. Lymphocytes are white blood cells that fight infection. When they are compromised by cancer, they become lymphoma cells that collect in the lymph nodes and other tissues, impairing the immune system, offers AHS. Non-Hodgkin's lymphoma is one of the more commonly diagnosed lymphomas.
- **Myeloma:** This is a cancer that begins in the plasma, a type of white blood cell that fights infection through the production of antibodies, offers CTCA. Myeloma weakens the body and makes it susceptible to infection.



Multiple myeloma is a common form of the disease.

Although the causation of these blood cancers varies, very often people afflicted with these cancers experience similar symptoms. These can include night sweats, bone/joint pain, shortness of breath, frequent infections, and abdominal discomfort.

Treatment can be affected by various factors, including the type of cancer, a patient's age, how fast the cancer is growing, and if any spreading has occurred. Stem cell transplantation through bone marrow collection, circulating blood and umbilical cord blood can be a promising treatment. Chemotherapy and radiation therapy also are used. Blood transfusions may be necessary. In addition, targeted therapies for the disease are now being studied in clinical trials at the Center for Hematologic Oncology at Dana-Farber/Brigham and Women's Cancer Center.

Patients are urged to speak with their doctors to learn the best steps to address blood cancers.



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