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CAN CERTAIN FOODS LOWER CANCER RISK?

Cancer is a prolific group of diseases that can affect any area of the body. Although many cancers can be successfully treated, cancer avoidance is undeniably preferable. There is no way to completely prevent a cancer diagnosis, but certain foods may help to reduce your risk for the disease.

According to MD Anderson Cancer Center, cancer-fighting foods are plant-based items that are rich in phytochemicals, which also are called phytonutrients. UC Davis Nutrition Department says phytochemicals are bioactive compounds found in vegetables, cereal grains and plant-based beverages like tea. Researchers have found phytochemicals can protect humans from

environmental toxins and metabolic processes that can lead to chronic diseases, such as cancer and heart disease. Polyphenols are good examples of phytochemicals.

Health experts recommend packing every meal with healthy and nutritious foods that include plenty of vegetables, whole grains, fruits, and beans. MDACC recommends filling at least two-thirds of a plate with these healthy options. The remaining one-third of the meal should come from lean meat, fish or plant-based proteins and nuts/seeds. It also is important to limit foods that may increase cancer risk, including sugar-sweetened drinks and foods, processed meats, red meat, and alcohol.

WHEN REVAMPING DIETS TO HELP REDUCE CANCER RISK, THESE HEAVY HITTERS SHOULD BE INCLUDED:

- Berries
- Broccoli
- Brussels sprouts
- Cauliflower
- Edamame
- Eggs or egg substitute
- Fish
- Green or white tea
- Grapes
- Leafy greens
- Lean chicken
- Lentils and other legumes/beans
- Oatmeal
- Oranges
- Quinoa
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- Tomatoes
- Whole grains, including brown rice

Making smart food choices can keep a person healthy and may reduce the risk of cancer.





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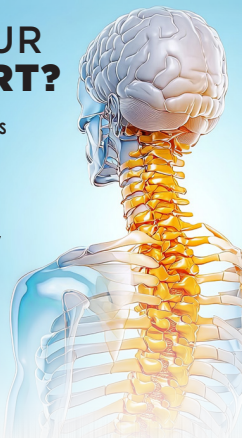


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THE BENEFITS OF CHIROPRACTIC CARE

Chiropractic care is a form of complementary medicine in which a licensed chiropractor uses his or her hands as well as certain machinery to manipulate joints in the body. Subluxation is a term used in chiropractic medicine that refers to the misalignment of vertebrae or joints. Subluxation can occur from injury, repetitive motion or certain medical issues, says Verywell Health. When joints do not work properly, range of motion can be compromised and chronic pain may present in the joint or elsewhere in the body.

Chiropractic care can be instrumental in helping a person feel better without having to take pain medications. Chiropractors can treat musculoskeletal pain anywhere in the body,

according to the Cleveland Clinic. Adjustments can gently realign joints to decrease pain and increase range of motion. Soft-tissue therapy may be used to relax tight muscles and relieve spasms. A chiropractor also may be able to advise as to exercises and stretches that can maintain joint stability and mobility.

Chiropractic treatment also may decrease tension and boost blood circulation, which could help reduce stressful feelings in the body. Similarly, such treatment may alleviate tension headaches and migraines by realigning the joints in the neck and back that may be contributing to the headaches.


Healthline reports a possible reduction of osteoarthritis symptoms from chiropractic care as well. When joints are properly aligned, it will reduce how much

bones rub together.

One of the more profound benefits of chiropractic adjustment is the potential to reduce reliance on opioid drugs prescribed to relieve pain. Because of the efficacy of opioids, people can easily find themselves addicted to them. When their prescriptions are up, they may turn to illegal opioids to chase the pain relief and high they have grown accustomed to. The National Institute on Drug Abuse says more than 106,000 drug overdoses deaths were reported in 2021, and synthetic opioid deaths (primarily fentanyl) continue to rise, advises the NIDA.


Chiropractic care can help people live fuller lives without pain. Individuals with remaining questions can speak with their doctors about chiropractic medicine.





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DID YOU KNOW?

Dental caries, commonly referred to as cavities or tooth decay, continue to be big problems among young children. According to the Centers for Disease Control and Prevention, tooth decay is the most common chronic childhood disease in the United States and the leading cause of missed school among children. More than half of children between the ages of six and eight have had a cavity in at least one of their baby teeth. In 2019, the American Academy of

Pediatric Dentists reported in its State of Little Teeth findings that while tooth decay had decreased overall, one in five children under the age of five have experienced tooth decay. Oral health experts surmise that controversy over the use of fluoride may be one contributor. Diet also has an effect on oral health. Children who consume sugary drinks and treats, like fruit bars and gummy snacks, are doing their dental health a disservice. Amanda Hill, a registered dental hygienist, says she has seen an uptick in the number of young children with

crowded baby teeth, leading to poor facial growth and unhealthy airway development. This may lead to “mouth breathing,” which increases risk for decay and gum disease. Hill suggests soft foods and “pouch” treats like yogurts and applesauce may be robbing developing children from chewing, thus leaving them with an underdeveloped jaw. Children should see a dentist, if not at the time their first teeth erupt, by their first birthdays. Establishing a consistent dental routine also can ensure healthy teeth and catch dental issues early.



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WARNING SIGNS FOR HEART DISEASE



Heat disease is the leading cause of death across the globe. Data from the World Health Organization indicates that cardiovascular diseases, which are a group of disorders of the heart and blood vessels, claim roughly 18 millions lives each year. More than 80 percent of those deaths are due to heart attacks and strokes that oftentimes can be prevented.

The right lifestyle choices, which include eating a healthy diet and exercising regularly, can help people reduce their risk for cardiovascular disease. Learning to recognize warning signs of heart disease is another way individuals can reduce their risk of developing this global but often preventable threat.

• **CHEST PAIN:** Chest pain is widely recognized as a sign of heart attack. However, many people experience chest pain without ever suffering a heart attack. So how can individuals distinguish chest pain suggestive of heart disease from less threatening types of pain in their chest, such as stiffness

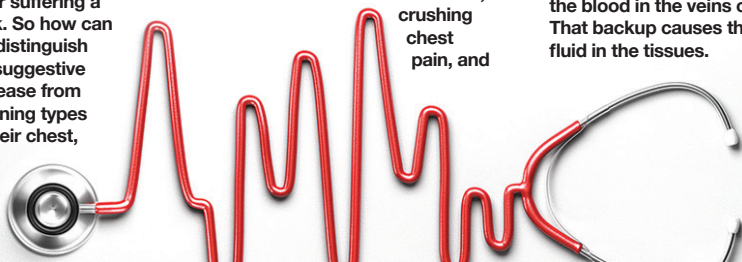
after strength training or discomfort stemming from a pulled pectoral muscle? According to the British Heart Foundation, chest pain related to heart attack is marked by feelings of heaviness, tightness or pressure in the chest. Pain or tightness in the chest that subsides after a few minutes may be indicative of angina, which the Mayo Clinic notes is a symptom of coronary artery disease caused by a reduction of blood flow to the heart.

• **STOMACH PAIN:** People may not instantly associate stomach pain with heart disease, but in certain instances such discomfort might indicate a heart problem. The BHF notes that a painful or burning feeling in the stomach can be indicative of a heart problem, including heart attack. Though it's not easy to distinguish between heartburn, which in spite of its name is a digestive issue, and stomach pain indicative of heart attack, it's best to avoid writing off abdominal pain as heartburn. The Mayo Clinic notes that many heart attacks do not involve sudden, crushing chest pain, and

are instead characterized by a host of warning signs, including abdominal pain. The BHF advises anyone experiencing stomach pain who are unsure of its origins to contact a health care professional immediately.

• **ARM PAIN:** Pain in the arm is another potential indicator of heart disease. According to the Mayo Clinic, arm pain that appears suddenly and is severe could be a symptom of heart attack. This pain may occur alongside feelings of pressure, fullness or squeezing in the chest. The BHF notes that a heart attack is more likely to occur if the pain is going down the arm, particularly the left arm, or into the neck.

• **SWELLING IN THE LOWER LEGS:** The National Library of Medicine notes that swelling in the legs, ankles or feet is indicative of a heart problem. Blood flow is adversely affected when the heart is not working at peak capacity, and that can contribute to what's effectively a traffic jam involving the blood in the veins of the legs. That backup causes the buildup of fluid in the tissues.





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3 SHORT-TERM FITNESS GOALS THAT CAN LEAD TO LONG-TERM SUCCESS



As New Year's Day 2025 approached, millions of individuals were preparing to make changes they hoped would improve their fitness. In a Forbes Health/One Poll survey of 1,000 adults in the months leading up to the start of 2024, nearly half (48 percent) of respondents indicated improving their physical fitness would be a top

priority over the course of the new year.

Fitness-based resolutions are popular every year, but people who aspire to make such changes recognize how difficult it can be to achieve them. In fact, the Forbes Health/One Poll survey found that roughly 44 percent of respondents indicated their resolutions flamed out at the two- or three-month

marker. Though there's no one-size-fits-all strategy for sticking with and ultimately achieving a resolution, identifying short-term goals that can help people stay motivated can lead to long-term progress. Individuals who want to improve their physical fitness can consider these three short-term goals and use them as measuring sticks as they pursue more long-term objectives.

1 ASPIRE FOR INCREMENTAL WEIGHT LOSS

Weight loss goals were the fourth most popular New Year's resolution for 2024 among participants in the Forbes Health/One Poll survey. Though that survey separated fitness goals from weight loss goals, the two are certainly linked.

Individuals who aspire to lose 10 pounds undoubtedly recognize that such a goal cannot be achieved overnight, so why not aspire to lose small amounts of weight at predetermined intervals? For example, if the end goal is losing 10 lbs., aim to lose two pounds by the end of January. Incremental progress can motivate individuals to stay the course and ultimately propel them toward achieving a more substantial, long-term goal.

2 EXERCISE FOR A PREDETERMINED NUMBER OF DAYS EACH WEEK

Another way to gradually build toward achieving long-term fitness goals is to establish monthly minimum exercise sessions. Individuals accustomed to a sedentary lifestyle can resolve to exercise three days per week in the first month of their resolution, and then increase that by a day in the second month. A consistent schedule when designing this goal is imperative, which is why it can make more sense to plan for three days per week as opposed to 12 days per month.

3 RESOLVE TO WALK A MILE PER DAY

Walking is an accessible cardiovascular activity that can have a profound effect on overall health. Walking also can help condition sedentary individuals' bodies for more strenuous activity, which is a transition many people aspire to make when setting long-term fitness goals. A daily one-mile walk won't require a significant commitment of time, but it can help acclimate the body to routine exercise. As the effects of a daily walk begin to take hold, individuals may find it easier to engage in more strenuous physical activities, making this an ideal stepping stone on the way to achieving long-term fitness goals.



Short-term goals can help people remain motivated as they pursue more substantial goals that take longer to achieve. Such an approach can be especially useful for individuals resolving to improve their physical fitness at the start of a new year.



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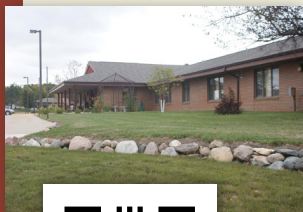
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WHAT PARENTS SHOULD KNOW ABOUT MENTAL HEALTH ISSUES AND CHILDREN

Mental health issues were once stigmatized to such an extent that many people dealing with problems like anxiety and depression felt uncomfortable speaking about them or even seeking help. Though some may still find it difficult to acknowledge their mental health issues, society has made great strides in regard to destigmatizing mental health conditions and recognizing how common such problems are.

Parents may be surprised to learn that many mental health issues begin in childhood. According to the National Institute of Mental Health, anxiety disorders, depression and other mood disorders can start to develop long before children leave for college. Recognition of that reality may compel parents to learn more about children and mental health, including signs of potential issues and how to determine if certain behaviors are indicative of a burgeoning issue or a part of normal development.

IDENTIFYING MENTAL HEALTH ISSUES IN CHILDREN

The NIMH notes the difficulty in distinguishing between behaviors that are a normal part of a child's development and those that suggest a potential mental health problem. Parents know that children's behaviors and emotions can be challenging to deal with, but that's often a normal part of a child's development that youngsters outgrow with age. The NIMH notes that time is a potential indicator of a mental health problem, and encourages parents to seek help if a child's challenging behavior or emotions persist for weeks or longer. Kids will not outgrow negative behaviors overnight, but persistent problems that extend for weeks or months could be indicative of something beyond normal developmental hurdles.

Behaviors and emotions that cause distress for a child or the child's family are another potential indicator of a mental health issue.

In addition, behaviors or emotions that interfere with a child's ability to function, be it at school or at home or among friends, may indicate the presence of a mental health issue.

WHAT IF SIGNS SUGGESTIVE OF MENTAL HEALTH ISSUES ARE PRESENT?

The NIMH advises parents to be proactive if they notice signs of mental health issues in their children. Parents can begin by contacting their child's teacher and asking how the child behaves in school, both in the classroom and on the playground. A child's pediatrician also can be a valuable resource. Share the particular behavior(s) or emotion(s) that are causing concern with the child's pediatrician. The pediatrician may note if the behavior is part of normal development or may recommend a mental health professional to further address the issue.

IS AN EVALUATION REALLY NECESSARY?

The aforementioned stigma associated with mental health issues may make even the most well-intentioned parents hesitant to seek an evaluation. But evaluations can set children on a path to improved mental health, and it's worth reminding parents that issues like anxiety and depression are quite common and nothing to be ashamed of. In fact, a large-scale 2023 study published in the journal *The Lancet Psychiatry* found that one out of every two people in the world will develop a mental health disorder in their lifetime. Evaluation is one of the initial steps toward overcoming mental health issues, and children may exhibit different signs that an evaluation is necessary based on their age. For example, the NIMH notes that young children who often seem fearful or worried and those who have frequent tantrums or are irritable much of the time may benefit from a mental health evaluation. Older children who engage in self-harm behaviors or those who diet or exercise excessively can benefit from an evaluation. Additional age-based indicators that an evaluation may be necessary can be found at nimh.nih.gov.

Many mental health issues begin in childhood. Parents can keep an eye out for indicators of mental health issues and work with their children's health care providers to determine the best course of action.



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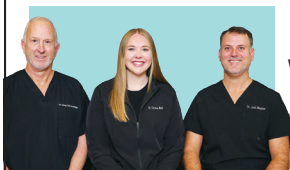


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The National Eye Institute reports that age-related macular degeneration, also known as “AMD,” is very common. The condition, which is a disease marked by blurred central vision caused by age-related damage to the macula, affects 11 million people in the United States. AMD also is a notable threat in Canada, where the organization Fighting Blindness Canada reports that 2.5 million Canadians have the condition. AMD is a leading cause of vision loss in both nations, and

adults over 50 should know that they’re more likely to develop the disease than other demographics. AMD is often detected during routine comprehensive dilated

eye exams, which is one of many reasons why such tests should be part of anyone’s, but particularly aging adults’, wellness regimens.



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Managing an illness, disease or injury often requires a collaborative effort that involves a number of medical professionals, such as doctors and nurses. The support and assistance of family caregivers also is essential when managing illness. In fact, family members can play important roles when they work closely with medical professionals in helpful ways.

How can family caregivers assist doctors and nurses as their loved ones receive medical care? And what can medical professionals do to ensure caregivers are afforded the respect they deserve? There are many steps each can take.

- **BECOME A COMMUNICATOR.** Communication is key in a doctor-caregiver relationship. Doctors may strive for extreme focus on the patients' care, but they also can welcome input from family members who may have information that can help doctors work more effectively. Caregivers should not be afraid to speak up out of fear that their insight will be dismissed.

- **KEEP COMMUNICATIONS CONCISE.** In modern medical settings, health care professionals see many, many patients over the course of a day. This is likely followed by paperwork and then email or phone correspondence follow-up. Caregivers should realize that doctors and nurses are busy professionals and aspire to keep their communications concise.

- **BE PATIENT.** According to the American Association for Physician Leadership and a 2018 survey by the Physicians Foundation, doctors work 51 hours a week and see 20 patients per day on average. Unless there is an extreme medical emergency, family caregivers should not expect an immediate follow-up to a concern or question following a visit. However, most doctors offer a call or patient portal message when time allows.

- **AIM FOR ASSERTIVE, NOT AGGRESSIVE, INTERACTION.** A family caregiver is often a patient's most diligent advocate. But being too aggressive when interacting with nurses and doctors might lead the care team to view a caregiver as an adversary rather than an ally, advises AARP. Instead, it is best for caregivers to come across as informed, pleasant and respectful partners.

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• **DO YOUR RESEARCH.** It is alright for a caregiver to delve deeper into information about a patient's condition so they can be as informed as possible. Also, he or she should feel free to reiterate care directions back to the medical staff to make sure that everything is understood and can be followed according to the plan

• **PREPARE FOR APPOINTMENTS.** During medical appointments, patients have the undivided attention of their doctors. This is the best time to ask questions, bring up concerns and provide follow-up about what is going on at home. Caregivers and patients can come ready with a list of items that have been jotted down on paper or itemized on a smartphone.

Medical staff and family caregivers must develop relationships built on communication and respect to provide the best level of care to patients.

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