



LIVE WELL WORK WELL

FEBRUARY 2017

WEIGHT TRAINING FOR DIABETICS Has Immediate Positive Effects

Just one session of interval weight training can improve the risk of type 2 diabetes complications according to a University of British Columbia (UBC) Okanagan study. This is encouraging news for those starting the new year with healthy-living resolutions.

Jonathan Little, an assistant professor at the School of Health and Exercise Sciences at UBC Okanagan's campus, says the study demonstrates that a series of simple leg exercises involving weights can improve blood vessel function, which is especially important for people with diabetes.

"Individuals with type 2 diabetes are up to four times more likely to develop cardiovascular disease than those without," says Little, the study's senior researcher. "After completion of just one bout of exercise, we saw an improvement in blood vessel function, an indicator of heart health and heart attack risk.

"With further study, this information could provide a new safe and cost-effective tool to help people manage their disease."

In the study, Little and his research team compared the effects of two types of interval training on blood vessel function: resistance (leg presses, extensions, and lifts) and cardiovascular (stationary bicycle) exercises. Both of these alternated periods of high and low intensity effort, in a one-to-one work/rest ratio.

Thirty five age-matched study participants were split into three groups: people with type 2 diabetes, non-exercisers, and regular exercisers without diabetes. Each group performed a 20-minute exercise routine, which included a warm up and seven one-minute, high-intensity exercises with a one-minute rest between each interval.

"All exercisers showed greater blood vessel function improvement after the resistance-based interval training," says Monique Francois, a UBC graduate student and the co-author of the study. "However, this was most prominent in the type 2 diabetes group."

Francois continued, "This study shows that resistance-based interval training exercise is a time-efficient and effective method with immediate effects."

University of British Columbia Okanagan campus. "Pumping iron is good for the heart, researchers show." ScienceDaily. www.sciencedaily.com/releases/2017/01/170111091414.htm (accessed January 20, 2017).



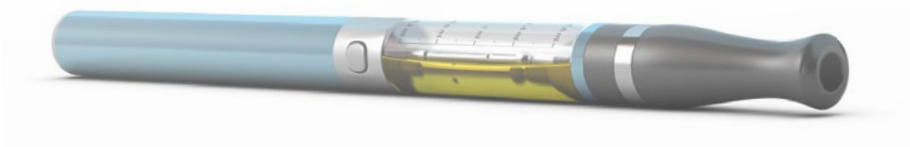
EDUCATE YOUR CHILD About E-Cigarettes

The use of electronic cigarettes, or e-cigarettes, has grown exponentially in recent years, especially among young adults in the United States. According to the report *E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General*, the use of e-cigarettes by high school students increased by 900% between 2011 and 2015.

The liquid used in e-cigarettes contain nicotine and other harmful chemicals, including heavy metals and carcinogens, and it comes in thousands of different flavors, many of which are appealing to young people.

Regardless of how it is consumed, nicotine is a highly addictive drug and has clear neurotoxic effects, especially on developing brains. Unfortunately, many young adults do not realize the harmful side effects of e-cigarettes.

If you have a teenage child, take the time to explain that an e-cigarette is just as deadly and addictive as a normal cigarette. For more information, visit <https://e-cigarettes.surgeongeneral.gov/>.



FEBRUARY: American Heart Month

Heart disease is the leading cause of death for both women and men in the United States, causing about 610,000 deaths each year. Heart disease is also an extremely expensive disease, and costs the United States about \$207 billion annually in health care, medications, and lost productivity.

Fortunately, heart disease can often be prevented by living a healthy lifestyle and properly managing health conditions. American Heart Month, organized by the American Heart Association (AHA), is designed to raise awareness about heart disease and how people can prevent it. Some simple self-care and prevention strategies include the following:

- Visit your primary care physician regularly
- Refrain from smoking
- Maintain a healthy weight
- Limit your sodium intake

- Eat a well-balanced, healthy diet
- Exercise regularly
- Manage your stress levels
- Limit your alcohol intake

The AHA's website provides a detailed list of risk factors and common symptoms of heart disease. If you are concerned about your risk of developing heart disease or would like to find out more information about the condition, visit the AHA's website at www.heart.org/HEARTORG/, and contact your primary physician.

CANCER DEATH RATE DROPS 25% Since 1991 Peak

This news comes from Cancer Statistics 2017, the American Cancer Society's comprehensive annual report on cancer incidence, mortality, and survival.

The report estimates that in 2017, there will be 1,688,780 new cancer cases and 600,920 cancer deaths in the United States. Over the past decade of available data, the overall cancer incidence rate remained the same in women and declined by about 2% per year in men, while the cancer death rate declined by about 1.5% annually in both men and women.

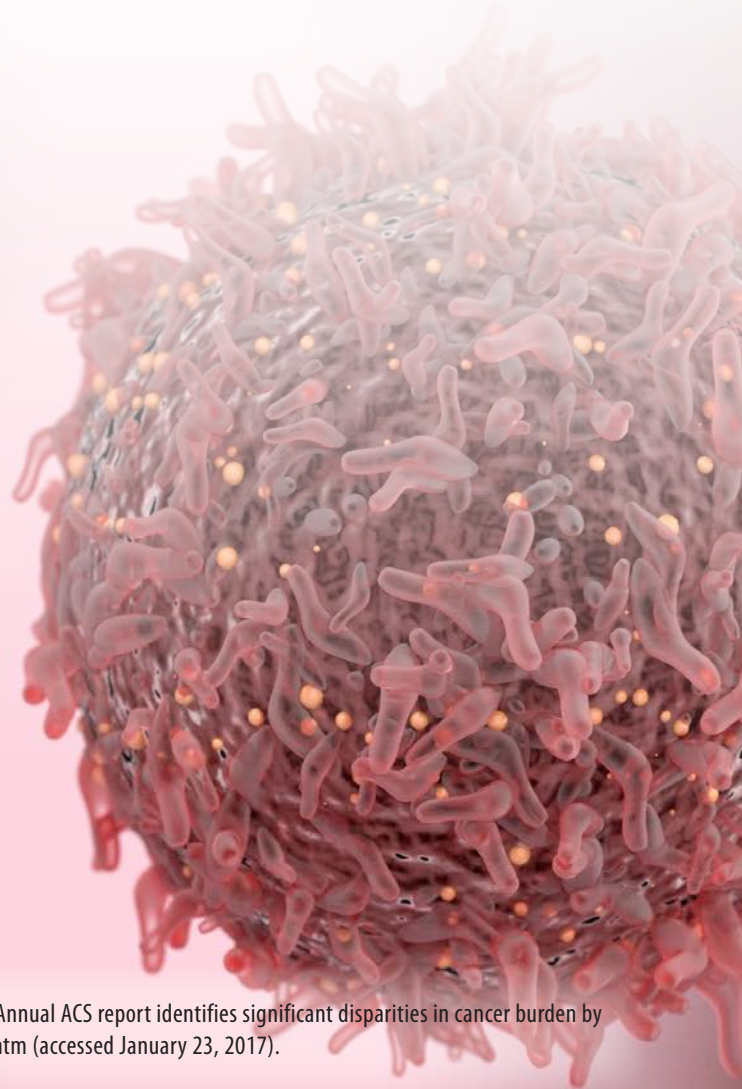
The cancer death rate dropped from its peak of 215.1 per 100,000 population in 1991, to 161.2 per 100,000 population in 2014. This drop is the result of steady reductions in smoking and advances in early detection and treatment, and is driven by decreasing death rates for the four major cancer sites: lung, breast, prostate, and colorectal.

The report also finds significant gender disparities in both cancer incidence and mortality. For all four sites combined, the cancer incidence rate is 20% higher in men than in women, and the cancer death rate is 40% higher in men.

The gender gap in cancer mortality largely reflects variation in the distribution of cancers that occur in men and women, much of which is due to differences in the prevalence of cancer risk factors. For example, liver cancer, a highly fatal cancer, is three times more common in men than in women, partly reflecting higher hepatitis C virus infection, historical smoking prevalence, and excess alcohol consumption in men.

Racial disparities in cancer death rates continue to decline. The excess risk of cancer death in black men has dropped from 47% in 1990 to 21% in 2014. The black/white disparity declined similarly in women, from a peak of 20% in 1998 to 13% in 2014. Although the cancer death rate remained 15% higher in black people than in white people in 2014, increasing access to care as a result of the Patient Protection and Affordable Care Act (if kept) may expedite the narrowing racial gap. Gains in coverage for traditionally underserved Americans will facilitate the broader application of existing cancer control knowledge across every segment of the population.

"The continuing drops in the cancer death rate are a powerful sign of the potential we have to reduce cancer's deadly toll," said Otis W. Brawley, M.D., FACP, chief medical officer of the ACS. "Continuing that success will require more clinical and basic research to improve early detection and treatment, as well as creative new strategies to increase healthy behaviors nationwide. Finally, we need to consistently apply existing knowledge in cancer control across all segments of the population, particularly to disadvantaged groups."



American Cancer Society. "Cancer death rate has dropped 25 percent since 1991 peak: Annual ACS report identifies significant disparities in cancer burden by gender, race." ScienceDaily. www.sciencedaily.com/releases/2017/01/170105123106.htm (accessed January 23, 2017).

3 TIPS FOR HOSTING A Safe Super Bowl Party



The 51st Super Bowl will be held on Feb. 5, 2017, and many Americans throw a Super Bowl party each year offering friends and family a large spread of food and alcohol. As with any party where food and beverage is served, it is important that you keep the following guidelines in mind:

Be aware of food allergies. An allergic reaction to food can be life-threatening. Ask your guests if they have any food allergies before you begin cooking so you can avoid serving any food that they may be allergic to.

Don't let your guests drive home drunk. Super Bowl Sunday has unfortunately earned the reputation of having some of the highest incidence of drunk driving of the year. If you are serving alcohol at your party, be sure to not let your friends drive home drunk.

Follow safe food preparation and serving instructions. 1 in 6 Americans get sick by consuming contaminated foods or beverages each year. Be sure to follow the recommended food safety practices at your party to avoid food-related illnesses.

FEBRUARY RECIPE Chicken Vegetable Soup with Kale

- 2 tsp. vegetable oil
- ½ cup chopped onion
- ½ cup chopped carrot
- 1 tsp. ground thyme
- 2 cloves minced garlic
- 2 cups water or chicken broth
- ¾ cup diced tomatoes
- 1 cup chicken, cooked, & cubed
- ½ cup cooked brown rice
- 1 cup chopped kale (about one large leaf)



Heat the oil in a medium sauce pan and add onion and carrot. Sauté until vegetables are tender, about 5 to 8 minutes. Add thyme and garlic, sauté for one more minute. Next add water or broth, tomatoes, cooked rice, chicken, and kale. Simmer for 5 to 10 minutes and serve.

Each serving provides 180 Calories, 5g of Fat, 16g of Carbohydrates, 1g of Saturated Fat, 85mg of Sodium, 3g of Dietary Fiber, 17g of Protein. Yield: 3 Servings. Percentage daily values are based on a 2,000 calorie diet. Source: USDA

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