

RECOGNIZING PROBLEM DRINKING In Adults with Depression

A new study has found that older adults suffering from multiple chronic health conditions and depression are nearly five times more likely to be problem drinkers than older adults with the same conditions who do not have depression. This information could help health care providers identify which older adults are most likely to experience problem drinking and lead to better preventive care for this segment of society.

The study, conducted by researchers from the University of Georgia (UGA) School of Social Work, utilized data from the National Social Life, Health and Aging Project, a nationwide survey of older adults that is funded by the National Institutes of Health. Researchers looked at the responses of more than 1,600 individuals aged 57 to 85 who identified as active alcohol consumers.

Among problem drinkers, or individuals who reported a high amount of negative consequences associated with alcohol use, the researchers found that 66% reported having Multiple Chronic Health Conditions, or MCC, and 28% reported having symptoms of depression. The researchers also found that older adults who experienced MCC combined with depression were those who experienced the highest likelihood of problem drinking.

“These findings suggest that effective training in screening and referral for mental health and alcohol use issues for health care providers of older adults may better serve the [approximately] 4 million older adults who currently experience problem drinking in the U.S.,” said Orion Mowbray, assistant professor at the UGA School of Social Work and lead author of the study.

Previous efforts to prevent and manage disease in older adults have focused on a single disease at a time, said Mowbray. Few physicians consider the combination of multiple chronic conditions in connection with depression as a potential sign for increased alcohol misuse, although screening and follow-up counseling for behavioral problems is known to help.

“There is sufficient evidence that even brief interventions delivered in medical-related settings can have a positive influence on reducing problem drinking among most older adults,” said Mowbray. “These interventions can include screening for signs of depression in individuals with long-term health problems, engaging the individual in a conversation about the risks of problem drinking, and providing a referral for brief alcohol-related treatment.”



LIMITING RICE INTAKE To Minimize Arsenic Consumption



Arsenic is an element from the Earth's crust that is naturally found in air and water. If consumed in its organic form, high arsenic consumption may cause adverse health effects. This type of arsenic, often found in common foods and drinks such as rice and apple juice, may not only cause cancer, but can also negatively affect a child's development and cause problems that continue into adulthood.

Rice has been found to absorb the highest amounts of inorganic arsenic when compared to other commonly eaten foods, and last April the U.S. Food and Drug Administration (FDA) proposed a limit on the amount of inorganic arsenic to be allowed in infant rice cereal. The FDA, however, has not imposed action limits on other rice items.

Instead, the FDA and Consumer Reports recommend that adults and children eat a well-balanced diet and avoid consuming an excess of rice.

For further information on arsenic in rice and recommendations on how to safely keep rice in your diet, visit:

<https://www.fda.gov/Food/FoodbornIllnessContaminants/Metals/ucm319948.htm>

PHLEGM: A Key Player in Fighting Illness

Phlegm is a mucus-like substance produced by your lungs and respiratory system. When you get sick with a cold or a sinus infection, your body will produce more mucus than normal in an attempt to trap and expel the virus or bacteria causing your illness.

Depending on your illness, the color and consistency of your phlegm will change. The American Chemical Society recently released a [video](#) that describes what different colors of phlegm may indicate and offers tips about which treatments are best for your symptoms.

Yellow or white phlegm is present when you're congested. The color, combined with the thickness of your phlegm, indicates that you could have a cold.

Green phlegm indicates the presence of neutrophils (a type of white blood cell) and a green-colored enzyme that they produce, called myeloperoxidase. Green phlegm means that your body is likely hard at work fighting a viral infection.

Red phlegm indicates the presence of blood in your mucus and is generally the result of irritation and drying of your nasal tissue. A little bit of blood is nothing to worry about, but if you experience excessive bleeding contact your doctor right away.

For more information on phlegm or for advice on treatment methods, contact your health professional.

The American Chemical Society's video link can be found here: <https://youtu.be/RbcUcYDejks>

CHILDHOOD BULLYING MAY CONTRIBUTE to Disease Development Later in Life

Recent advances in understanding the negative health effects of chronic stress highlight a pressing need to clarify the long-term health implications of childhood bullying, according to the review by Susannah J. Tye, PhD, of the Mayo Clinic, and her colleagues. "Bullying, as a form of chronic social stress, may have significant health consequences if not addressed early," Dr. Tye comments. "We encourage child health professionals to assess both the mental and physical health effects of bullying."

"Once dismissed as an innocuous experience of childhood, bullying is now recognized as having significant psychological effects, particularly with chronic exposure," Dr. Tye and co-authors write. Bullying has been linked to an increased risk of psychiatric disorders, although there are still questions about the direction of that association.

Studies of other types of chronic stress exposure raise concerns that bullying, which is "a classic form of chronic social stress," could have lasting effects on physical health. Any form of continued physical or mental stress can put a strain on the body, leading to increasing "wear and tear." This process, called allostatic load, reflects the cumulative impact of biological responses to ongoing or repeated stress.

"When an individual is exposed to brief periods of stress, the body can often effectively cope with the challenge and recover back to baseline," Dr. Tye explains. "Yet, with chronic stress, this recovery process may not have ample opportunity to occur, and allostatic load can build to a point of overload. In such states of allostatic overload, physiological processes critical to health and well-being can be negatively impacted."

Chronic stress can lead to changes in inflammatory, hormonal, and metabolic responses. Over time, these physiological alterations can contribute to the development of diseases, including depression, diabetes, and heart disease, as well as progression of psychiatric disorders.

Early-life stress exposure can also affect the way in which these physiological systems respond to future stressors. This may occur in part through alterations in gene function related to environmental exposures that alter the stress response itself. Chronic stress may also impair the child's ability to develop psychological skills that foster resilience, ultimately reducing their capacity to cope with future stress.

The authors emphasize that although no cause-and-effect relationship can be shown yet, future research (in particular, collaborations between clinical and basic science researchers) could have important implications for understanding, and potentially intervening in, the relationship between childhood bullying and long-term health.

Dr. Tye and colleagues believe that current research shows the importance of addressing bullying victimization as a "standard component" of clinical care for children at the primary care doctor's office as well as in mental health care. They conclude, "Asking about bullying...represents a practical first step towards intervening to prevent traumatic exposure and reduce risk for further psychiatric and related morbidities."



Wolters Kluwer Health. "Childhood bullying may lead to increased chronic disease risk in adulthood." ScienceDaily. www.sciencedaily.com/releases/2017/03/170310121714.htm (accessed March 23, 2017).

HOW MUCH CALCIUM SHOULD YOU TAKE For Healthy Teeth & Bones?

Calcium is the most abundant mineral in your body. Consuming enough calcium is critical for keeping your bones and teeth strong and for maintaining the function of your nerves, heart, and muscles. Failing to get enough calcium can stunt children's growth and increase the risk of developing osteoporosis. The current recommended dietary allowance (RDA) by age group is as follows:

- 1-3 years: 700 mg daily
- 4-8 years: 1,000 mg daily
- 9-18 years: 1,300 mg daily
- 19-50 years: 1,000 mg daily
- 51-70 years: 1,000 mg daily (men) and 1,200 mg daily (women)

Please note that these RDAs reflect suggestions from the Office of Dietary Supplements at the National Institutes of Health and that your personal recommended calcium allowance may differ. Please consult your doctor to determine how much calcium you need in your diet.

Top 10 Calcium Rich Foods



APRIL RECIPE Basic Quiche



- 1 9-inch pie crust (baked)
- 1 cup broccoli, zucchini, or mushrooms (chopped)
- ½ cup cheese (shredded)
- 3 eggs (beaten)
- 1 cup nonfat milk
- ½ tsp. salt
- ½ tsp. pepper
- ½ tsp. garlic powder

Preheat the oven to 375 F. In a medium-sized skillet, cook the vegetables until tender when poked with a fork. Put the cooked vegetables and shredded cheese into the prepared pie crust. Mix the eggs, milk, salt, pepper, and garlic powder together in a bowl. Pour mixture over the vegetables and cheese. Bake for 30-40 minutes. Let cool for five minutes before serving.

Yield: 6 Servings. Each serving provides 155 Calories, 2 g of Fat, 18 g of Carbohydrates, 0 g of Saturated Fat, 287 mg of Sodium, 5 g of Dietary Fiber, 7 g of Protein. Percentage daily values are based on a 2,000 calorie diet. Source: USDA

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