

Drs. Oz And Roizen

Sunshine Can Really Light Up Your Life

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When John Denver sang "Sunshine on my shoulders, makes me happy," he spotlighted full-spectrum light's ability to influence mood and health. And a new study reinforces just how important it is to get your daily dose of sunshine. Nurses exposed to natural light had lower blood pressure, were more alert, had better interaction with colleagues, laughed more and had better moods when dealing with patients than those who never saw the light. Another study found that workers in windowless offices had more physical problems and worse sleep habits than their windowed colleagues.

One reason for the benefits may be that more sunlight means your body makes more vitamin D-3, but sunlight does more than trigger production of that essential vitamin. Light acts as a nutrient for metabolic processes, influencing your body clock, endocrine system, and pituitary and pineal glands. Unfortunately, it's estimated that 10 percent of you have no access to sunlight during your workday, and in the winter, 30 percent of you go in to work before sunrise and head home after dark. So, make sure to take an outdoor break — even for just 10 minutes — at least twice a day.

Also, get your blood tested to see if you're vitamin-D-3 deficient. A recent study found that having low blood levels of vitamin D-3 may double your risk of dementia! We suggest that you take 2,000 IU of D-3 daily until you get the results of the blood test; then adjust your dose as your doc recommends. Chances are more outdoor time plus vitamin D-3 will boost your mood and your long-term health.

AN ASPIRIN A DAY KEEPS THE DOCTOR AWAY

In 1550 B.C., Egyptian physicians may have said, "Take two myrtle leaves and call me in the morning." An ancient papyrus scroll indicates that even back then, people used salicylate-rich plants to ease pain. Flash-forward 3,500 years: These days that plant-based ingredient has been refined into what we call aspirin, and it's still making news.

A new metastudy found that a dose of 75 mg to 325 mg of aspirin daily, taken for 10



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

years between the ages of 50 and 65, bestows more benefits than harm — and the benefits are impressive. Looking at many studies, the researchers found that taking a daily aspirin reduced the number of cases of bowel cancer by 35 percent, esophageal and stomach cancers by 30 percent and prostate cancer by 10 percent. It also lowered the number of deaths from those various cancers between 35 percent and 50 percent. And bigger doses of aspirin didn't offer more protection; it was the length of time (at least five, and optimally 10 years) that conferred the benefits. The downside: Taking aspirin daily ups the risk of digestive tract bleeds among 60-year-olds, although it's still rare.

So, if you're between 50 and 65, talk with your doc about taking aspirin daily, and ask if you should be screened for Helicobacter pylori, the bacteria associated with ulcers. If you're infected, treating it before you start taking aspirin may avoid complications. And remember: Always drink half a glass of warm water before and after taking aspirin. That keeps tablets away from your stomach lining and helps them dissolve quickly.

FISH GET AN HONORARY DEGREE

When we saw the headline "Fish Consumption Linked to College Education," we thought something sounded, well, a little fishy. Let's face it: It takes more than a couple of platefuls of holy mackerel to get into Notre Dame, or a cape full of cod to enter Harvard.

The "reel" story? A recent 10-year study from the University of Pittsburgh netted this information: Scanning the brains of 260 older

folks, researchers discovered that those people who had a greater volume of gray matter in areas of the brain that handle memory (it was 4 percent larger) and cognition (it was 14 percent larger) were the same folks who ate broiled or baked fish at least once a week. Those brainiacs, it turns out, were also more likely to have a college degree than the folks who were fish-phobic.

The researchers suggest that folks who eat broiled or baked fish often adopt other healthy lifestyle habits, and all together they protect the brain from age-related slowdown and dementia. So if you want your first-grader to get into a good college, or you want to protect yourself from cognitive problems later on, put non-fried fish on your menu at least once a week (they do swim in schools). Make sure that everyone in your family gets at least 30 minutes of physical activity daily, and avoid added sugars and syrups, any grain that isn't 100 percent whole, and trans and saturated fats. Plus, learn something new every day; then your brain won't be the one that got away.

THE PROS AND CONS OF PROCESSED FOODS

In this summer's hit biopic "Get On Up," Chadwick Boseman makes James Brown's processed hair look almost, well, natural. But that "do isn't the only processed item that's gotten big press lately. There's a debate going on about good vs. bad processed food and the Food and Drug Administration's proposal to give added sugar its own line on processed foods' nutrition labels.

Food manufacturers are pushing back hard. We say, LABEL IT LARGE! If you could dodge all added sugar, you'd eliminate an artery-clogging criminal, plus most of you would ditch 16 percent of your daily calories! And sugar's not the only heart-stopping added ingredient in processed foods: Lots are stuffed with saturated fats and sodium. The American Society for Nutrition says processed foods account for around 50 percent of the saturated fat, 57 percent of the sodium and 75 percent of sugars that most Americans consume.

On the other hand, not all processed food is bad: Whole-grain cereal with added vitamins, yellow mustard (Dr. Mike loves it for its turmeric!) and vitamin D-boosted low-fat almond milk are processed, too. According to the ASN, processed foods also provide 55

percent of your dietary fiber, 34 percent of your vitamin D, and 65 percent of folate.

So, before you drop packaged food into your grocery cart, ask yourself, "What was done to this to make it look and taste like it does?" and read the nutrition label. Don't like your answer? Put it back! Then you can walk out of the grocery singing "Mama's (or Papa's) Gotta Brand New Bag!"

YOU GOTTA LOVE THOSE BEANS

When feckless Jack swapped the family cow for a handful of beans, he was onto something: Not only does a daily serving of lentils, mature peas, chickpeas or kidney beans help with weight management, the resistant starch they contain counteracts some (but not all) of the health hazards of eating red meat.

Chowing down 5 1/2 ounces of these high-fiber, high-protein, low-glycemic-index legumes daily can make you feel 31 percent fuller and reduce your calorie, fat and processed-food intake. And while they're doing that, beans can cut your risk for heart disease (maybe that's why they call these legumes pulses!).

In addition, another study recently found that cancer-associated genetic molecules (miR-17-92) that get pumped up in your gut when you eat red meat return to normal levels if you eat a hearty serving of beans at the same time. Seems the resistant starch in beans passes through your body undigested, but on the way through the large intestine your gut bacteria ferment it, so it produces short chain fatty acids, such as butyrate, that help protect you from heart disease, cancer and gastrointestinal distress.

It's a lot smarter to dodge all the hazards of red meat — including heart disease, a lousy sex life and dementia — by avoiding it altogether, but if you do succumb to a burger, make sure you have a tasty serving of beans. Try harissa on chickpeas, olive oil and basil on kidney beans, garlic and mint on lentils, or chopped scallions and cilantro on peas.

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, tune into "The Dr. Oz Show" or visit www.sharecare.com.

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Ramblin's with Coach Rozy

Injury Prevention For Reaching New Performance Levels

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Mark ROOZEN

Fall is around the corner. School is back in session. Sports are starting. It's time to start back to your fitness program. With sports, training and getting back in shape comes some things to think about. This is the time of year when, if not prepared properly, injuries increase. If there isn't proper preparation, we can find ourselves injured the minute we start working out.

All of the sudden those fitness goals go back on the shelf. The dream of being the next All-Star or on a championship team go down the drain and all that is left is time to deal with the pain.

Whether your injury occurs right off the bat or after years of regular workouts the result is always the same. It can be discouraging, painful and downright depressing.

Studies show that up to 38 percent of all exercisers suffer from an injury each year. Some injuries can't be helped — like a broken bone. Though many injuries can be prevented if we follow the right steps.

TOP 3 WORKOUT INJURIES

The following three ailments occur commonly among active people. Let's explore the cause of each and then detail our very own injury prevention plan because let's face it, we simply don't have time to spend nursing an injury (and losing all that progress that we could be making).

1. Strain / Pulled Muscle: occurs when a tendon (connects muscle to bone) or muscle is stretched or torn. If suffering from a strain, there will be pain and swelling in the muscle belly (main part of the muscle

that has the problem), or loss of function if the strain occurred in a tendon (think of pulled hamstring, the muscle on the

back of the leg). Many strains can occur as the result of an improper warm-up and insufficient stretching.

2. Sprain: occurs when a ligament (connects bone to bone) is stretched or torn. While this can happen to any ligament in your body, the most common placements of sprains are in the ankle, wrist and knee. Often this injury will happen suddenly as the ligament is stretched beyond its normal limit (like rolling your ankle), usually during a fall or other acute trauma.

3. Low Back Pain: it is said that 80 percent of the population will experience back pain at some point in their lives and the list of causes is as diverse as the sufferers themselves. Here are the main reasons for workout related back pain:

- Improper form: Similar to bad posture, using improper form while performing weight bearing exercises will leave your back sore and aching. The good news is that once your form is corrected this pain should subside after a healing period.
- Weak muscles: If you have a desk job then chances are your deep back muscles are inactive and unconditioned. When you start an exercise program, but fail to properly strengthen these muscles, the result is often an aching back. Also, because our hip flexors get tight (again, from all that sit-

ting), it puts strain on our back as well as having tight hips.

- Strained muscles: Sometimes, it's not WHAT we lift, it's how we get our body to function and work together. Ever strain your back, have it tighten up, and your picking up something light — like a piece of paper? When our muscles aren't working together — to coordinate movement patterns — our body protects itself by tightening the back muscles so we don't hurt ourselves. When these muscles are not properly warmed up, stretched and working together before moving or exercise begins, muscle strains occur.

YOUR 5-STEP INJURY PREVENTION PLAN

Injuries don't have to slow you from meeting your fitness goals. The following 5 steps will dramatically reduce your chance of injury. If you do find yourself injured, but have been following these 5 steps, your recovery will be quick and efficient.

- Step 1: Stretch/Muscle Release
What is more boring than stretching? You want to exercise, not sit around touching your toes-right? Even though it might not be exciting, stretching and improving

mobility is the best way to increase muscle elasticity and durability. Tight muscles are big contributors to imbalances, which can cause injury, which can slow us down — remember? Take the time to stretch, do corrective exercises or do some type of muscle release work — like foam rolling. We do our stretching with our group AFTER workouts. Research has shown that doing STATIC STRETCHING — holding a stretch — like touching your toes — can actually decrease levels of performance if done at the beginning of a workout. For Pre-Workout — do Warm-Ups — Step 2.

- Step 2: Warm Up
Preparing for your workout should not begin and end with putting on your gym clothes. Your muscles need to be coaxed into motion by way of a 10-15 minute warm up in order to prepare them for injury-free use. Cold muscles are less elastic and are therefore more prone to tears. We use "Dynamic Warm-Up" which is increase range of motion of the muscle and joints while doing easy, light movement drills.

- Step 3: Proper Gear
For most fitness enthusiasts proper gear has everything to do with their shoes. Don't be fooled-not just any

shoe will do. Find shoes that offer support and traction for your exercise of choice, and make sure that they aren't too tight or too loose. If you are prone to ankle injuries then try a pair of high-tops for extra support. There are also some good brands of compression clothing that can be worn and used to help with performance, depending on the activity or sport.

- Step 4: Lifestyle
Stop for a moment and think about your car-if you don't maintain it with regular tune ups, oil changes and quality fuel then you can't expect it to perform well on the road. The same applies to your body. Getting the right amounts of sleep, eating a well balanced diet and staying hydrated will all contribute to your performance during exercise. The healthier your lifestyle is the less likely you are to suffer an injury.

- Step 5: Proper Progression for Conditioning and Training
This may seem like the most obvious step to injury prevention, but unfortunately it is the most overlooked.

Many folks simply OVER DO IT when getting back to a fitness program, or try to push themselves faster than they should. We see it when athletes don't have enough prep time in pre-season to handle the workload of in-season. People who keep their bodies in top condition by exercising regularly, follow proper progressions and even plan rest and recovery in their workouts are the least likely to injure themselves.

The ultimate injury prevention plan is to make sure you are moving properly (Pattern of Movement), you follow the right steps to increase and make your workouts harder (Progression of Program) and to set up your long term plan, what will you do over the next few months, into the new year (This is Planning or Periodization).

For help with any program design and injury prevention such as pre-hab or rehab, and other fitness and performance questions don't forget to get with a professional. They can cut down the time it takes you to reach your peak levels of performance.

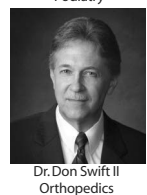
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