

Health, Mind & Body

Special Section focused on nutrition,
exercise, health-care & mental health



CANCER FIGHTING FOODS

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Treating
arthritic
knees
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*Stop the
daily pain*



Cancer fighting foods

Many foods can help in the fight against cancer. When several cancer-fighting foods are included in your diet, the effects may be significant.

Beans: Beans contain many phytochemicals that protect the cells from the type of damage that can ultimately make a person susceptible to cancer. Beans have shown to decelerate tumor

growth and prevent tumors from releasing potentially harmful substances that can damage nearby cells.

Colorful fruits and vegetables: Colorful fruits and vegetables contain more cancer-fighting nutrients than fruits and vegetables that aren't as flashy. Consuming such fruits and vegetables also helps men and women maintain a

healthy body weight, an important benefit when considering overweight and obesity increases a person's risk for multiple cancers.

Foods with folate: Folate is a B vitamin that can reduce the risk of developing colon, rectum and breast cancers. Folate, can be found in eggs, fortified breakfast cereals, orange juice, whole wheat products and strawberries, among other foods.

Grapes: Studies have shown that resveratrol, a key ingredient in grapes, may prevent the type of damage that triggers the production of cancerous cells. Scientists believe the antioxidant and anti-inflammatory properties of grapes make them a healthy option.

Tomatoes: Tomatoes have been linked to lowering men's risk for prostate cancer. One study, found that men who ate 10 servings of tomatoes per week reduced their risk of developing prostate tumors by nearly 50 percent. Later research found that tomatoes, found in tomato paste and sauce, were even more effective at reducing cancer risk than fresh tomatoes. Tomatoes have also been linked to lowering a person's risk for lung and stomach cancers.

Water: Potential cancer-causing agents in the bladder are diluted with water. The more water you drink the more you're likely to urinate, which means cancer-causing agents have less time to come into contact with the lining of your bladder.



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Treating arthritic knees

According to Dr. Scott Paris of Central Jersey Spine and Wellness, more than 27 million people in the country suffer from knee arthritis. Knee arthritis occurs when there is a degeneration of articular cartilage that covers and protects the patella (knee cap) at the knee joint, offers the online resource Arthritis-Health. Since this cartilage has no nerve endings, some people can experience arthritis but feel no pain. However, pain may occur when doing specific activities that cause impact between bones, like jumping, walking up stairs or certain sports.

Over time, knee arthritis may become worse, and pain can be accompanied by stiffness and loss of mobility. This may be accompanied by knee locking or buckling.

The Osteoarthritis Research Society International, a nonprofit organization dedicated to promoting osteoarthritis research and treatment, updated its recommendations for the treatment of

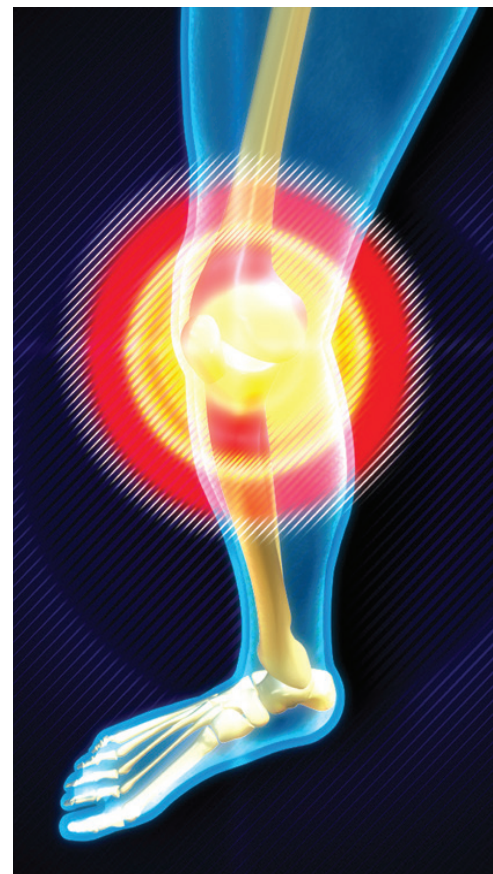
osteoarthritis targeted to different patient characteristics. The main categories of treatment include non-drug treatments, medication, injections, and surgery.

• **Non-drug treatments:** Examples of non-drug treatments include exercise, stretching and range-of-movement strategies. Weight loss can alleviate excess strain placed on the hips and knees and reduce pain. Braces, sleeves and orthotics may help reduce pain and joint stiffness when directed properly through a specialist.

• **Medications:** Many medications are geared around reducing inflammation and pain and include over-the-counter pain relievers and NSAIDs, such as acetaminophen, ibuprofen and naproxen sodium. Topical NSAIDs may be tried, and these can reduce the risk of gastrointestinal side effects from oral medications. OARSI also found that the antidepressant duloxetine may help with chronic knee pain.

• **Injections:** The Arthritis Foundation says that some doctors can inject corticosteroid compounds directly into affected joints. Use of hyaluronic acid injections can supplement the natural substance that gives joint fluid its lubrication and viscosity. These injections may help relieve pain and improve mobility.

• **Surgery:** In cases when the aforementioned treatments are unsuccessful, doctors may suggest surgery. The Arthritis Foundation says joint lavage and arthroscopic debridement, which involve flushing the joint with a sterile saline solution and the surgical removal of tissue fragments from the joint, are controversial but may help some people achieve short-term relief. Partial knee replacement may be another option that offers a similar improvement in function, but fewer complications than a total knee replacement.



Health, Mind & Body news

• Carbohydrates are seen as the enemy by many people, but that reputation is ill-deserved for certain types of carbs. Carbohydrates referred to as "smart carbs" can boost energy and mood and help people, even dieters, maintain healthy weights. Smart carbs, which can be found in fruits, vegetables, minimally processed whole grain products such as brown rice and quinoa, and whole wheat bread among other foods, contain vital nutrients and fiber. The body takes longer to absorb whole grains than it does processed carbohydrates, stabilizing blood sugar and energy levels as a result. Because the body takes longer to absorb whole grains, feelings of satiety and fullness are extended. That reduces the likelihood of being hungry again shortly after eating, thereby helping people maintain healthy weights. Avoid carbohydrates made with white flour, such as white bread, non-whole grain pastas, potato chips, and breakfast cereals with high amounts of sugar.

• Research suggests that a combination of nutrition and mental, social and physical activities may have a greater impact with regard to maintaining and improving brain health than any single activity. Harvard Medical School also states that volunteering, caring for others and pursuing hobbies may benefit the brains of older adults.

A study published in the Archives of General Psychiatry found participants who reported higher levels of purpose in life exhibited superior cognitive function despite the accumulation of abnormal protein depositions (amyloid plaques and neurofibrillary tangles) in the brain, a hallmark of Alzheimer's disease. Having a purpose also may help those who do not have Alzheimer's disease.

Start exercising the brain early on. A study published in 2012 in the British Medical Journal examined cognitive function in people ages 45 to 70. Researchers found evidence of cognitive decline in the 45-year-old participants as well as the older participants. It's never too early to put a brain health plan into motion.

Read more books. Reading can open individuals up to new vocabulary and scenarios that promote a stronger brain and recall

ability. Enrolling in an education course at a local college, community center or online also may be beneficial.

Hit the gym. Several studies suggest an association between physical activity and reduced risk of cognitive decline. This could be because exercise elevates heart rate, which pumps more blood to the brain and body.

Supplement with DHA. DHA is an omega-3 fatty acid that is dominant in the brain. Adhere to a Mediterranean diet, which is generally high in natural sources of omega-3, including fish and mono-unsaturated fats from olives, olive oil, nuts and seeds. Supplements also may help, but individuals should consult with their doctors about which products to take.

Challenge the mind. Men and women can engage in challenging activities that stray from their routines. Puzzles, strategic games, jigsaw puzzles, or difficult hobbies can benefit the brain.

Keep a close-knit group of friends. Regular conversation and social interaction is a key component of any brain health wellness plan.

Slowing cognitive decline and promoting greater brain health should be a priority for adults of all ages.

• According to the Centers for Disease Control and Prevention, research shows that strengthening exercises are safe and effective for men and women of all ages. The CDC also notes that men and women with heart disease or arthritis may benefit most from exercise regimens that include lifting weights several times per week. A strength-training program at Tufts University enlisted older men and women with moderate to severe knee osteoarthritis. The program lasted 16 weeks, and by the end participants reported that pain had decreased by an average of 43 percent while also decreasing the disability caused by their conditions. In addition to the benefits uncovered in the Tufts program, strength training can benefit older people by improving balance and flexibility, which can decrease the likelihood and the severity of falling.

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Section	Publication Date	Deadline
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AD PAGES: "The Big Game"	January 31	January 26
AD PAGES: Valentine's Day	February 7	February 2
Wallkill Valley Almanac*	February 28	February 21
AD PAGES: St. Patrick's Day	March 14	March 9
AD PAGES: Easter	March 28	March 23
Spring Home & Garden	April 25	April 18
AD PAGES: Mother's Day	May 9	May 4
Homes of the Valley	May 23	May 16
AD PAGES: Father's Day	June 13	June 8
Summer Times**	June 27	June 20
Business Profiles	July 25	July 18
Back to School	August 15	August 10
New Windsor Community Day Booklet**	August 22	August 15
Fall Home Improvement	September 12	September 7
Walden Harvest Festival booklet**	September 26	September 19
AD PAGES: Fall Dining Guide	October 17	October 12
AD PAGES: Cancer Awareness	TBA	TBA
Salute to Veterans	November 7	October 31
Holiday Gift Guide I	November 21	November 14
Holiday Gift Guide II	December 5	November 28
Holiday Gift Guide III	December 12	December 5
Holiday Gift Guide IV	December 19	December 12
AD PAGES: Holiday Greetings	December 26	December 21

Additional sections to be announced!

* Booklet appears in Wallkill Valley Times only. Special rates apply.

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