



HOLY FAMILY
PARISH

PARISH NURSE MINISTRY NEWSLETTER

MAY 2013

This and That in Health News Updates

Fairest Mother Dressed in Blue, Teach Me How to Pray.....

1. *Q. I've heard that food can release carcinogens when heated to very high temperatures. Is that true?* A Yes. Exposing food to high heat can create chemical reactions that produce potentially cancer causing compounds. They include heterocyclic amines and polycyclic aromatic hydrocarbons (associated with burned, charred, or smoked meat) and acrylamide (associated with high-temperature cooking used for French fries, potato chips, and other items.) To avoid those compounds, try to roast or bake food whenever possible. If you plan to grill food, especially meat, over an open flame, consider precooking it in a microwave oven to reduce the cooking time on the grill and to release some juices that would otherwise drip onto coals and burn.
2. Home is where the Radon is. The Environmental Protection Agency is again reminding people in the U.S. to test for radon. One in 15 homes nationwide has been found to have elevated levels of that invisible radioactive gas, which comes from the natural decay of uranium in soil, rock, and water, and cause an estimated 21,000 lung-cancer deaths a year. Any home, old or new, could have a problem. For information on detecting and reducing radon, call the EPA hotline at 800-SOS-Radon.
3. Lose the Shoes. A significant portion of the dirt, pesticides, and pollutants in peoples' homes are carried in from outside on shoes and pet paws. Leaving your footwear at the door and wiping pets' feet when they come inside can help keep substances that might cause illness off of your floors and carpets. (They'll look cleaner, too.)
4. Don't Exercise with NSAIDs. It's common practice among athletes, but a small Dutch study has found that taking anti-inflammatory drugs such as ibuprofen (Advil and generic) before intense cycling damaged the cells of the small intestine and reduced gut barrier function, which might allow bacteria to escape into the blood stream. Instead, ward off pain and inflammation by icing the area after working out.
5. Antioxidants and Depression. In a study of 278 adults age 60 and older, those with depression had a lower intake of fruit and vegetables (the main food sources of antioxidants) and of dietary antioxidants overall compared with those who weren't depressed.
6. No Vitamin D Needed. In a two-year trial, researchers from Tufts Medical Center assigned 146 patients with painful osteoarthritis of the knee to take either 2,000 international units of Vitamin D3 or a placebo daily. At the end of the study, there was no significant difference between the two groups in either reduced knee pain or loss of cartilage. (Always consult your doctor when in doubt.)
7. Drive Safely – and Awake. In a recent study by the Centers for Disease Control and Prevention, more than 6,000 adults said they had fallen asleep while driving at least once in the previous 30 days. Driving tired is similar to drinking alcohol; it reduces attentiveness, slows reaction time, and impairs decision-making. If you start yawning and nodding at the wheel, pull over until you can wake up (perhaps after a short nap) or someone can relieve you.

Information from Consumer Reports On Health "Up Front" Issues March & April 2013.

Have a Safe and Healthy Summer!
Your Parish Nurse.

To contact Holy Family Parish Nurse call 330-688-6412 ext. 462 or for other articles go to [www.holyfamilystow.org/Parish Nurse](http://www.holyfamilystow.org/ParishNurse), or visit Holy Family Lower Church Hall Parish Nurse Bulletin Board for other updated and new health information.