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WellNotes®

INFORMATION FOR KEEPING HEALTHY



THE Y AXIS



The Fountain-Drink Fizzle

Like fountain drinks? Before gulping down your next biggie-sized drink, read this...

Researchers took 90 samples from fountain drink machines at 30 different restaurants.¹ They tested water and soda.

The results: 48 percent of the drinks had enough fecal matter (that's poop) and bacteria in them to make you sick.



Still thirsty for soda? Poor hand washing by customers and staff likely have a lot to do with it. Gross! Order bottled water next time.

COMMENTS?

Send comments to the editor: well@wellsources.com

Get Your Groove on for Better Health

Discover the health benefits of dancing

You've probably heard of former White House staffer Sean Spicer. Supermodel Christie Brinkley is no stranger to the fashion scene. And then there's NBA basketball star Lamar Odom.

What do the three of these celebrities have in common? No. They don't hang out during happy hour or send each other selfies. But they are going to move and groove this fall on *Dancing with the Stars*.

Even if you don't watch the show, you could bust out a few moves like the stars who step on stage. And it's not just the foxtrot, tango, or waltz. Any dancing is good for your health.

Go ahead, get your groove on the next time you hear a beat. Tango, and you'll burn an average of 200 calories an hour. Bust some hip-hop moves or Zumba, and you'll burn 500 calories an hour.

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Discover the health benefits of dance
tinyurl.com/y6ru98g5

Research shows dancing can help:²

- Build muscle and stronger bones
- Reduce body fat and support weight loss
- Strengthen the heart and lungs
- Lower blood pressure
- Keep your brain healthy as you age
- Improve cholesterol levels
- Lower the risk for heart disease
- Reduce anxiety, stress, and depression
- Improve balance and mobility

Need a little exercise? Just dance. Aim for at least 30 minutes of exercise a day. Take a class. Watch a video and follow along. Or turn on some dance music and go free style. You'll feel better, burn a ton of calories, and be healthier. @

Fight High-Blood Pressure Zombie-Brain Drain

Chronic high blood pressure raises risk for dementia with age

What would you do if you knew a zombie attack was coming? Protect your head. Stock up on supplies. Prepare to defend yourself. Probably all three, right?

If you have high blood pressure, something might eat your brain if you don't do anything about it. But it won't be zombies.

If you're a middle-aged adult with high blood pressure, you're 49 percent more likely to develop dementia as you age.³ And that can lead to memory loss. It can also make it hard to get dressed, brush your teeth, or do other simple tasks of daily living.



The blood pressure and dementia connection

If your blood pressure is less than 120/80, risk for dementia as you age is lower. If it's higher than that, you may have elevated or high blood pressure. A lot of people do. About 1 in 3 adults in the U.S., in fact. And many don't even know it. (Kind of like being oblivious to a zombie attack.)

If you want to protect your brain as you age and lower your risk for dementia, keep your blood pressure in check. Less than 120/80 is ideal. If it's higher than that, healthy lifestyle habits and medicine can help.



Zucchini Lasagna

Wondering what to do with an end-of-summer supply of zucchini? Give this recipe a try:⁵

Ingredients

- ½ pound lasagna noodles, cooked
- ¾ C mozzarella cheese, grated
- 1-½ C cottage cheese
- ¼ C Parmesan cheese, grated
- 1-½ C raw zucchini, sliced
- 2-½ C tomato sauce
- 2 tsp basil, dried
- 2 tsp oregano, dried
- 1 clove garlic, minced

Directions

1. Preheat oven to 350°F. Grease 9x13-inch baking dish.
2. Combine ¼ C mozzarella and 1 T Parmesan. Set aside.
3. Combine remaining mozzarella and Parmesan with cottage cheese. Set aside.
4. Combine tomato sauce, basil, oregano, and garlic. Spread thin layer of sauce in dish. Add a layer of noodles. Spread half of cottage cheese mixture on top. Add layer of zucchini.
5. Repeat layering. Top with sauce and cheese mixture. Cover with foil. Bake 30 to 40 minutes.

Serves 6. 200 calories per serving.

Gulp This Down: Sugary Drinks May Shorten Lifespan

Study: Sugary drinks increase risk for heart disease, early death

Pop open a can. Twist off the cap. Pour yourself a drink. The fizzy sound might be music to your ears if you're a daily soda drinker. Or the sweet taste of sugary drinks might give your brain a buzz.

But if sugary drinks are part of your daily diet, it's time for a big gulp of truth.

Do you consume sugary drinks?

New research shows sugary drinks raise the risk of dying from heart disease.⁴ Heart disease is the leading cause of death in the United States. Sugary drinks also raise the risk for early death and other chronic diseases.

Sugary drinks include carbonated and non-carbonated drinks like: Soda, juice, energy drinks, sweet tea, lemonade, fruit drinks, and sports drinks.



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Just two or more sugary drinks per day is all it takes to raise your risk. The study found that you're 31 percent more likely to die early from heart disease if you drink two or more per day, compared to someone who doesn't drink as much.

Rethink your drink

Maybe it's time to rethink your drink and cut back on sugar-sweetened beverages. Drink more water. Add a lemon or lime for flavor. Or replace soda with 100-percent fruit juice. Anything you can do to reduce your risk of heart disease and early death is worth the effort. @

Fight High-Blood Pressure Zombie-Brain Drain (continued from page 1)

Here are some things you can do to control blood pressure:

- Maintain a healthy weight, or lose weight if you need to.
- Exercise at least 30 minutes a day.
- Eat a healthy diet (fruits, vegetables, whole grains, nuts, seeds, legumes, and plenty of water)

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- Avoid or limit high-sodium foods.
- Avoid or limit alcohol.
- Don't smoke, or quit if you do.
- Manage stress in healthy ways.
- Get a check-up and talk to your doctor. @

References

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Take the September Health Challenge!

Build Strong Bones: Strengthen your bones with diet and exercise

Ask the Wellness Doctor:

This month Dr. Brittany Carter answers the question:

Can service and support animals improve your health?

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