



THE Y-AXIS



More Cheese, Please

Want to keep your mind sharp as you age?

A recent study found there may be a tasty way to lower dementia risk.⁵ And it has nothing to do with puzzles, games or hobbies.



If you're suddenly craving Brie or Cheddar, keep reading.



Researchers found that people who ate higher amounts of full-fat cheese had a 13% lower risk of dementia than those who ate very little.

Full-fat cream was linked to a 16% lower risk.

Surprisingly, low-fat dairy products didn't show the same benefit, but researchers aren't sure why.

Still, that's pretty gouda news.



COMMENTS?

Send comments to the editor:

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This Raises Your Risk for Skin Cancer by 80%

*Got sunburned years ago?
Protecting your skin now is critical*

Maybe you're a diehard about sunscreen, wide-brimmed hats, and SPF now. But what about when you were a teenager?

If you spent your summers baking at the pool, lying on the beach, or mowing lawns without sunscreen, those painful sunburns may still be affecting your health decades later.



⚠ The skinny on sunburns

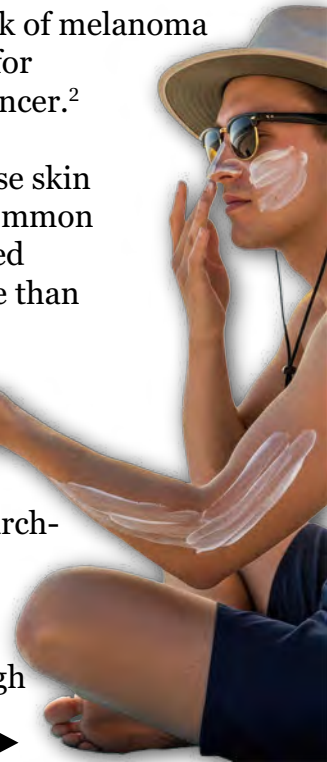
According to the American Academy of Dermatology, people who experience five or more blistering

sunburns between ages 15 and 20 have an 80% higher risk of melanoma and a 68% higher risk for non-melanoma skin cancer.²

That's a big deal because skin cancer is the most common cancer in the United States, with more than 5 million cases diagnosed each year.

In a recent study, researchers found that many adults underestimate their personal risk for skin cancer, even though sunburns remain

SKIN ►



The French-Fry Effect: Is This Side Order Linked to Diabetes?

French fry habit increases diabetes risk up to 27%

You want fries with that? Before you answer, there's something you need to know.

The average adult eats about 30 pounds of French fries a year. That's a lot of fries.

And a new Harvard study suggests all those fast-food trips may come with a side of health risk.¹



Researchers found that eating French fries regularly may be linked to type 2 diabetes.

- **Every three additional weekly servings** of fries was associated with a 20% higher rate of type 2 diabetes.
- **Five or more servings** per week? That risk jumps to 27%.

Did you know about 38 million Americans are living with type 2 diabetes? Another 115 million have prediabetes,

FRIES ►

Make It Fun: The 'Ultimate' Way to Be More Active

Find a way to be active at least 150 minutes a week

Not everybody is cut out for football. That's what New Jersey high school student Joel Silver thought back in 1968.

He wondered if there was a way to create a game that was safer, easier to play, and fun for almost anyone. His idea eventually became Ultimate Frisbee, now known simply as "ultimate."



The Physical Activity Guidelines for Americans recommends adults get at least 150 minutes of exercise a week. Here are 3 easy ways to be more active: <https://tinyurl.com/3wce68nj>



Put the 'fun factor' in fitness

One reason ultimate remains popular is that it doesn't feel like exercise. In a typical game, players may run up to five miles while improving cardiovascular fitness, muscular endurance, and overall physical health.

People are more likely to stick with physical activity when they enjoy it, which may help explain why active hobbies often outperform short-lived fitness programs.

The bigger lesson isn't that everyone should play ultimate. It's that you'll be more likely to stay

active when you choose activities you enjoy.



Make movement a habit

Not interested in chasing a flying disc? That's OK. Aim for at least 150 minutes of moderate-intensity aerobic activity a week.³

Try another activity that gets you moving: Walk, swim, dance, play tennis or pickleball, ride a bike, or garden.

The best exercise isn't necessarily the hardest workout. It's the one you'll keep doing. Catching a disc not required.

► FRIES

and many don't even know it. Maybe it's The French-Fry Effect.

✓ Baked, boiled or mashed is better

Not all potatoes carry the same risk. Baked, boiled, and mashed potatoes showed no significant link to type 2 diabetes.

The deep-frying process appears to be the problem.



✓ Try this French-fry fix

Replacing fries with whole grains could lower type 2 diabetes risk by an estimated 19 percent.

Whole grains aren't always an option at the drive-through. But a side salad, a baked potato, or just skipping the fries moves you in the right direction.

Next time someone asks if you want fries with that, you'll know exactly what to say.

Recipe: California Avocado Super Summer Wrap

Hungry for a fresh-and-healthy meal made from summer-season ingredients? Give this Avocado Super Summer Wrap recipe a try.⁴

Ingredients

1 ripe avocado
1/2 C plain nonfat Greek yogurt
1 tsp lime juice
1/2 C blueberries
1/2 C carrots, grated
1/4 C red onion, chopped
2 C fresh arugula, chopped
12 ounces cooked chicken breast, cubed
4 8-inch whole wheat tortillas

Directions

1. Cut, peel and remove avocado seed. Then cut into chunks.
2. Mash half the avocado chunks with yogurt and lime juice in medium bowl.
3. Add the remaining avocado chunks, blueberries, carrots, onion, arugula, and chicken. Mix gently.



4. Spoon one-fourth of the filling mixture onto each tortilla.
5. Roll each tortilla, folding in the ends.
6. Slice in half diagonally and secure with toothpicks, if desired.

Serves 4. 379 calories per serving.

► SKIN common.

In one national survey, nearly one-third of adults reported at least one sunburn during the past year.

The good news? While you can't change the sunburns you got years ago, you can reduce future damage.



Protect your skin with these simple habits:

- **Apply** a broad-spectrum sunscreen with SPF 30 or higher before going outdoors.
- **Reapply** sunscreen every two hours, especially when swimming or sweating.



Tips to stay safe in the sun
<https://tinyurl.com/49kbytcc>

- **Wear** a wide-brimmed hat, sunglasses, and protective clothing.
- **Seek** shade when possible, especially between 10 a.m. and 4 p.m.
- **Avoid** tanning beds.
- **It's also smart to keep an eye on your skin.** Watch for new moles or changes in existing spots and talk with your healthcare provider if something doesn't look right.

You can't travel back in time and hand your teenage self a bottle of sunscreen.

But you can protect your skin from the sun's UV rays today.

References

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