



Is Your Diet as Healthy as You Want?

Everybody talks about eating a healthy diet. But not everyone follows through.

According to a recent report from the Centers for Disease Control and Prevention, only 30% of U.S. adults eat 2 or more servings of fruit a day (including fruit juice), and barely 25% consume 3 or more servings of vegetables. For good health, the U.S. Department of Agriculture recommends eating 8-10 servings of fruits and vegetables daily. A recent survey asked 1,200 U.S. adults about their eating habits and found that Americans really

Keep track of your food servings with a food diary: www.wellsources.info/wellness/food-log.pdf

are making an effort to practice good nutrition and weight control. However, people in the study tended to give themselves more credit than perhaps they deserved. Only 11% of those surveyed owned up to a diet that was “not very” healthy or “not at all” healthy.

So how can you be sure your diet is healthy? Keep a food diary for a couple of weeks or so until you know for certain that you’re getting enough servings of fruits, vegetables, proteins, and healthy fats.

Consumer Reports National Research Center and State Indicator Report on Fruits and Vegetables, Centers for Disease Control and Prevention (CDC). 2011.

How many fruits and vegetables do you need? Find out at: www.fruitsandveggiesmatter.gov

The Best Way to Prepare for Retirement

The average American spends 20 years in retirement, yet fewer than half of Americans have calculated what they’ll need for retirement.

In a recent Consumer Reports National Research Center survey, more than 24,000 readers age 55 and older were asked about their finances and satisfaction with their lives. These are the 5 things that contributed most to their peace of mind:

1. Having good health
2. Planning ahead and maximizing savings
3. Enjoying hobbies and friends
4. Having a guaranteed income in retirement (e.g., a pension)
5. Living within (and sometimes below) their means – well before their retirement

Read “7 Steps to Aging Well” by the National Institutes of Health: <http://tinyurl.com/c6bnne>

Notice that their answers didn’t include earning or spending a lot of money. Even if you are on a limited income, you can make plans that will help you have a happy post-work life.

- **Eat well** now and keep your weight in control so you are as healthy as possible in your retirement years.
- **Exercise regularly!** Then keep walking.
- **Pay off all your debt** before you retire – including your mortgage and car.
- **Start a retirement savings account**, and contribute to it regularly.
- **Familiarize yourself** with your Social Security and Medicare benefits.
- **Stay active** in your community.
- **Pursue a hobby** that is within your financial means.
- **Relax.** Enjoy simpler things.

Consumer Reports and AARP. 2011.



Gladys Burrill finished the Honolulu Marathon power-walking across the finish line at 9 hours, 53 minutes, and 16 seconds. She is a 92-year-old great-grandmother! The Guinness World Records company confirms that Gladys set a new world record as the oldest female marathon finisher, surpassing the record of a 90-year-old who completed the London Marathon in about 11 hours. A former pilot, mountain climber, desert hiker, and snowshoer, Gladys did her first marathon in Honolulu at age 86. She regularly walks 30 to 50 miles a week. Not a bad way to enjoy retirement!

World Records Academy. 2011.

Read financial planning tips from the Department of Labor at: http://www.dol.gov/ebsa/publications/10_ways_to_prepare.html



Sleepy? You Might Be at Increased Risk for Diabetes

Lack of sleep can lead to fatigue, irritability, increased accidents, more mistakes on the job, and slower reaction

time. Research now suggests that too many sleepless nights might also increase your risk for developing type 2 diabetes.

One study found that 3 consecutive nights of interrupted deep sleep can negatively impact the body's ability to regulate insulin – a key hormone that helps control blood sugar.

Another study found an association between sleeping fewer than 6 hours and elevated blood sugar levels.

“Sufficient sleep is a necessity – not a luxury – and should be thought of as a vital sign of good health,” says Wayne Giles, MD, of the National Center for Chronic Disease Prevention and Health Promotion.

Adults need 7-9 hours of sleep per night, and children need 9-12 hours – and even more during early childhood and infancy. To get a good night's sleep:

- Go to bed at the same time each night, and rise at the same time each morning.
- Sleep in a quiet, dark, and relaxing environment, which is neither too hot nor too cold.
- Remove all TVs, computers, and other “gadgets” from the bedroom.

- Avoid exercising within a few hours of bedtime.
- Avoid large meals right before bedtime.

Learn about sleep from Harvard: <http://healthysleep.med.harvard.edu/portal>

Depression, medications, a snoring spouse, stress, sleep apnea, young children waking up at night, and other factors can contribute to interrupted sleep. If you are having difficulty sleeping, talk with your doctor.

Proceedings of the National Academy of Sciences USA;105: 1044–1049. CDC. 2011. University of Buffalo [news release]. Jan. 12, 2011.

Should You Take Medicine to Lower Your Fever?

A fever is any temperature higher than your normal, which might be a little above or below the average temperature of 98.6 degrees Fahrenheit (°F). While a fever might make you feel uncomfortable, there is no evidence that it worsens your cold or causes long-term complications. In fact, a fever can be helpful since it triggers the release of more infection-fighting white blood cells. It might actually shorten the duration of an illness according to a study published in the March 2011 issue of *Pediatrics*, a journal of the American Academy of Pediatrics.

Instead of focusing on the number on the thermometer, make comfort your goal when you or someone else has a cold or flu. Here are some recommendations from the Centers for Disease Control and Prevention.

- **Get plenty of rest**, especially if you have a fever. Rest helps your body fight infection. Don't wake someone to give them fever-reducing medicine!



- **Stop smoking and avoid second-hand smoke.** Both can make cold symptoms worse.
- **Drink lots of water and clear soups.** Fluids help loosen mucus and prevent dehydration.
- **Gargle with warm salt water** a few times a day to relieve a sore throat. Throat sprays, ice chips, or lozenges also help relieve the pain.
- **For ear pain, hold a warm moist cloth over the ear that hurts.**
- **To relieve sinus pressure, put a warm compress over the nose** and forehead or breathe in steam from a shower, warm vaporizer, or bowl of hot water.
- **To calm a cough, use a cool-mist vaporizer** or breathe in steam from a shower or bowl of hot water.
- Keep the room temperature around 72°F.

Over-the-counter (OTC) pain relievers, decongestants, and saline nasal sprays can help relieve symptoms. Always use OTC products as directed.

Read more about fevers: www.nlm.nih.gov/medlineplus/ency/article/003090.htm

If you have a fever of 105°F or above, call your doctor.

Pediatrics 2011; 127: 580-587. American Academy of Family Physicians; CDC, National Institutes of Health. 2011.

ASK THE DOCTOR *Wellness*

Q: Is there such a thing as a “cleansing” diet?

A: Go to <http://www.wellsource.info/wn/ask-detox.pdf> to read the answer from Don Hall, DrPH, CHES.

To ask your question, email: paulaw@wellsource.com, subject line: Ask the Wellness Doctor. Emails with any other subject line will be directed to the spam folder.

Health Challenge: “Plan a Quiet Time Each Day” available at: www.wellsource.info/wn/hc-quiet-time.pdf.

Everyone needs time to relax, recharge their batteries, and enjoy life. Make a plan to spend at least 15 minutes in calm and quiet each day to help keep stress levels low.