

# Wellness News

## U.S. Proposes Major Update to Food Labels in Bid to Combat

*From Urban Media Today*

Packaged foods sold in the United States will display calorie counts more prominently and include the amount of added sugar under a proposal to significantly update nutritional labels for the first time in 20 years as health officials seek to reduce obesity and combat related diseases such as diabetes.

The Food and Drug Administration said its proposal would also ensure that the amount of calories listed per serving reflects the portions that people typically eat. That change may result in per-serving calorie counts doubling for some foods such as ice cream.

First lady Michelle Obama, who has used her White House position to launch the "Let's Move" campaign to fight childhood obesity, announced the proposal alongside the

FDA. The principle behind the update is "very simple," she said in a statement. "You as a parent and a consumer should be able to walk into your local grocery store, pick up an item off the shelf, and be able to tell whether it's good for your family."

While the FDA already requires companies to list the amount of sugar in a product, under the proposal they would also be required to list the amount of added sugar. Natural sugar is contained in fruits. Added sugar includes corn syrup and concentrated juice as well as white and brown sugar.

## Early Strokes Leave 1 in 3 With Disabilities

*From Counsel and Heal*

A huge proportion of young adults who have suffered a stroke need assistance and are unable to live independently, according to a new study. While strokes in young adults are rare, researchers said that about 10 percent of strokes occur in people between the ages of 18 and 50.

The latest study involved 722 people who had a first stroke when they were between the ages of 18 and 50. Researchers found that one-third of participants had at least moderate disability and required assistance for some activities. Many participants were also unable to complete routine tasks independently, such as caring for themselves, doing household chores or looking after their finances. "Most doctors view young stroke patients as a group with great recovery opportunities," de Leeuw said.

To read more, go to:

<http://www.counselheal.com/articles/826/20140227/early-strokes-leave-1-3-disabilities.htm>

## Medications Can Contribute to Dry Mouth

*From the Blog of Academy Dental Care, J. Timothy Modic, DDS*

Medications often have frustrating side effects such as nausea or headaches. But, did you know that dry mouth is also a common side effect of prescription drugs? There are over 400 medications that can affect your salivary glands. These medications include those used to treat depression, anxiety, pain, allergies, diarrhea, urinary incontinence, Parkinson's disease, and many other conditions.

Our salivary glands are extremely important because they produce saliva. Saliva keeps our mouths moist and breaks down the foods we eat. It also helps keep the bacteria in our mouths under control.

Dry mouth may result in:

- A higher risk of gum disease
- An increase in cavities

Discomfort and difficulty eating, swallowing and talking

For more information, go to:

<http://www.mechanicsvillefamilydentist.com/blog/medications-can-contribute-to-dry-mouth-syndrome-and-affect-your-oral-health/>

## Great Resource

The following site is for assistive technology and/or durable medical equipment.

<http://www.changinghandscentralpa.org/index.htm>

### Support for Physicians

Adult medical physicians often cite lack of education and training on specific disabilities, health care transition, and caring for adults with developmental disabilities as a barrier. During clinical residencies, physicians need experience treating young adults with disabilities and chronic health issues in clinics and private physician practices. Once in private practice, physicians need ongoing training to enhance their knowledge of caring for adults with disabilities.

Given the enormous amount of information that medical students, residents and practicing physicians must acquire, on-line trainings

have become efficient and effective tools for medical education. For example, the on-line training program created by the Florida Developmental Disabilities Council and the American Academy of Developmental Medicine and Dentistry is a free, 12 credit-hour webinar series for physicians that covers topics such as best practices in the care of adults with developmental disabilities, strategies for addressing the psychological and support needs of adults with special health care needs, practical strategies for providing care in medical offices, clinics and other medical facilities, and effective billing and reimbursement practices. The series is

designed to enhance the practice skills of primary care physicians and residents who would like to provide better care to their adult patients with developmental disabilities.

Each of these free webinars is accredited by the American Academy of Family Physicians for professional development hours with a total of up to 12.0 credit hours available to those who participate in all of the webinars.

To participate in the webinars, please go to:

<http://aadmd.org/page/pedd-webinar-series>

## Lowering Cholesterol Levels by Eating Strawberries

Study supports protective role of bioactive compounds in strawberries in tackling recognized markers and risk factors for cardiovascular diseases. The team set up an experiment in which they added 500 g of strawberries to the daily diets of 23 healthy volunteers over a month. They took blood samples before and after this period to compare data. At the end of this unusual treatment, their levels of bad cholesterol and triglycerides reduced

significantly, according to the analyses conducted by Italian and Spanish scientists. Eating strawberries also improved other parameters such as the general plasma lipid profile, antioxidant biomarkers (such as vitamin C or oxygen radical absorbance capacity), antihemolytic defences and platelet function. All parameters returned to their initial values 15 days after abandoning 'treatment' with strawberries. The

research team confirmed in other studies that eating strawberries also protects against ultraviolet radiation, reduces the damage that alcohol can have on the gastric mucosa, strengthens erythrocytes, or red blood cells, and improves the antioxidant capacity of the blood.

## Rewarding Yourself for Making Healthy Choices

Focusing on a healthier lifestyle is important and when you do this, you should reward yourself for your efforts. Exercise gives you more energy and makes you feel better. You also need to congratulate yourself for exercising and occasionally treat yourself to a reward for reaching wellness goals.

health such as a new pair of tennis shoes or perhaps going to a new exercise class or visiting the park for a walk. Maybe an occasional outing with friends to see a movie or go to a museum; something that you enjoy. This will help you continue to focus on a healthier you and build that sense of accomplishment for creating a healthier lifestyle.

No, this does not mean a food reward. Instead perhaps you tie your reward to your new lifestyle of