

Keeping your health and wellbeing in the know

MyHealthTALK

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Courtesy of Asset Health



BIKING OR RUNNING WHICH ONE IS BEST?

Now that this frigid winter is releasing its grip, you and your family may be looking for outdoor activities to enjoy. Bicycling is a fun alternative to normal running or walking, but are there distinct benefits to biking rather than running? The two activities do offer different benefits but also some setbacks.

If you are concerned about injury, cycling might be the way to go. Cycling isn't weight-bearing, so it's gentler on your joints. If you have a lot of weight to lose or back issues, you may find biking easier because it puts less strain on your body. Cycling may also be a good choice if you want to build stamina. It is easier to go long distances on a bike than while jogging. Running is better for those looking to burn calories and lose weight quickly. You can burn far more calories running than biking for the same amount of time at the same

intensity. Running can also be more convenient since no equipment is needed besides a good pair of running shoes. Unlike biking, you can run almost anywhere at any time of year.

No matter which activity you choose, any physical activity is usually better than none! Consult your physician about which activity is more appropriate for you. Remember to be equipped with the proper safety gear, such as a helmet or reflective clothing, when running or biking outside. Get out and enjoy the spring weather!

"Ask Well: Is It Better to Bike or Run?" Gretchen Reynolds, well.blogs.nytimes.com, Aug. 29, 2013.

"Cycling vs. Jogging for Weight Loss," Carey Stites, livestrong.com, Jan. 19, 2014.

"Losing Weight Faster: Running Vs. Biking," Andrea Cespedes, jillianmichaels.com, accessed March 24, 2014.



Sugar is Sweet but High in Health Risks

How much sugar do you consume each day? The World Health Organization recently released proposed guidelines that recommend everyone gets less than 10 percent of their daily caloric intake from sugar, with 5 percent or less being ideal.

For an adult with a normal BMI, the 5 percent equals out to about 25 grams of sugar, or six teaspoons. To put that into perspective, there are 39 grams of sugar in a 12-ounce can of Coca-Cola, and 41 grams in 12 ounces of Pepsi.

These new guidelines apply to sugars added during processing as well as those that occur naturally in fruit juices, fruit juice concentrates, honey and syrups. They do not apply to sugars in fresh produce.

Is sugar really that bad for our health? In short: yes. Sugar contributes to weight gain (specifically, belly fat), certain types of cancer and liver damage, among other negative effects.

Added sugars are not just found in sweets. Check the

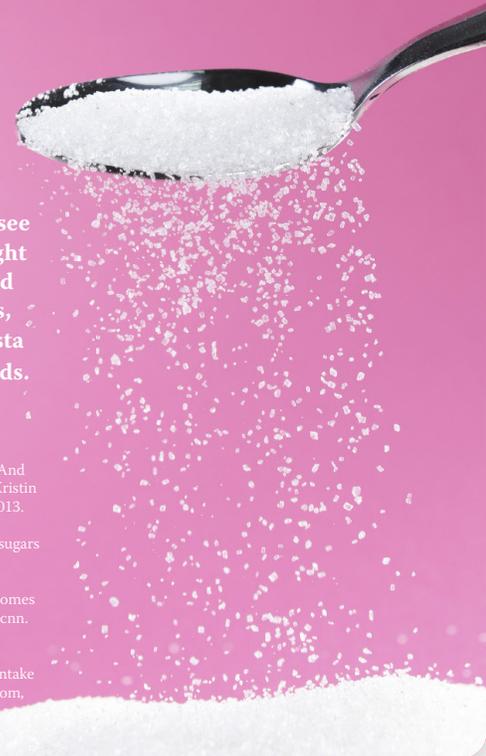
labels on all your foods to see the levels of sugar. You might be surprised where you find it. Sugar is added to breads, condiments, dressings, pasta sauces and many other foods.

"10 Things You Don't Know About Sugar (And What You Don't Know Could Hurt You)," Kristin Kirkpatrick, huffingtonpost.com, July 20, 2013.

"WHO opens public consultation on draft sugars guideline," who.int, March 5, 2014.

"WHO-proposed sugar recommendation comes to less than a soda per day," Jacque Wilson, cnn.com, March 6, 2014.

"World Health Organization lowers sugar intake recommendations," Ryan Jaslow, cbsnews.com, March 5, 2014.



Migraine Device Approved by the FDA



Headaches can be debilitating, and migraines are even worse.

A migraine is more than just a bad headache. Migraines are a throbbing or pulsating pain on one side of the head. Some people experience attacks several times per month. These attacks are often accompanied by other symptoms, such as nausea and vomiting. They are often preceded by vision problems or tingling in the arms or legs and can last from a few hours to a few days. Migraines are recurring, and according to the National Institutes of Health, about 12 percent of Americans experience them. But sufferers may soon have a new method of relief.

The Food and Drug Administration has recently approved the first device that claims to prevent migraines. The device, Cefaly, is worn like a headband across the forehead. It works by using mild electrical stimulation on the trigeminal nerve, which is a large cranial nerve with endings in the forehead. The device, produced by STX-Med of Belgium, is currently sold at cefaly.us for \$295.



Looking for a less pricey remedy for your migraines? There are things you can do without the new device.

- Ask your doctor about medications and treatments that could help.
- Practice relaxation techniques such as yoga or meditation.
- Get regular sleep.
- Do regular cardio exercise.
- Try massage.
- Apply pressure to the area of the head that is affected.
- Rest in a dark, quiet room when you feel an attack coming on.
- Place an ice pack on the back of your neck.
- Keep a headache diary to learn what triggers your attacks.

Migraines & Headaches Health Center, webmd.com/migraines-headaches/default.htm, accessed March 18, 2014.

Migraine, nlm.nih.gov/medlineplus/migraine.html, accessed March 18, 2014.

Migraine, mayoclinic.org/diseases-conditions/migraine-headache/basics/definition/con-20026358, accessed March 18, 2014.



April 7 is WORLD Health Day

Each year the World Health Organization holds World Health Day on April 7. The day has a different theme every year. For 2014, the theme is vector-borne diseases. Vectors are small organisms that carry disease, such as mosquitoes and ticks. These diseases are easy to prevent with vaccinations, yet much of the world doesn't have access to preventive measures.

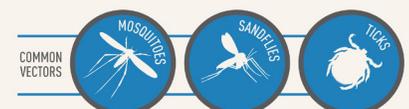
Vector-borne diseases kill more than one million people worldwide annually. Diseases such as West Nile virus, Rocky Mountain spotted fever and Lyme disease affect Americans every year.

You can protect yourself and your family by doing simple things such as keeping screens on your doors and windows, using bug spray, and getting rid of standing water near your home. Wear clothing that covers your skin when you camp or hike to protect against ticks and other bugs. You should also speak with your doctor about what vaccinations you should receive to protect yourself. Don't forget pets! Animals are susceptible to vector-borne diseases as well.

Division of Vector-Borne Diseases (DVBD), cdc.gov/nceezid/dvbd/about.html, accessed March 19, 2014.

World Health Day, who.int/campaigns/world-health-day/2014/en, accessed March 17, 2014.

VECTORS ARE SMALL ORGANISMS
THAT CARRY SERIOUS DISEASES



graphic: who.int/campaigns/world-health-day/2014/en