

Weight Management...Harder Than it Used to Be



A 2016 study published in the journal of Obesity Research & Clinical Practice found that it's harder for adults today to maintain the same weight as those 20 to 30 years ago did, even at the same levels of food intake

and exercise. It took dietary data of 36,400 Americans between 1971 and 2008 and the physical activity data of 14,419 people between 1988 and 2006. Data was grouped together in sets by the amount of food and activity, age, and BMI. It was found that people today are about 10% heavier than people were in the 1980's.

An individual in the year 2006 eating the same amount of calories, taking in the same quantities of macronutrients like protein and fat, and exercising the same amount as a person of the same age did in 1988 would have a BMI approximately 2.3 higher. Researchers are not yet certain what changes exactly have sparked this flux in weight gain, but three possible factors are an increased exposure to chemicals, a greater dependency on prescription drugs, and the actual gut bacteria within American stomachs.

The first reason may be exposure to more chemicals. Whether it's harmful chemicals in food packaging or even pesticides, these chemicals may be altering the hormonal processes within our body. Second is the rise in prescription medication use. Antidepressants are some of the most commonly prescribed drugs in the U.S. and have been linked to weight gain. Finally, American's microbiomes and gut bacteria have changed. We're eating more meat than we were a few decades ago and much of this is being treated with hormones and antibiotics that promote growth. These may be just a few contributors as to why weight management is more difficult than it was 20 to 30 years ago.

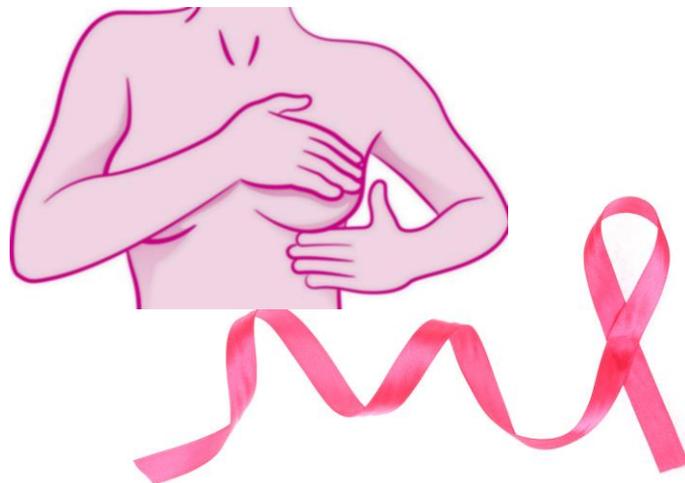
Source: Journal of Obesity Research & Clinical Practice, Vol. 10 Issue 3, May-June 2016

Breast Cancer Awareness Month

Breast cancer is the most commonly diagnosed cancer and the second leading cause of cancer death among women. According to the National Breast Cancer Foundation, data shows that 40% of newly diagnosed breast cancer occurrences were detected through self-examination. Women are encouraged to perform self-examination once a month using the three techniques below. Early detection is very important in the treatment of breast cancer. Remember to check every month!

- 1) Using the fingers, check for lumps in the armpit area. Then circle each breast from the outside to the center.
- 2) Visually check for lumps or abnormalities by standing in front of a mirror, putting your hands by your side, then lifting them above your head.
- 3) Lying down, the breast tissue will spread across the chest wall. Move your fingers in a circular motion from the outside to the center of the breast, feeling for any lumps.

<http://www.nationalbreastcancer.org/breast-cancer-facts>



Lets Celebrate Vegetarian Awareness Month!

What does it mean to be vegetarian?

Vegetarian is a term used to describe a person who consumes a plant-based diet with no meat and/or eggs/dairy products. There are many types of vegetarian diets listed in the table on the right. People choose a vegetarian lifestyle for many reasons such as health concerns, religion, or personal preference.

Are there any health benefits to being vegetarian?

There certainly are! The position of the Academy of Nutrition and Dietetics states that, “*appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate and may provide health benefits for the prevention and treatment of certain diseases...including ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity.*” The reason behind this is that vegetarian diets offer lower levels of saturated fats, cholesterol, and have higher levels of fiber, along with important nutrients such as Vitamin C and E, and phytochemicals that come from fruit and vegetables. There is also research that indicates that vegetarians experience a significantly lower overall incidence of cancer and a lower BMI than non-vegetarians.

How can you celebrate Vegetarian Awareness Month?

1. *Try going vegetarian for a day.* Boost your intake of these great foods!

-Add veggies like green pepper, mushrooms or tomato instead of pepperoni to your pizza

-Use meatless spaghetti sauce and add chopped veggies for extra flavor

-Substitute onions, green pepper, or mushrooms for meat in your omelet

-Add beans or fruit to your salad

-Use tofu, which acts as a great meat substitute

2. *Participate in Meatless Mondays.* This is a better option for those who don't want to commit to being completely meat-free. Try to spend only one full day a week without meat.

3. *Visit your farmers' market and buy local fruits and vegetables.* This is a great way to give back to your community and also learn about the produce grown in your area seasonally.

If you are thinking of adopting a vegetarian diet, it is important to ensure you are meeting all the nutrient requirements your body needs. The key is to consume a well-planned diet that incorporates a variety of fruit, vegetables, beans, nuts/seeds, and grains.

Have any questions on how to incorporate more of a vegetarian diet into your lifestyle? Your Registered Dietitian Nutritionist, Hannah Griswold, is available to assist you. Just call 513-853-8900 to schedule an appointment.

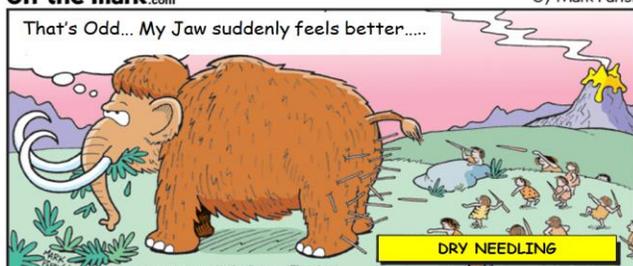
Source: <http://www.eatrightpro.org/resource/practice/position-and-practice-papers/position-papers/vegetarian-diets>

Types of Vegetarianism	
Lacto-ovo-vegetarian	Diet includes dairy products (milk, yogurt, cheese, etc.) & eggs
Lacto-vegetarian	Diet includes dairy products, but no eggs
Ovo-vegetarian	Diet includes eggs, but no dairy products
Pescatarian	Diet includes fish
Vegan	Diet includes only foods from plant sources and excludes eggs, dairy products & honey

Dry Needling and Physical Therapy

off the mark.com

by Mark Parisi



Benefits of Dry Needling

- Improves pain control and range of motion
- Reduces muscle tension
- Normalizes dysfunctions of the motor end plates

Dry needling is a technique physical therapists use to treat myofascial pain. The technique uses a “dry” needle, one without medication or injection, inserted through the skin into areas of the muscle, known as trigger points.

Dry needling involves a thin filiform needle that penetrates the skin and stimulates underlying myofascial trigger points and muscular and connective tissues. The needle allows a physical therapist to target tissues that are not manually palpable.

Dry needling is offered at the GE Family Wellness Center. Call 513-853-8900 for more information or to schedule an appointment.