

St. Mary of the Immaculate Conception Health Ministry Health Link



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Hello St. Mary Parishioners! Fall is just about here and Winter will follow soon. Wow, this makes it more difficult to get out and exercise, especially when we are at work and possibly battling the weather and darker evenings. But, you can still keep moving!

Our goal is to send you articles of interest that are related to a healthy lifestyle, disease prevention and general interest ~ for all members of the family and all ages.

We hope you enjoy these communications and will let us know what topics are of special interest to you!

So, for this newsletter we will be bringing you topics that focus **on how to modify your working lifestyle while you are "sitting" at a desk (or in front of the TV)** plus some most interesting **information on diabetes, both on how to help young people monitor their condition** and **how important "good sleep" is** for all of us but **also a possible correlation of diabetes with afternoon napping**. And, if you are a **Fidgeter, it may not be such a bad thing!** Just plain interesting and, hopefully, will give you all something to think about.

Then, a current story about a great success for a man despite a lifelong health disability. And a very **important statement he makes about parents and children**. See what you think~~~

Let's Get to IT!!

Follow The Cross and Trust in Jesus



Pet Care and Monitoring Pediatric/Adolescent Diabetes

Pediatric diabetes researchers at [UT Southwestern Medical Center in Dallas](#) found incorporating routine pet care into a child's diabetes self-care plan can significantly improve monitoring of the disease, resulting in lower blood glucose levels. The study, which appeared in the April issue of [The Diabetes Educator](#), followed the pet care and diabetes management tasks of 28 adolescents, with Type 1 diabetes mellitus, ages 10 to 17.

"We learned that instructing families to associate regular pet fish care with the child's standard diabetes care significantly improved their hemoglobin A1C levels," the study's senior author Olga Gupta, MD, assistant professor of pediatrics and internal medicine at UT Southwestern, said in a news release. Study participants selected for the intervention group were provided a fish, a fish bowl, instructions for caring for the fish and recommendations to set up the fish bowl in their bedroom.

They were instructed to feed their fish in the morning and in the evening, checking their own blood glucose level each time, according to the release. Then, they were asked to change one-fourth of the water in the fish bowl once a week and review their own blood glucose logs with a caregiver.

Findings from the study also suggest the importance of parental involvement in helping the adolescents establish a regular routine to monitor their blood glucose levels. Next steps include studying a group of adolescents for a longer period of time, as well as identifying the specific mechanisms leading to the glycemic improvement, such as type of pet, mood, conscientiousness, routine or level of parental involvement, according to the release. Gupta's laboratory is part of the UT SW Touchstone Center for Diabetes Research, a multidisciplinary research center focused on studying both basic and clinical aspects of Type 1 and Type 2 diabetes.

Adapted from:

<https://news.nurse.com/2015/08/24/pediatric-researchers-routine-pet-care-can-help-children-monitor-diabetes/>

What Happens When You Don't Get Enough Sleep

If you eat well and exercise regularly but don't get at least seven hours of sleep every night, you may undermine all your other efforts.

Sleep disorders expert Harneet Walia, MD, says it's important to focus on getting enough sleep, something many of us lack. "First and foremost, we need to make sleep a priority," she says. "We always recommend a good diet and exercise to everyone. Along the same lines, we need to focus on sleep as well."

How much sleep do you actually need?

Everyone feels better after a good night's rest. But now, thanks to a report from the National Sleep Foundation, you can aim for a targeted sleep number tailored to your age.

The foundation based its report on two years of research. Published in a recent issue of the foundation's journal *Sleep Health*, the report updates previous sleep recommendations. It breaks them into nine age-specific categories with a range for each, which allows for individual differences:

- Older adults, 65+ years: 7-8 hours
- Adults, 26-64 years: 7-9 hours
- Young adults, 18-25 years: 7-9 hours
- Teenagers, 14-17 years: 8-10 hours
- School-age children, 6-13 years: 9-11 hours
- Preschool children, 3-5 years: 10-13 hours
- Toddlers, 1-2 years: 11-14 hours
- Infants, 4-11 months: 12-15 hours
- Newborns, 0-3 months: 14-17 hours

Dr. Walia says there's evidence that genetic, behavioral and environmental factors help determine how much sleep an individual needs for the best health and daily performance.

But a minimum of seven hours of sleep is a step in the right direction to improve your health, she says.

Fidgeting Offers Health Benefits to Sedentary Women!

Fidgeting may mediate some of the negative effects of prolonged sitting, British study contends

Women who sit for long periods of time but are either moderately or very fidgety have a mortality risk similar to that seen in more active women, according to research published online Sept. 23 in the *American Journal of Preventive Medicine*.

Gareth Hagger-Johnson, Ph.D., of the University of Leeds in the United Kingdom, and colleagues conducted a study involving 14,245 British women aged 35 to 69. Each participant answered questions regarding their health behaviors, chronic disease, 24-hour activity, physical activity levels, and fidgeting.

As expected, the researchers found that women who did a lot of sitting and were only "slightly" fidgety had a higher risk of premature death than women who were more physically active and didn't sit as much. However, women who did a lot of sitting but were either moderately or very fidgety had a risk of early death that was similar to that of more active women.

"Our results support the suggestion that it's best to avoid sitting still for long periods of time, and even fidgeting may offer enough of a break to make a difference," reported Hagger-Johnson.

Adapted From:

<http://www.physiciansbriefing.com/Article.asp?AID=703587>

What happens when you don't get enough sleep?

Your doctor urges you to get enough sleep for good reason, Dr. Walia says. Shorting yourself on shut-eye has a negative impact on your health in many ways:

Short-term problems can include:

- **Lack of alertness:** Even missing as little as 1.5 hours can have an impact, research shows.
- **Impaired memory:** Lack of sleep can affect your ability to think and to remember and process information.
- **Relationship stress:** It can make you feel moody, and you can become more likely to have conflicts with others.
- **Quality of life:** You may become less likely to participate in normal daily activities or to exercise.
- **Greater likelihood for car accidents:** Drowsy driving accounts for thousands of crashes, injuries and fatalities each year, according to the National Highway Traffic Safety Administration.

If you continue to operate without enough sleep, you may see more long-term and serious health problems. Some of the most serious potential problems associated with chronic sleep deprivation are high blood pressure, diabetes, heart attack, heart failure or stroke. Other potential problems include obesity, depression and lower sex drive.

Chronic sleep deprivation can even affect your appearance. Over time, it can lead to premature wrinkling and dark circles under the eyes. Also, research links a lack of sleep to an increase of the stress hormone cortisol in the body. Cortisol can break down collagen, the protein that keeps skin smooth.

Make time for downtime

“In our society, nowadays, people aren't getting enough sleep. They put sleep so far down on their priority list because there are so many other things to do – family, personal and work life,” Dr. Walia says. “These are challenges, but if people understand how important adequate sleep is, it makes a huge difference.”

Adapted From:

<http://health.clevelandclinic.org/2015/09/happens-body-dont-get-enough-sleep/>

Study on Afternoon Napping and Type 2 Diabetes~

Napping for an hour or more each day and extreme sleepiness may raise the risk of developing diabetes, new research suggests.

Although recent evidence has suggested that a daily nap could improve health and help people live longer, it seems that dozing for too long may actually be harmful. Scientists from the University of Tokyo are unsure whether it is the napping itself or an underlying condition which makes people more sleepy that is driving the effect. After examining more than 200 studies involving 261,000 participants, they found that severe daytime fatigue was associated with a 56% increased risk of developing diabetes.

And taking a regular daytime nap for an hour or more was found to increase the risk of developing the condition by 46 per cent.

Author Dr Tomohide Yamada, from the University of Tokyo, Japan, said: Excessive daytime sleepiness and taking longer naps were associated with increased risk of type 2 diabetes, with a short nap not increasing this risk.

"Daytime napping might be a consequence of night-time sleep disturbance such as obstructive sleep apnea".

Dr Yamada continued: "Several studies have demonstrated the beneficial effects of taking short naps less than 30 minutes in duration, which help to increase alertness and motor skills.

"A short nap finishes before the onset of slow-wave sleep".

"Entering deep slow-wave sleep and then failing to complete the normal sleep cycle can result in a phenomenon known as sleep inertia, in which a person feels groggy, disoriented, and even sleepier than before napping.

"Although the mechanisms by which a short nap might decrease the risk of diabetes are still unclear, such duration-dependent differences in the effects of sleep might partly explain our findings".

The research was presented at the European Association for the Study of Diabetes annual conference in Stockholm.

Adapted From:

<http://www.telegraph.co.uk/news/science/science-news/11872199/Why-power-naps-may-be-bad-for-your-health.html>

Sit Less, Live Longer?

If people need motivation to get up from their office chairs or couches and become less sedentary, two useful new studies could provide the impetus. One found that sitting less can slow the aging process within cells, and the other helpfully underscores that standing up — even if you are standing still — can be good for you as well.

For most of us nowadays, sitting is our most common waking activity, with many of us sitting for eight hours or more every day. Even people who exercise for an hour or so tend to spend most of the remaining hours of the day in a chair.

The health consequences of this sedentariness are well-documented. Past studies have found that the more hours that people spend sitting, the more likely they are to develop diabetes, heart disease and other conditions, and potentially to die prematurely — even if they exercise regularly.

But most of these studies were associational, meaning that they found a link between sitting and illness, but could not prove whether or how sitting actually causes ill health.

So for the most groundbreaking of the new studies, which was [published this month in the British Journal of Sports Medicine](#), scientists in Sweden decided to mount an actual experiment, in which they would alter the amount of time that people spent exercising and sitting, and track certain physiological results. In particular, with this experiment, the scientists were interested in whether changes in sedentary time would affect people's telomeres.

If you are unfamiliar with the componentry of your genes, telomeres are the tiny caps on the ends of DNA strands. They shorten and fray as a cell ages, although the process is not strictly chronological. Obesity, illness and other conditions can accelerate the shortening, causing cells to age prematurely, while some evidence suggests that healthy lifestyles may preserve telomere length, delaying cell aging.

For the new experiment, the Swedish scientists recruited a group of sedentary, overweight men and women, all aged 68, and drew blood, in order to measure the length of telomeres in the volunteers' white blood cells. Then half of the volunteers began an individualized, moderate exercise program, designed to improve their general health. They also were advised to sit less.

And when the scientists compared telomeres, they found that the telomeres in the volunteers who were sitting the least had lengthened. Their cells seemed to be growing physiologically younger.

Which makes the second new study of sedentary behavior particularly relevant. Standing is not, after all, physically demanding for most people, and some scientists have questioned whether merely standing

A 2-Minute Walk May Counter the Harms of Sitting!

With evidence mounting that sitting for long stretches of time is unhealthy, many of us naturally wonder how best to respond. Should we stand up, or is merely standing insufficient? Must we also stroll or jog or do jumping jacks?

A new study offers some helpful perspective, suggesting that even a few minutes per hour of moving instead of remaining in a chair might substantially reduce the harms of oversitting.

As most of us have heard by now, long bouts of sitting can increase someone's risk for diabetes, heart disease, obesity, kidney problems and premature death. These risks remain elevated even if someone exercises but then spends most of the rest of his or her waking hours in a chair.

But despite such health concerns, simply advising people to abandon their chairs and stand all day is impractical. Many of us who have experimented with standing or treadmill desks have discovered that they can have their own deleterious impacts on typing accuracy, general productivity and our lower backs.

So what reasonable steps could and should people take throughout the day to reduce sitting time? The researchers gathered monitor data for 3,626 adult men and women, most of whom reported being generally healthy at the start of the study period.

Most of the participants spent most of each day sitting. In other words, the scientists wanted to see whether standing, walking or jogging in lieu of sitting was best at extending lifespans.

The researchers found an additional reduction in mortality risk if people engaged in moderate exercise instead of sitting. This reduction in mortality risk is likely related to energy balance, Dr. Beddhu said. Strolling instead of sitting increases the number of calories that someone burns, potentially contributing to weight loss and other metabolic changes, which then affect mortality risk.

But because this study is observational, he said, it doesn't prove that walking instead of sitting directly reduces death risk, only that the two are associated.

Still, the possible benefits of strolling more often around the office seem alluring and the risks slight, especially if you invite your boss to join you, highlighting your tender care for his or her well-being. Adapted from: <http://well.blogs.nytimes.com/2015/05/13/a-2-minute-walk-may-counter-the-harms-of-sitting/>

FIELD GOALS

The one thing you will never hear from Derrick Coleman: excuses. At age 3, the Seattle Seahawks fullback lost his hearing. Twenty years later, in January of this year, he and his team won Super Bowl XLVIII.

Coleman the first deaf person to play offense in the NFL, decided at an early age that football was his calling, and he didn't allow his deafness to stand in the way. "I look at obstacles as opportunities," Coleman says. "I am motivated by a drive to never give up."

He got that from his parents. They taught Coleman to work hard, to push himself, and to dream the same dreams as other children. They would not allow him to think of himself as different from, or less than, any other kid at his school, even as his classmates called him "four ears" and laughed at the two hefty hearing aids he wore. "My mother and father viewed me as a successful person who would attend college, so that is how I viewed myself," Coleman says, "and that helped me to have a good outlook on life".

The cause of his hearing loss has never been determined, though his doctors think it may be genetic. Each of his parents is missing a hearing gene. Whatever the cause, his condition is incurable.

After football, he plans to return to school for a graduate degree. And he intends to use his success to continue to inspire others who face challenges such as he did.

"I am just happy to be able to help others overcome their struggles," says Coleman, who has a message for parents: **"The world will view your child how you view your child"**.

His own parents, he says, treated him no differently than any of his siblings. They pushed him to be the person he wanted to be. And that's exactly who he's become. He had no excuse to do otherwise.

Despite his physical gifts and strive to succeed, Coleman's success first stems from a hopeful view of life. "That's just the way I approach my life," Coleman told Fox Sports. **"Every day I wake up and I get a chance. I always say that God blessed me this morning and I can do what I do. Our time in this world is very limited. It can be gone now or it can be gone later so I take advantage of every opportunity I have whether it's playing football, working or whatever. I'm just a happy guy."**

Adapted From: WebMD, September 2014, <http://www.christianpost.com/buzzvine/deaf-nfl-seattle-seahawks-player-derrick-coleman-inspires-millions-in-viral-duracell-ad-i-always-say-god-blessed-me-video-112696/>

up — without also moving about and walking — is sufficiently healthy or if standing merely replaces one type of sedentariness with another.

To find out whether that situation held true, Peter Katzmarzyk, a professor of public health at the Pennington Biomedical Research Center in Baton Rouge, La., and an expert on sedentary behavior, turned to a large database of self-reported information about physical activity among Canadian adults

The results, published in May in *Medicine & Science in Sports & Exercise*, found no link between standing and premature death. Rather, as he writes in the study, "mortality rates declined at higher levels of standing," suggesting that standing is not sedentary or hazardous, a conclusion with which our telomeres would likely concur.

So, another motivation to sit "less". Move that body! Yes, an overall exercise program is always a positive step towards a healthy lifestyle but let's start with Standing Up and then Start Moving!

Adapted From: <http://well.blogs.nytimes.com/2014/09/17/sit-less-live-longer/>



Credit: Getty Images

A Message from Vera~

Years ago, two young medical students came to work in our mission hospital for three months. They had been well trained to depend on lab reports and electronic test results to make their diagnoses, but our little lab did only a few simple tests. It took the young men several weeks to learn to look at, listen to, and feel the patients to discern the problem and choose a remedy. When they left, they both shared that the experience had changed their whole understanding of what it meant to be a physician.

In spiritual areas as well as in medical "practice", we become so comfortable with the routine check lists of what a person has or doesn't have, says or doesn't say, does or doesn't do, that we forget to look at and listen to their hearts to find out what is REALLY going on so that we can lead them to the REAL Healer.

This week, may your eyes be clear and your hearts sensitive and compassionate to those you see in need~ Blessings, Vera

Hace dos años, dos jóvenes estudiantes de medicina vinieron a trabajar por tres meses en el hospital de la Misión. Ellos habían sido entrenados para dar sus diagnósticos basándose en reportes de laboratorio y estudios electrónicos, pero nuestro pequeño laboratorio no era sofisticado. Les tomo a estos jóvenes varias semanas para aprender a oír, escuchar y palpar a los pacientes para poder discernir sus malestares y proporcionar un remedio para estos. Cuando ellos se fueron de regreso, ambos comentaron que esta experiencia había cambiado de manera rotunda su percepción de lo que significa ser un medico.

En el area espiritual, asi como en el area corporal, nos volvemos tan acostumbrados a la rutina de lo que una persona tiene o no tiene, dice o no dice, hace o no hace, que nos olvidamos de mirar y escuchar a sus corazones, para poder entender que es lo que realmente les esta pasando, de tal manera, que los podamos conducir a AQUEL que de VERDAD nos cura. Bendiciones, Vera