

Circleville City Schools Wellness Newsletter  
March 2008



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**Aspirin May Reduce Risk of Colon Cancer**

*Nursing Spectrum*, March/April 2008, pg. 26

Researchers from Harvard University say aspirin may help reduce the risk of colon cancer. The study, published in the January issue of *Gastroenterology*, suggests aspirin could be effective when taken in large doses over long periods of time. A total of 47,000 men were studied for over 18 years. Researchers found that men who took more than two standard 325 milligram aspirins a week reduced their colon cancer risk by about 21% compared to men who took a lower dose. Men who took six to 14 aspirins a week saw a 28% risk decrease, while those who took more than 14 pills a week had a 70% decreased risk.

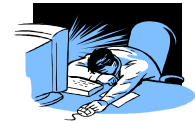
(Caution: There are side effects with this large dosage, like blood thinning and abdominal distress. Contact your MD BEFORE you start or change any medication!!)

**Fatigue Stinks-Really!**

*Health*, March 2008, pg. 18

You know that wonderful aroma of hazelnut French roast? Here's a surprise: Instead of charging you up, that smell may actually make you sleepy. British researchers found that everyday smells like coffee can trigger feelings of fatigue (and even stomachaches, backaches, and chest pain). And the stronger the aroma, the more intense the feeling. It's not clear why, but researchers think your brain may associate the smell of coffee with a feeling you have when you drink it-

like a.m. grogginess. Below, the five most common smells that triggered these symptoms: 1) Hot foods 2) Paint 3) Smoke/fire 4) Coffee 5) Chemicals



**Sunlight Reverses Aging**

*Health*, March 2008, pg. 24

It's true. A study in the *American Journal of Clinical Nutrition* found that high levels of vitamin D—a nutrient your body makes from sun exposure—can slow the aging process up to five years. The vitamin apparently cuts down on DNA damage that boosts the risk of age-related illnesses like heart disease and cancer. Just 20 minutes a week of sunlight on the skin (preferably not on your face) can deliver 90 percent of your daily D requirements. Skip the tanning booths and day-long beach outings—that kind of exposure dramatically raises the risks for skin cancer and premature aging.



**Wellness Tips**

*U.C. Berkeley Wellness Letter*, March 2008

- ✓ Adding lemon helps preserve tea's antioxidants, according to a study from Purdue University. Tea—particularly green tea—is rich in catechins, antioxidants linked to reduced risk of heart disease and cancer.

- ✓ **Temporary henna tattoos are not always harmless.** Some can cause allergic skin reactions, even scarring, according to several reports in medical journals and complaints to the FDA. The culprit is rarely the henna itself, but rather para-phenylenediamine (PPD, also known as coal tar), another ingredient in tattoos.
- ✓ **Another reason why women should maintain a healthy weight:** The more body fat they have, the more likely they are to have hot flashes and night sweats during menopause, according to a new study of middle-aged women.

### Do You Need a Filter?

*Reader's Digest*, February 2008, pg. 122

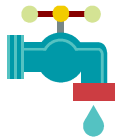
The water that comes out of your faucet is probably safe. In general, toxins in drinking water don't exceed EPA limits, but there are still legitimate concerns. From a funny taste to lead contamination from aging pipes, your tap water may have picked up some unsavory additions along the way.

**What's in your water?** Certain areas of the country are subject to particular toxins, such as runoff from farms and by-products of industry, like arsenic, which can also occur naturally in the environment.

**Have it tested.** If you're concerned, have your water tested by a lab that's certified by the state; the EPA has an online listing of certification officers, or call your health department for recommendations.

**Choose a filter.** Choices range from tabletop containers, such as carafe with a carbon filter (Brita and PUR are popular brands), to devices that purify the water as it enters the home. In between are faucet-mounted, under-sink and reverse osmosis units.

**Do it yourself.** Some water is treated with chlorine to kill bacteria, but taste turns people off. The fix? Pour water into



a clear glass container and leave it uncovered in the refrigerator for 24 hours to let the chlorine dissipate.

### 5 Ways to Beat the Bacteria

*Health*, March. 2008, pg. 160

Feel a bit queasy about germey grocery-cart handles, human fruit squeezers, and bakers with runny noses?

1. **Wipe Up.** Lots of retailers now place antibacterial wipes near shopping carts and produce departments for cart clean-ups. If they don't, put in a request or carry antibacterial hand sanitizer with you.
2. **Wash Off.** Always rinse fruits and vegetables under running tap water before you eat them, says Shelley Feist, executive director of Partnership for Food Safety Education. That should put your E. coli worries to rest and offset the fact that veggies are squeezed almost as much as the Charmin.
3. **Use a Food Thermometer.** You love the roasted chicken under the hot lights-but if it's not at 140 degrees or hotter, it could be germey, Feist says. Warm it to an internal temperature of 165 degrees at home (use a thermometer to be sure) to kill any bacteria like E. coli and salmonella. Cook ground meat to 160 degrees, roasts and steaks to 165 degrees, and fish to 145 degrees.
4. **Refrigerate Fast.** Get groceries to your fridge as soon as possible, definitely within an hour. If you have to run errands or face a log commute, carry an insulated bag or cooler and buy ice to bed down the perishables.
5. **Skip the Samples.** Do you really want to dip your hands into that communal bowl of pita wedges and hummus-or eat that little slice of pizza that's been sitting out for who knows how long? No, you don't.