

LIVE WELL WORK WELL

 MORETON & COMPANY

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3 STEPS TO AN INJURY-FREE WORKOUT

Exercise is a great way to combat stress, lose weight, and boost energy. To get the most from your workouts, you should add warming up, cooling down, and stretching to your routine. These three simple steps are proven to help prevent painful and costly injuries.

- 1. Warming Up:** Warming up allows your body time to adjust from rest to activity. Always remember to gradually increase the intensity of your warmup to reduce stress on your bones, muscles, and heart.
- 2. Cooling Down:** As with warming up, cooling down should include movements similar to those in your workout, but at a gradually decreasing level of intensity.
- 3. Stretching:** After cooling down, stretching helps to build flexibility and range of motion. When stretching, use gentle and fluid movements, breathe normally, and never force a joint beyond its normal range of motion. You should not feel any pain while you're stretching.

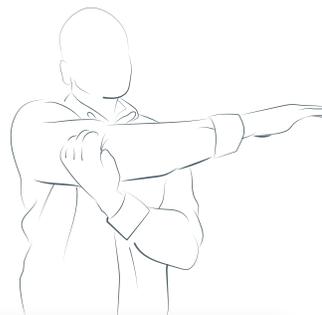
5 Full Body Stretches Hold each for 40 seconds



Neck Stretch



Tricep Stretch



Shoulder Stretch



Forward Stretch



Quad Stretch

RADON ON THE RADAR

Radon is known to be connected to lung cancer, but could it potentially cause other cancers as well? Researchers from the geography department and the School of Medicine & Health Sciences at the University of North Dakota teamed up to explore that possibility.

The collaboration resulted in two research papers recently published in *Future Oncology* – and even more questions.

Along with a high incidence of radon, North Dakota also has the highest rate in the nation of chronic lymphocytic leukemia, or CLL. No one knows what causes this cancer, which is usually found in people over age 70. It is not curable, but is treatable for some patients.

“Every other leukemia may be caused by radiation,” said Gary Schwartz, professor and chair of population health at the UND School of Medicine & Health Sciences and an expert in radiation and cancer. “CLL is supposed to be the exception.”

Schwartz wanted to know more, so he teamed with Marilyn Klug, population health associate professor, for the first paper, and then with Brad Rundquist and Cristina Oancea on the second paper, to explore whether there could be a correlation between CLL and radon occurrence.

“We took an ecological approach,” said Rundquist, professor of geography and associate dean of the College of Arts and Sciences at UND. “We looked at where diseases occur and what’s happening in the social and natural settings.” He added that the link between radon and lung cancer was established when researchers looked at high rates of lung cancer among uranium miners, and it was later verified among homeowners whose homes had high radon levels.

Rundquist used GIS (Geographic Information Systems) software to map environmental factors and CLL.

“GIS can take disease, socioeconomic data, and environmental data and compare it at various locations,” Rundquist said.

Oancea, Assistant Professor of Population Health at SMHS and lead epidemiologist for the North Dakota Statewide Cancer Registry, drilled into the statistics and investigated CLL occurrence by county.

“The cancer registry data has helped us evaluate the association between indoor radon exposure and the incidence of CLL at the county level in North Dakota,” she continued. “We found this association to be statistically significant, and plan to continue our research. We don’t know for sure what causes CLL, and hope that our future research will help us shed more light on this problem.”

“What we found is a suggestion, not an answer,” said Schwartz. “It’s frustrating. The answer to what causes CLL may never be known.”

Preventing cancer caused by radon is fairly simple, the researchers said. Free testing kits are available from the North Dakota Department of Health, and mitigation could be as simple as purchasing a rubber cover for sump pump holes or sealing basement cracks. The cost is generally less than \$2,000.

There are also other ways radon can be mitigated, said Rundquist. “It helps to keep windows cracked in winter, when the concentration is worse. Newer houses are more airtight with better construction.”

“It’s the sword in the stone,” Schwartz said. “The cause of CLL may be hiding in plain sight, and we have the highest rates in the nation. That’s very unusual. We have the opportunity to solve problems for North Dakotans and those outside of the state. The discovery of the cause for CLL could be made here.”

University of North Dakota. “Radon on the radar.” *ScienceDaily*. www.sciencedaily.com/releases/2017/10/171031151431.htm (accessed December 19, 2017).

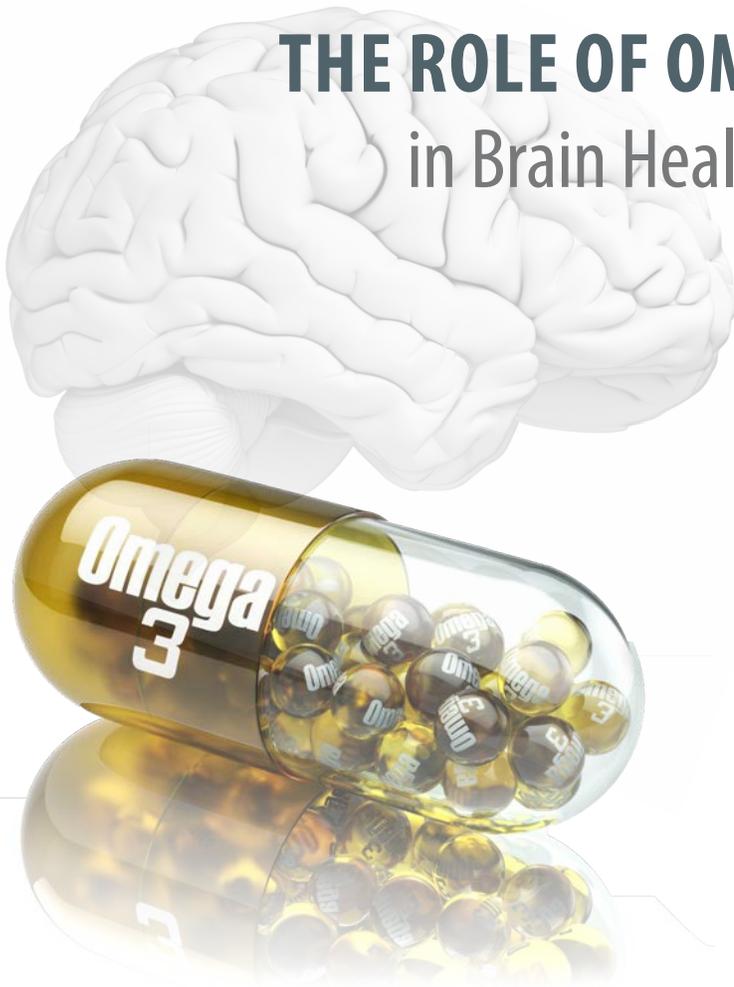


THE ROLE OF OMEGA-3 INTAKE in Brain Health Recovery

Research suggests that early and optimal doses of omega-3 fatty acids (n-3FA) have the potential to improve outcomes from traumatic brain injury. The article reviews preclinical research and cites three brain injury case studies that resulted from a mining accident, a motor vehicle accident, and a drowning accident. Each instance showcased evidence of safety and tolerability, wherein the patients who sustained life-threatening brain injuries recovered brain health with the aid of omega-3 fatty acids (n-3FA).

Growing clinical experience by numerous providers is that the brain needs to be saturated with high doses of n-3FA in order for the brain to have the opportunity to heal. Without an optimal supply of omegas, healing is less likely to happen. It is well recognized that n-3FAs are not a drug and not a cure, and that every situation is different. Clinically, some patients respond better than others. However, there is no downside to providing optimal levels of nutrition in order to give a patient the best opportunity to regain as much function as possible following a traumatic brain injury.

Taylor & Francis. "Concussions and brain injury: Can omega-3 intake aid in brain health recovery?." ScienceDaily. www.sciencedaily.com/releases/2016/08/160824140113.htm (accessed December 20, 2017)



JANUARY RECIPE Green Onion Omelet

- 15 ounces sliced potatoes
- 1 Tbsp. vegetable oil
- 1 large whole egg
- 3 egg whites
- 3 Tbsp. low-fat milk
- ¼ tsp. salt
- ½ cup ham (diced)
- ½ 8-ounce can diced tomatoes
- 1 Tbsp. scallions (chopped)

Start by slicing the potatoes into strips. In a large skillet over medium heat, lightly brown the potatoes in vegetable oil for 5-10 minutes. In a mixing bowl, add the whole egg, egg whites, milk, and salt. Mix well. Stir in ham, tomatoes, and scallions. Pour the egg mixture over the potatoes in the skillet. Cover skillet and continue to cook eggs over medium heat until firm, not runny (about 8 minutes). Cut the omelet into four pieces and serve.

Yield: 6 servings. Each serving provides 184 Calories, 7 g of Fat, 15 g of Protein, 16 g of Carbohydrates, 3 g of Fiber, 2 g of Saturated Fat, 283 mg of Sodium, 2 g of Sugars. Source: USDA



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