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## PROTECTING YOUR SKIN from Damage Caused by Visible Light

Despite rising worldwide consumption of sunscreen, the number of cases of skin cancer continues to grow. One of the reasons may be the action of visible light, which is also harmful to skin and is not blocked by conventional sunscreens. This is the conclusion drawn by a team at the Center for Research on Redox Processes in Biomedicine.

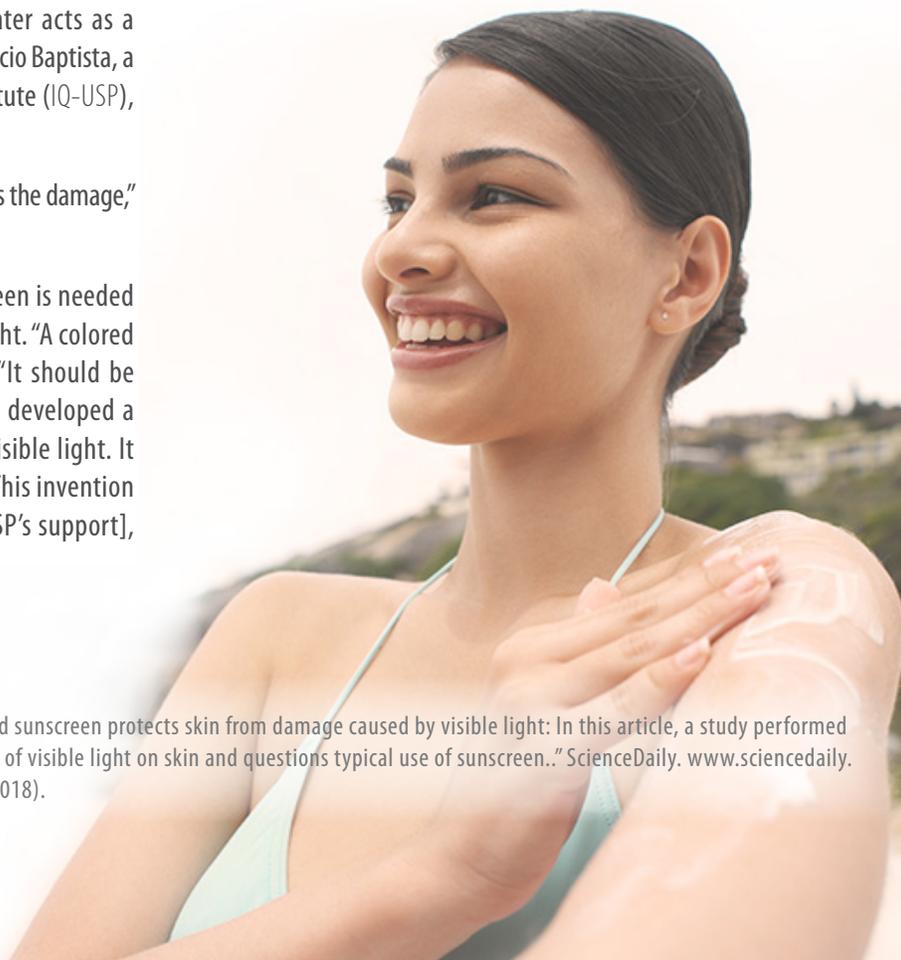
"We knew visible light could damage the skin, but we've gained a deeper understanding of the mechanisms by showing that UVA stimulates accumulation of a pigment called lipofuscin, which later acts as a photosensitizer to visible light in the epidermis," said Maurício Baptista, a professor at the University of São Paulo's Chemistry Institute (IQ-USP), in Brazil and a member of Redoxome.

"Basically, UVA damages the skin, and visible light augments the damage," he said.

A physical barrier, such as clothing, or a colored sunscreen is needed to protect the skin from the adverse effects of visible light. "A colored sunscreen shouldn't be just any color," Baptista said. "It should be the same hue as the individual's own skin tone. We've developed a product that protects the skin against UVA, UVB and visible light. It uses nanoparticles coated with a fine film of melanin. This invention is patented [by the University of São Paulo, with FAPESP's support], and we're looking for partners to produce it."

However, protection against UVB is still essential. "It would be quite wrong to interpret the study as saying we don't need to use sunscreen. That's not the point at all. UVB is far more toxic than UVA and visible light, but the number of cases of severe skin cancer is rising largely because people have been protecting themselves from UVB for at least 40 years, yet for a long time, there were no products to block UVA. There aren't any visible light blockers even now," he said.

Fundação de Amparo à Pesquisa do Estado de São Paulo. "Colored sunscreen protects skin from damage caused by visible light: In this article, a study performed by a group of Brazilian researchers elucidates action mechanism of visible light on skin and questions typical use of sunscreen." ScienceDaily. [www.sciencedaily.com/releases/2017/12/171205104134.htm](http://www.sciencedaily.com/releases/2017/12/171205104134.htm) (accessed June 20, 2018).



## WHO CALLS FOR REMOVAL of Trans Fats from All Foods

The World Health Organization (WHO) says that the artificially produced trans fats found in junk and fried foods contribute to more than 500,000 preventable deaths annually. That's why the WHO has released [REPLACE](#), a guide for governments to eliminate industrially produced trans fat in their countries. Their goal is to remove all artificially produced trans fats from the global food supply by 2023.

Trans fat is vegetable fat that has been chemically altered by a process called hydrogenation. This process turns healthy fat into a solid, unhealthy fat that is worse for you than saturated fat. Trans fats boost low-density lipoprotein (LDL, or bad cholesterol) levels and can increase your risk of heart disease by 21%.

The WHO's campaign was launched mid-May 2018 and is in its early stages, which means it might take some time to see changes in the United States. In the meantime, you can read nutrition labels and look at the amount of saturated fat and trans fat per serving. It's also important to check the ingredient list, which is different from the nutritional label. Ingredient information is listed from greatest to smallest amounts, so if partially hydrogenated oils or high fructose corn syrup are listed as the first few ingredients, choose another product.

To learn more about trans fats and their health effects, visit: [www.cdc.gov/php/publications/topic/index.html](http://www.cdc.gov/php/publications/topic/index.html)

REPLACE Website: [www.who.int/news-room/detail/14-05-2018-who-plan-to-eliminate-industrially-produced-trans-fatty-acids-from-global-food-supply](http://www.who.int/news-room/detail/14-05-2018-who-plan-to-eliminate-industrially-produced-trans-fatty-acids-from-global-food-supply)

## HELICOPTER PARENTING MAY NEGATIVELY AFFECT Children's Ability to Control Their Emotions and Behavior

It's natural for parents to do whatever they can to keep their children safe and healthy, but children need space to learn and grow on their own, according to new research published by the American Psychological Association. The study found that overly controlling parenting can negatively affect a child's ability to manage their emotions and behavior.

"Our research showed that children with helicopter parents may be less able to deal with the challenging demands of growing up," said Nicole B. Perry, PhD, from the University of Minnesota and lead author of the study.

The researchers followed the same 422 children over the course of eight years and assessed them at ages 2, 5, and 10. The research team observed the parents and children playing as they would at home.

"Helicopter parenting behavior we saw included parents constantly guiding their child by telling him or her what to play with, how to play with a toy, how to clean up after playtime and being too strict or demanding," said Perry.

American Psychological Association. "Helicopter parenting may negatively affect children's emotional well-being, behavior" ScienceDaily. [www.sciencedaily.com/releases/2018/06/180618102627.htm](http://www.sciencedaily.com/releases/2018/06/180618102627.htm) (accessed June 19, 2018).

Overly controlling parenting when a child was 2 was associated with poorer emotional and behavioral regulation at age 5, the researchers found.

"Children who developed the ability to effectively calm themselves during distressing situations and to conduct themselves appropriately had an easier time adjusting to the increasingly difficult demands of preadolescent school environments," said Perry.

"Parents can also set good examples for their children by using positive coping strategies to manage their own emotions and behavior when upset," said Perry.



# GREATER LEVELS OF VITAMIN D

## Associated with Decreasing Risk of Breast Cancer

Researchers at University of California San Diego School of Medicine suggest higher levels of vitamin D are associated with decreasing risk of breast cancer. Their epidemiological study is published in the June 15 online issue of *PLOS ONE* in collaboration with Creighton University, Medical University of South Carolina, and GrassrootsHealth, an Encinitas-based nonprofit organization that promotes vitamin D research and its therapeutic benefits.

The scientists pooled data from two randomized clinical trials with 3,325 combined participants and a prospective study involving 1,713 participants to examine the association between the risk of female breast cancer and a broad range of serum 25-hydroxyvitamin D (25(OH)D) concentrations, which was chosen as the marker because it is the main form of vitamin D in blood.

Over the course of the combined studies, 77 new cases of breast cancer were diagnosed for an age-adjusted incidence rate of 512 cases per 100,000 person-years.

University of California - San Diego. "Greater levels of vitamin D associated with decreasing risk of breast cancer." ScienceDaily. [www.sciencedaily.com/releases/2018/06/180615154523.htm](http://www.sciencedaily.com/releases/2018/06/180615154523.htm) (accessed June 20, 2018).

Researchers identified the minimum healthy level of 25(OH)D in blood plasma to be 60 nanograms per milliliter, substantially higher than the 20 ng/ml recommended in 2010 by the National Academy of Medicine.

"We found that participants with blood levels of 25(OH)D that were above 60 ng/ml had one-fifth the risk of breast cancer compared to those with less than 20 ng/ml," said principal investigator and co-author Cedric F. Garland, DrPH, adjunct professor in the UC San Diego Department of Family Medicine and Public Health. Risk of cancer appeared to decline with greater levels of serum vitamin D.

The current recommended average daily amount of vitamin D3 is 400 IU for children up to one year; 600 IU for ages one to 70 years (including pregnant or breastfeeding women); and 800 IU for persons over age 70, according to the National Academy of Medicine.

## JULY RECIPE

### Maple-Dijon Chicken with Sweet Potatoes

- 1 lb. boneless, skinless chicken pieces
- 2 Tbsp. Dijon mustard
- 1 onion, chopped
- 2 sweet potatoes, peeled & chopped
- 3 garlic cloves, chopped
- 1 c. chicken broth
- 1 tsp dried thyme
- 2 bay leaves
- 3 Tbsp. pure maple syrup

Use a 4-quart slow cooker. Put the chicken into the stoneware and toss with the onion, garlic, thyme, maple syrup, and Dijon mustard. Place the sweet potatoes on top of the chicken. Pour in the broth and add the bay leaves. Cover and cook on low for 5 to 7 hours or on high for 3 to 5 hours. The chicken is done when it is cooked through and the vegetables have reached the desired tenderness.

Yield: 4 servings. Each serving provides: Calories- 333, Carbs- 29g, Protein- 37g, Fat- 7g



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