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MEDICINE TODAY - DR. BAKER

NSAIDS and Heart Disease

– A Dangerous Combination!



The most commonly used medications for joint and muscle pain are nonsteroidal anti-inflammatory drugs (NSAIDs). These include commonly used over-the-counter medications such as aspirin, ibuprofen (Motrin) and naproxen (Aleve). Prescription NSAIDs include celecoxib (Celebrex) and meloxicam (Mobic). Analysis of NSAID usage from 1988 to 2004 indicates that overall use (30 or more pills per month) for over-the-counter NSAIDs increased from 16.1% in 1988-1994 to 26.1% in 1994-2004. Prescription NSAIDs decreased during the same period from 15.9% to 9.5% (presumably due to wider availability of non-prescription NSAIDs). The highest use was noted in non-African American and non-Mexican Americans and was especially high in those over 60, those overweight and especially those with heart disease. These statistics are especially remarkable because the individuals most likely to be using NSAIDs are those most likely to be at risk from serious adverse reactions.

We have known for many years of the potential adverse effects of NSAIDs on the kidneys (chronic kidney disease) and gastrointestinal tract (ulcers and gastrointestinal bleeding). In the past 2 decades there has been an increasing awareness of the potential serious and even life-threatening effects of NSAIDs for patients with heart disease. It is hoped that greater awareness of the risks of these medications will help to reduce their use in these especially vulnerable patients.

The earliest adverse cardiovascular effects recognized in patients with heart disease were increased blood pressure and fluid retention causing heart failure. More recently it has been recognized that COX-2 inhibitors (Celebrex and others) are associated with an increased risk of myocardial infarction (heart attack). Investigation into this association led to the withdrawal of Zyvox and Vioxx from the market. Subsequently, many studies also noted a similar increase in adverse cardiac events in patients on other NSAIDs as

commonly used as ibuprofen.

NSAIDs are cyclooxygenase (COX) inhibitors. COX is an enzyme which produces prostaglandin H₂ (PGH₂) from arachidonic acid. PGH₂ is then converted into a variety of compounds known as prostanoids (prostaglandins, prostacyclin PGI-2, thromboxane). There are two forms of the COX enzyme: COX-1 and COX-2. COX-1 plays an important role in the formation of compounds known as prostaglandin E₂ and prostacyclin which both play an important protective role in the gastric mucosa. In platelets (important blood clotting elements) COX-1 forms thromboxane A₂ (TXA₂) which antagonizes the anti-thrombotic and vasodilating effects of PGI-2 in the arteries. In the kidneys, PGE-2 formed by COX-1 plays a role in the filtration rate and the ability to regulate elimination of sodium and water. NSAIDs inhibit COX-1 and/or COX-2 and are classified according to this ability. Non-selective COX-1 and COX-2 inhibitors include aspirin and ibuprofen; preferential COX-2

inhibitors include meloxicam and celecoxib. These inhibitory effects may be beneficial as is the effect of aspirin on platelets leading to decreased ability to clump together and form clots, reducing the risk of arterial and venous thrombosis. Other inhibitory effects substantially increase the risk of gastrointestinal bleeding and reduce kidney function.

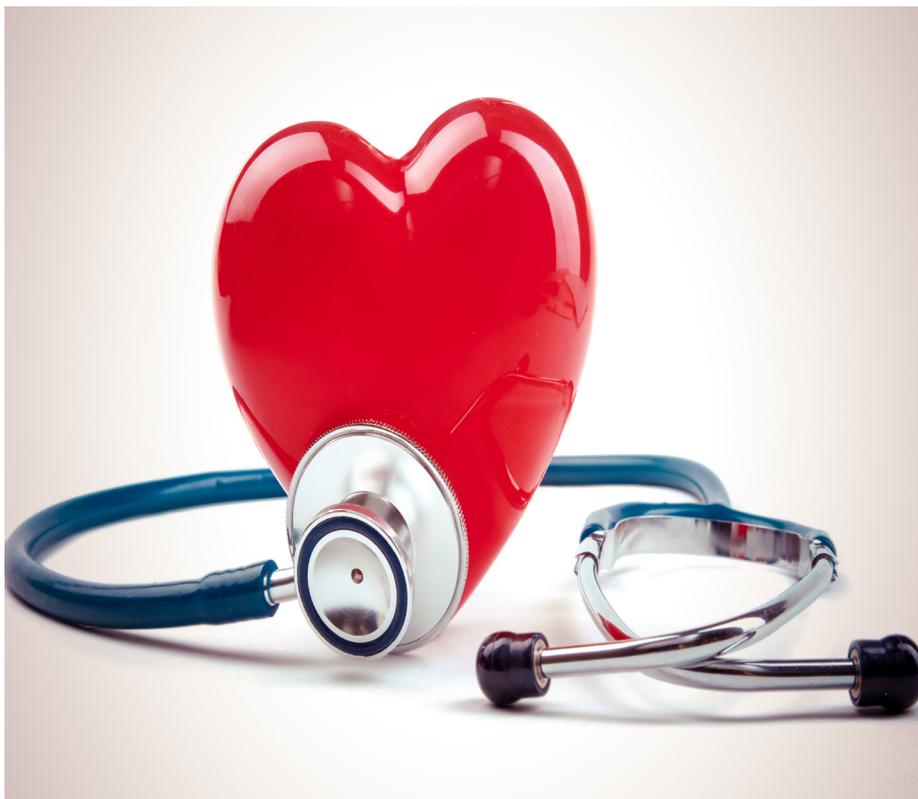
The consequence of COX-1 and COX-2 inhibition is most threatening when considering the rate of acute myocardial infarction in individuals taking these medications. Medical trials including the VIGOR, CLASS, TARGET, PRECISION and others have all demonstrated an increased risk of acute myocardial infarction and stroke in those taking NSAIDs. This risk clearly varies with the drug. For the non-selective NSAIDs, Naproxen appears to be the safest, and diclofenac associated with the highest risk. For the selective and preferential COX-2 inhibitors, celecoxib appears to be the safest, followed by meloxicam. The

relative risk of acute myocardial infarction and death from coronary causes for use in the first 90 days is 0.88 for Naproxen, ibuprofen 1.67, diclofenac 1.86, celecoxib 1.37. Anything over 1.0 is of concern.

The precise mechanism whereby this increased risk of coronary thrombosis occurs is not completely understood. Some things are known. To prevent coronary thrombosis greater than 95% inhibition of platelet function is needed. This only occurs with aspirin and high dose naproxen. Effects of NSAIDs which increase blood pressure, impair kidney function, inhibit the effects of statin drugs and others may all play a role in the increased risk of heart attack. Cardiovascular risk corresponds to greater levels of COX-2 inhibition. Essentially, the more powerful the seeming beneficial effects of the NSAIDs, the greater the cardiovascular risk!

When reflecting on the widespread use of NSAIDs in patients over 60 who frequently suffer from hypertension, congestive heart failure and coronary artery disease, it is clear that caution is in order. NSAID therapy should be limited to the lowest dose and shortest time possible in each clinical situation. The patient and the physician should be aware of the signs and symptoms suggesting an adverse event, especially of acute myocardial infarction, stroke and congestive heart failure.

(Cardiovascular Risk of Nonsteroidal Anti-Inflammatory Drugs: An Under-Recognized Public Health Issue; 2017 Varga et al. *Cureus* 9(4); e1144. DOI 10.7759/cureus.1144)



Resistance Training for the Long-Lived

- **By Kelsey Reason, CEP**

An active lifestyle contributes to improved physiological, psychological, and cognitive function for all ages and includes aerobic exercise, muscular strength training, and flexibility; little did you know that resistance training wasn't just for the youthful? You may be thinking that you're past your prime and there is no way you'll ever be back to the gym, effortlessly lifting dumbbells over your head like "the good ole' days". Maybe Mr. Arthur Ritis comes around each day convincing you that you can't exercise; in reality though, regular exercise, specifically muscular training, may just be what the doctor ordered to help ease the symptoms of persistent arthritis as it reduces joint stiffness and pain, prevent and treat osteoporosis, or combat that sedentary lifestyle that is dampening your quality of life.

For generally healthy older adults (defined as individuals 65 years or older) the recommendations for resistance training are similar to that of younger adults. If you have medical conditions, it is always recommended that you consult your doctor before beginning a resistance training program as your doctor can make you aware of any contraindications, such as severe valve disease, unstable angina, or untreated coronary artery disease to name a few.

Resistance training for maintaining or slightly improving muscle mass (ideal for older adults) is recommended for a minimum of 3 days a week at an intensity that allows you to conduct 10-15 repetitions of the exercise before fatiguing. If training on back-

to-back days, it is important to alternate muscle groups so as to avoid injury. Resistance training is very versatile in that it can be a formalized session or integrated into your lifestyle through your activities of daily living and requires little to no equipment but there are machines and tools that could be used to aid you in your efforts. You may use your body weight to do a modified push up against the wall or use a chair to sit and stand repeatedly thus simulating squats. If you are looking to use equipment, free weights and machines are some option and there are pros and cons to each; free weights save space in addition to helping with coordination and balance while machines are the safest to use and require less technique. If you are nervous about beginning a resistance training program, one suggestion is to do a few sessions with a personal trainer who can guide you until you feel comfortable to proceed on your own; ask your insurance provider if you are eligible for the Silver Sneakers program which provides a free gym membership for most Medicare patients.

A few things to be aware of when it comes to avoiding injury with resistance training include

special attention to some safety considerations, recognizing soreness versus injury, and knowing when to modify your regime. To be safe while conducting muscular training, be sure to maintain proper form, lift slowly and controllably and avoiding using momentum or "swinging" motions, and utilizing proper rest between exercise sets and workout days. Do not be intimidated by delayed onset muscle soreness (DOMS) which is the dull aching that usually occurs after training a muscle group. DOMS usually peaks a day or two after you conduct the exercise and may not resolve for several days but will diminish over time with continuous training. Acute injury is very different and has a sudden onset characterized by sharp, easily locatable point of pain. You do not want to train through an acute injury and should seek care from your doctor if this occurs. Lastly, know when it is acceptable to modify your workout. During periods of fatigue or disease flare-up, you should decrease your weight lifted, reduce the exercise range of motion, or rest more frequently or for a longer duration. You may resume your normal routine once you are feeling better.



Gear Up for Warm Weather - Bakersfield Heart Hospital

Summer is in full swing and so is the Bakersfield heat! It's time to get ready and be prepared for the sun and the great outdoors, all while maintaining a healthy lifestyle. Keep these summer wellness tips in mind this season!

Watch the sun. Make sure you pay careful attention to protect your skin against burns and long-term damage that can lead to skin cancer. Apply sunscreen and lip balm with SPF of 30 or higher and throw it away if the expiration date has passed.

Limit sun exposure from 10:00 AM to 4:00 PM when the sun is at its strongest. Wear loose fitting, light colored clothing and a hat with a brim, and always wear sunglasses with a high UV rating (50 or higher.)

Stay hydrated. Heat can be deadly and is much more dangerous in the very young and the very old.

Drinking lots of water helps to reduce heat illness. Always carry a water bottle, and if you have desk job, always keep one at your desk. If you have a bottle within arm's reach, it's very likely that you'll sip from it throughout the day, without having to make a conscious effort.



Eat fresh. Summer means plenty of fruits and vegetables are available. The farmers markets are up and running and with so many options during this time of year, you can really get creative and have fun! Focus on eating your colors -- fresh corn has natural antioxidants and benefits for your eyes, tomatoes contain lycopene and may protect your skin from sunburn, watermelon keeps you hydrated, and raspberries have a high amount of dietary fiber.

Stay cool. Drink lots of water, wear loose fitting clothing and exercise in the early morning or evening to keep your body temperature in check. It doesn't have to be raining to use your umbrella. Make a fashion statement and help protect your skin from harmful UV rays. Heat-related illness is serious. Know the warning signs of heat exhaustion

and heat stroke, and find a cool place to lie down if you don't feel well.

Fend off mosquitos naturally: Essential oils can be used as a natural bug spray and are free of harmful chemicals like DEET. Do your research carefully when using essential oils and make sure the information you gather is from a credible source. If essential oils are not for you, perhaps try adding plants around your house that keep mosquitoes away naturally. Citronella, Lemon Balm and Catnip are a few of the many plants to choose from.

Stick to your regular exercise routine. We're often more conscious of what we eat in the summer since we're more likely to squeeze into shorts, bathing suits and sleeveless tops. Continue your normal fitness activities throughout summer in order to stay on track and maintain good health and happiness. Remember to cut back on high-fat meats, add healthy grains to your diet instead of chips and snacks, and drink lots of water. If you don't have a regular workout routine, this is a great time to take advantage of longer days and start an exercise plan. Talk to your doctor about what exercise program is right for you.



From the editor : Immunizations – Fact and Fiction



We are faced with the largest measles outbreak in the last 40 years! We are aware because of the impact in the United States, but this is a world wide problem. To many of us we think of measles as a common childhood disease long eradicated by immunization. NOT TRUE! Measles is a viral illness which may cause death and disability in infants, children less than 5 and adults over 20. Measles may also result in miscarriage, stillbirth and severe birth defects including blindness, deafness and brain injury to the newborn when the infection occurs during pregnancy. Measles was declared eradicated in the United States in 2000 and thus the incidence declared less than 1 in 1 million persons. Worldwide, however, the incidence has remained at 40 per million. Measles is not uncommon in certain countries in Europe, Asia, the Pacific and Africa. Currently, the US is experiencing a major outbreak with 704 cases reported from January to the end of April 2019, in 22 states. US cases have been traced to Americans and foreign nationals contracting the disease abroad and then traveling to the US infected.

WHY would this occur?? The answer is simple – Americans are not receiving the recommended vaccinations to prevent measles illness and spread! For “Herd Immunity”, 90-95% of the population must be immunized to prevent a community outbreak of the this highly contagious disease. For a variety of reasons, we have fallen below that level. The consequences of measles include deafness in 1 of 10 children who develop an ear infection with measles (a common complication) and 1 in 20 develop pneumonia and encephalitis (severe brain swelling with possible death or permanent brain damage). For a variety of reasons, a large number of parents have chosen not to have their children immunized against measles and other communicable diseases. Adults also disdain recommended “Adult Immunizations” to their peril. Please take a look at the summary below. I hope that you will make the right choice for yourself, your family and your community!

Immunization Facts vs. Fiction

Autism – Immunizations DO NOT cause autism. The age of onset of autism symptoms is similar to the age of immunization of infants (12-15 months). The study promoting this theory by Andrew Wakefield published as an observational study on 12 children was retracted due to unethical practices and his license was revoked. 25 international studies subsequently disproved his theory.

Thimerosal – Thimerosal-containing immunizations DO NOT cause autism. Thimerosal

is a sodium mercury-based preservative present in tiny amounts to prevent bacterial and fungal contamination. While mercury poisoning is a real problem that is only in large exposures as occur in industrial settings and accidents. There is 3 times more mercury in a can of tuna than in a vaccine! In 2009 the US Court of Federal Claims determined after reviewing 939 articles and hearing the testimony of 50 experts that there is no link between thimerosal and autism. Nonetheless in 2001 the American Academy recommended removing thimerosal from vaccines in order to allay parents concerns and improve vaccination rates.

Aluminum – The small amounts of aluminum in vaccines DO NOT cause injury to children. Aluminum is present widely in nature, including in breast milk. It is used in vaccines to increase the effectiveness of the vaccine. Dr. Sears’ “the Vaccine Book” raised an alarm regarding aluminum. Extensive medical study disproved this theory.

Natural immunity – the theory that it is best to allow your child to experience a potentially life-threatening disease in order to create “natural immunity” is not based on scientific theory and is NOT TRUE. Although 50% of parents raise safety concerns regarding immunizations, 9 out of 10 chose to protect their children rather than run the risk associated with a potentially deadly disease. Vaccines should be more spread out of delayed – NOT TRUE. Failure to follow the current vaccination guidelines exposures infants and children to highly

contagious disease when they are most exposed and most vulnerable and does nothing to reduce their already very small risk of Immunization side effects. Vaccines overwhelm the immune system – NOT TRUE. In fact, the vaccines improve our immune function.

SIDS – Vaccines DO NOT cause sudden infant death syndrome (SIDS).

Doctors profit – Doctors DO NOT profit from immunizations and many if not all actually lose

money when immunizations are administered in the office!

Side effects – Side effects DO occur. Common side effects include injection site pain, swelling, redness, and itching. Others include fatigue, headache, nausea, dizziness, fainting (primarily in teenagers), low grade fever and generalized rash. Serious side effects requiring immediate medical attention are rare and include difficulty breathing, wheezing, voice hoarseness, hives, paleness, generalized weakness and fast heart rate.

BENEFITS ARE GREATER THAN THE RISKS—In 1 year over 33,000 deaths are prevented in the United States and 2 to 3 million worldwide by immunizations!

If we stop vaccinating, contagious diseases and life-threatening epidemics WILL COME BACK!!

VACCINATE NOW TO PROTECT YOU, YOUR FAMILY AND YOUR COMMUNITY!!

More information is available at the CDC website and at www.immunizeforgood.com

Nutrition Nuggets - Michele Chynoweth RD, CDE

Are you ready for BBQ season?

Wash hands thoroughly with soap and water

- Before and after each type of food preparation (meat, then salad; salad then meat!)
- Use separate cutting boards and serving utensils for vegetables and meat products to avoid cross contamination
- Before and after eating
- Before and after washing and drying dishes or removing them from dishwasher
- Before and after using the restroom
- Before and after testing blood sugar
- After sneezing or coughing
- When setting the table or buffet...place utensils eating side down--fork tine, bowl of the spoon or knife blade down in the utensil cup. Watch food service personnel so they do the same.
- Let the individual remove paper covering on straws from the end where he/she will drink.
- Avoid touching any portion of a straw, knife, spoon, knife that will be used in eating or drinking.

(tines and blades side down in the container)

- Buffet or family style...Have tongs to pick up rolls, raw vegetables or fruits
- Keep foods refrigerated until serving. After serving, place leftovers in the refrigerator within one hour or sooner to avoid food borne illness.
- Use long tooth picks or skewers to “stab” fruit, vegetables, and cheese cubes

Barbecuing is a lot of fun and when done correctly, can be a healthy alternative for cooking your food. Grilling incorrectly can cause the formation of harmful chemicals so, what you throw on the barbeque and how you grill has an effect on the healthfulness of your foods. Here are some tips:

- Nice to marinate you... Marinating meats before grilling may significantly reduce the amount of harmful chemicals. Since marinades are exposed to raw meats, you should discard any marinades to avoid cross-contaminating. Make a separate batch of marinade for basting or to serve with cooked foods.

If marinating longer than 30 minutes... do it in the refrigerator.

- Trim the fat...Avoid high fat meats and choose lean, well-trimmed meats for the grill to reduce fat dripping into the grill. Dripping fat and juices cause flare-ups which increase the temperature and the possible formation of these chemicals Also remove the skin from chicken or fish.
- Keep it small...Smaller meat portions will cook faster and spend less time on the grill... resulting in less exposure. Skewered kabobs cook the fastest. Fix the drips... Use tongs or a spatula to turn foods, rather than piercing meat with a fork allowing juices to drip. Cover the grill with punctured aluminum foil rather than placing meats directly over coals to reduce exposure to the flames. Keep a water spray bottle handy to control flare-ups.
- Flip it...Recent research has found that cooking hamburger patties at a lower temperature and flipping them more frequently accelerates the cooking process, helps prevent the formation of these chemicals and is equally

effective in killing bacteria. This idea works for other grilled meats as well. Use a thermometer to guarantee doneness.

- **Veg-Out...** try grilling marinated vegetables on skewers. Other healthy barbecue choices are veggie burgers, fruit, tofu and pizza (even cauliflower crust) or quesadillas

- **Just char out...** Remove all charred or burned portions of food before eating. The charred portions have the highest concentration of potentially hazardous chemicals. www.aicr.org

HEALTHY EATING AND LIFESTYLE DOs and DON'Ts for SUMMER

DO

- **Pre-plan** the next day's meals (a week is better) and write it down. This includes snacks. This saves money and calories as well as providing for more variety. Keep a grocery list, and use it when you get to the store to stay on task. Saves money and improves nutrition.

- **Think about main dish salads** starting with a bed of washed lettuce, chopped spinach, kale or shredded cabbage. Top with lean meat, fish, poultry or colorful beans or lentils. Highlight with sliced or cubed-fresh fruits. Light on the dressing and slivers of nuts, avocado, chia seeds or ground flax seeds. Healthy fats/oils, but unmeasured portions can add steep calories.

- **Before vacationing**, see the registered dietitian for special health concerns. Learn to make your family reunion, cruise and coastal foods fit into your meal pattern. Enjoy the summer with healthier food choices. Check your insurance plan for coverage and physician referral.

- **Request a pharmacist's review** of medications that should be

stored at a cooler temperature, requires extra fluid or a warning for sun sensitivity. Ask which medications, including injectables as well as glucose strips and meters should be carried in "Cool Packs" (example Frio) to control a steady temperature.

- **Drink water often.** Medications, age and distractions may limit our "thirst" mechanism. The little ones and elders among us are prone to dehydration during warm weather. Few people have a fluid limitation, but those who do may receive an adjustment during our hot summers. Remind and review your fluid needs with your health care provider at each visit.

- **START creating** an enjoyable mealtime for yourself and your family

- **Sit down at a table to eat.** Avoid eating in the car, in front of the TV or iPad or at the computer.

- **Avoid boredom.** Learn about a new culture. Try one new recipe every 2-3 weeks. Good resources—www.eatright.org, www.diabetes.org, www.heart.org, www.aicr.org, www.eatingwell.com, www.cookinglight.com www.

- **Be aware** of portions when vacationing. Practice measuring portions before you leave.

- **Encourage positive habits** with praise, a walk, swim, shoot some hoops, practice pickle ball and other rewards instead of food or money.

- **Keep trying.**

- **Talk about positive habits** and attributes.

- **Reframe the word "snack"** in your brain. Think "refuel", "strength" and "protect".

- o Foods that provide antioxidants, protein and fiber—fruits, vegetables, nuts & seeds, whole grains, low fat dairy or soy (yogurt, milk or cheese) lean, trimmed meat, poultry or beans (hummus,

edamame, lentils, pintos, garbanzo or black beans etc.)

Healthful Snacks...50 calories or under

- Babybel Light Cheese 1 ounce circle

- 1/3 cup peach or nectarine

- ½ cup raspberries

- ½ cup frozen melon bites (cut bite-size or use a melon baller). Place on skewer.

- 5 almonds or 10 pistachios

- Handful of baby carrots with 2 tablespoons salsa

- Multi-colored bell pepper strips with 1 tablespoon hummus

- Mini broccoli "trees" with one Laughing Cow cheese wedge

- 1/8 cup black beans ¼ cup salsa and 1 tablespoon crushed pineapple mixed to dip with raw veggies

- Blend 1/3 cup Greek yogurt and ¼ berries. Freeze in popsicle molds for a frozen treat.

- Stir 2 Tablespoon Edamame with garlic and chili powders

DON'T

- Skip meals

- Hoard food for the evening

- Hide sweets. Eat desserts at the meal in a smaller portion in front of others.

- This provides a much better example for our children and clients.

- Drink your calories. Avoid sweetened beverages, coffee "specials", juices etc. Select from water and low/nonfat cow's or fortified soy milk.

- Complain about your weight or body size in front of children, family, friends, co-workers

- Give up.

- Criticize your food choices or those of your family members.

Centric Health

Centric Health is a multispecialty medical group comprised of many of the most outstanding medical professionals and medical groups in Bakersfield dedicated to providing the highest quality of medical care in a rapidly changing health care landscape. Centric Health was developed to enable physicians to do their best work and to assure access to high quality care for residents of our community. Centric Health includes a broad spectrum of medical specialties and services designed to meet the many needs of patients.

The Physicians and healthcare professionals at Centric Health Medical Offices offer an array of services ranging from Cardiology, Vascular, Primary Care, Nephrology, Podiatry, Endocrinology, Pulmonology, Infusion Services, Neurology, General Surgery, Urgent Care, and Diagnostic Imaging.

- **Central Cardiology Medical Center**
- **Preferred Family Care**
- **Sillect Medical Centers**
- **Central Nephrology Medical Group**
- **Kern Endocrine Center**
- **WF Baker MD and Associates**
- **J. Foster Campbell, MD**
- **Dr. Viridi - Neurology**
- **Dr. Fontaine and Dr. Borst - Radiology**
- **Dr. Ashraf - Pulmonology**
- **Dr. Nisim - General Surgery**
- **Southwest Internal Medicine**
- **Clinica Del Valle**
- **Dr. Sinaie - Podiatry**
- **Golden State Hospitalists**
- **Centric Health Imaging**
- **Centric Urgent Care**
- **Centric Infusion Center**
- **Centric Priority Care Clinic**

What's new at Centric?

Centric Health is pleased to announce that Kern Endocrine Center has opened its second location in southwest area. The address is 4531 Buena Vista, Suite 140, Bakersfield, CA 93311. Office Hours at this location are: Monday - Thursday 8 AM - 5 PM and Friday 8 AM - 4 PM. Call (661) 748-1999 to schedule appointments.

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Summer garden and chemical hazards - DR. BAKER

One of the wonderful activities and healthy choices is to grow a garden. The vegetables grown in a summer garden are not only bursting with flavor but also may be a healthier choice compared to those typically purchased in the supermarket. Making your garden bountiful and healthy also requires some planning, including how to manage the most common threats to your crop – weeds and insects. Managing these safely requires an understanding of the chemicals used in large scale agricultural production and available for use in the home garden as well.

Let's start with weeds. Every garden has them. The tried and true method is to pull them out. Weeding the garden is a constant chore, just like watering. Some of us like it some don't. As we live in the most productive agricultural county in the nation, we know that our thousands of acres are not all weeded by hand. In commercial production, weeds are controlled by herbicides (weed killers). These are sprayed onto the fields to kill the weeds and thus improve productivity. The most powerful and widely used herbicide since it's introduction by Monsanto in 1974 has been Roundup. Roundup and now hundreds of other products contain the potent active ingredient glyphosate. Glyphosate is toxic to a plant enzyme essential to life. Genetically modified organisms have been produced which are resistant to the effects of glyphosate ("Roundup-Ready") including 90% of corn and 94% of soybeans. Because of widespread use, glyphosate residues are found in 63% of corn, 67% of soybeans, oatmeal, baby food, Cheerios, Ritz crackers and many other similar products. The problem is that

while the glyphosate residues in foods are small, extensive research has demonstrated an associated increased risk of cancer (especially lymphoma). In addition, a 2017 study demonstrated glyphosate in more than 90% of pregnant women's urine, and high levels were correlated with shorter length of pregnancy. Round-up is highly toxic to humans and may cause mild skin irritation and gastrointestinal distress with small amounts of accidental ingestion but intentional ingestion is frequently fatal.

Next, the bugs. Every garden has them. They like to eat our produce as much as we do! Pesticides are available to solve the problem. Organophosphate pesticides are widely used to control pests on vegetables, crops and fruit. The infamous DDT is still occasionally used, but in the US has been replaced by other agents. A 2016 study found pesticide residues in 85% of 10,000 foods sampled including 75% of vegetables and crops and 50% of fruits. "Tolerable" or acceptable levels of these residues have been allowed by the EPA for decades, alleging that these small residues pose no human threat. However, it has been pointed out that, "legal

does not necessarily mean safe". One of the organophosphate compounds, chlorpyrifos has been found to cause cognitive deficits in children. The EPA in 2015 concluded that it "cannot find that any current tolerances are safe". A Federal Court in August of this year ruled that the EPA ban chlorpyrifos from the market but this verdict has not yet been carried out. A leading Epidemiologist from Boston College's Global Public Health Initiative advocates for a total ban on organophosphates citing the danger posed to children, who are exquisitely vulnerable.

A JAMA (Journal of the American Medical Association) study published October 22, 2019 has concluded that consumption of organic foods is associated with a lower risk of cancer. So grow, grow, grow that summer garden but beware of the chemical hazards from using herbicides and pesticides. Pull the weeds and use organic gardening techniques to control the pests. Enjoy the bounty without risk. If you choose to use a weed-killer or bug-killer chemical in the garden do so with great care, follow manufacturer's precautions and thoroughly wash your delicious vegies before use.



Healthy Eating

Colorful Middle Eastern Street Vendor's Vegetable Salad



Ingredients

- 2 large English cucumbers, diced small
- 2 plum tomatoes, diced small
- ½ cup chopped cabbage
- 2-3 green onions, sliced
- ½ cup fresh parsley leaves, minced
- ¼ cup fresh mint leaves, minced
- ½ medium red or orange bell pepper, seeded and diced small

For dressing

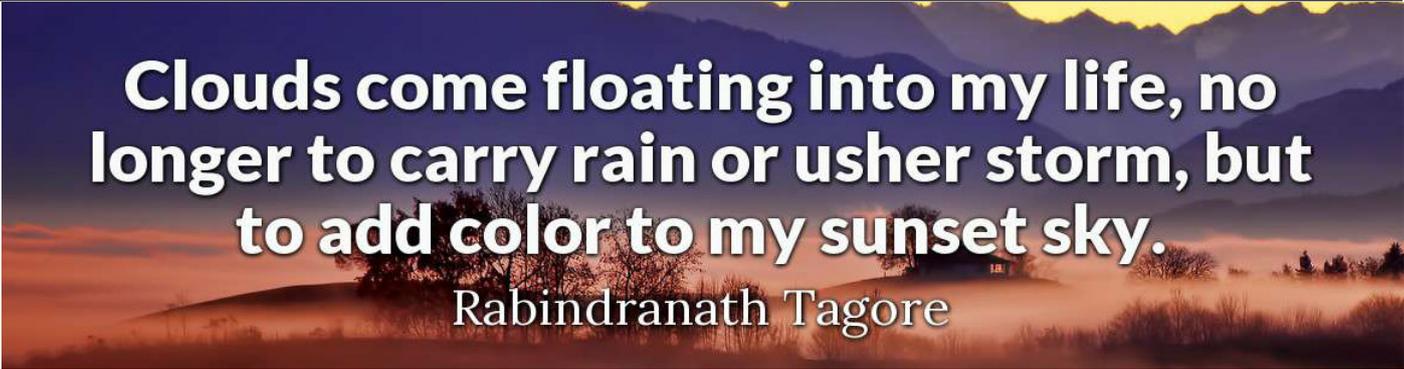
- 2-3 cloves garlic, minced
- 3 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 1 ½ teaspoons salt (optional)
- 1 ½ teaspoons ground black pepper

May use as a main dish salad. Add one of these proteins: ½ cup crumbled reduced fat feta cheese or 1 cup rinsed garbanzo beans

Combine vegetable ingredients in a large bowl. Whisk the liquids and seasonings in a small bowl. Drizzle over vegetables. Toss lightly. Refrigerate for 2 hours, then serve tossed.

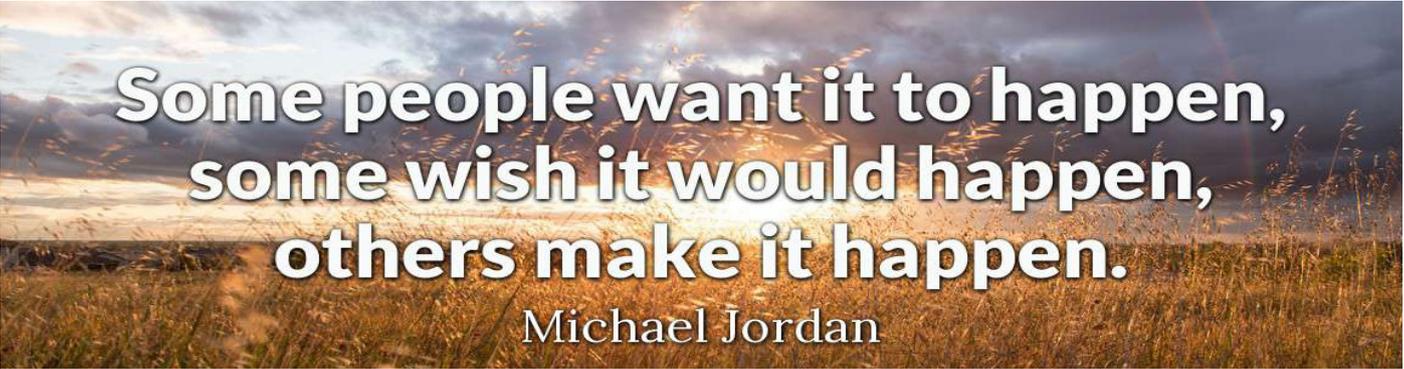
Per serving salad 68 calories, 4 grams monounsaturated fat, 1-gram polyunsaturated fat, 1-gram saturated fat (zero if cheese omitted), 1 gram protein, 5 grams carb, 1 gram fiber, 434 sodium (less than 50 mg if salt & cheese omitted)

Recipe courtesy of www.deliciousliving.com



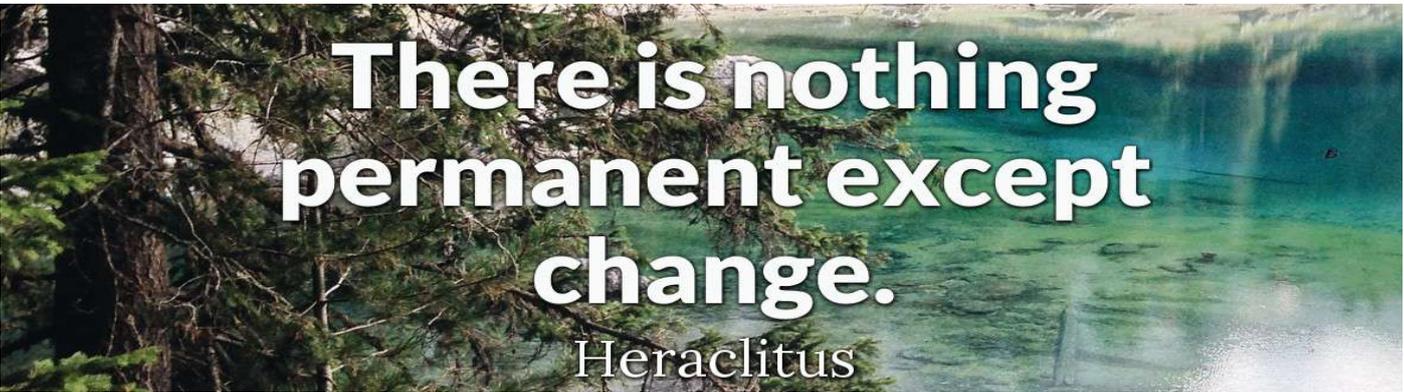
Clouds come floating into my life, no longer to carry rain or usher storm, but to add color to my sunset sky.

Rabindranath Tagore



Some people want it to happen, some wish it would happen, others make it happen.

Michael Jordan



There is nothing permanent except change.

Heraclitus

You must not rely on the information in these materials as an alternative to medical advice from an appropriately qualified professional. If you have any specific questions about any medical matter you should consult an appropriately qualified professional. If you think you may be suffering from any medical condition you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information in these materials.