

# HEALTHY LIVING



**The Eagle-Tribune**

Wednesday, January 27, 2016



# Lofty or light? Resolutions come in all shapes and sizes

By LEANNE ITALIE  
ASSOCIATED PRESS

NEW YORK — Sure, sure, sure. Most of us have uttered a variation on these words in the last few weeks — we're going to quit smoking, lose weight, get organized and work for world peace in 2016.

And we mean it. We really do.

New Year's resolutions come as big strokes and small victories, along with a high rate of failure.

A few weeks into the new year and we wonder: Is it best to reach for the stars or make a petite promise? We asked a few folks about their plans to do better, go bigger or simply baby step it outside the box this year.

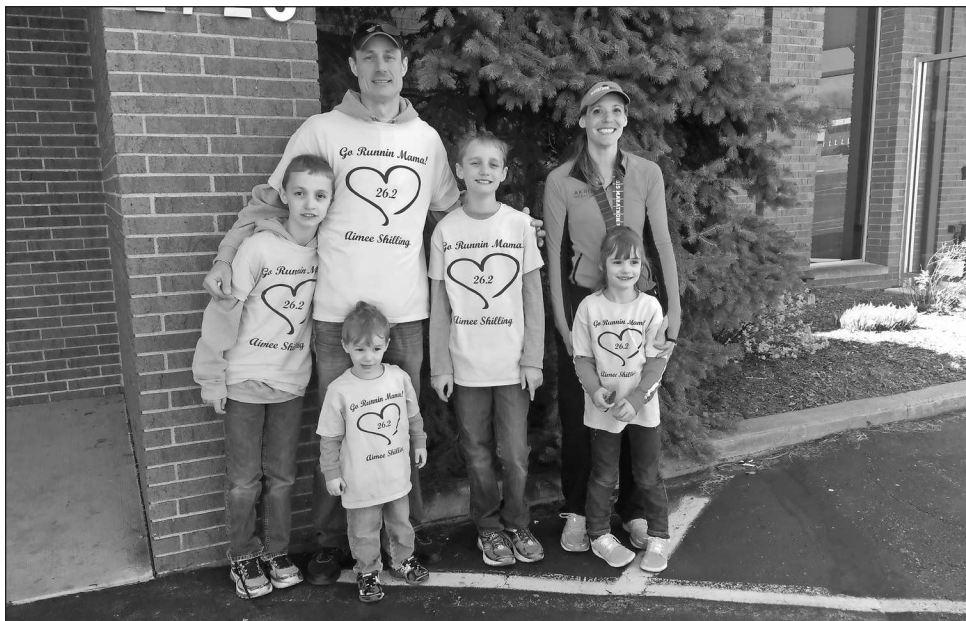
## SEVEN MARATHONS IN SEVEN DAYS

You heard it right. Aimee Shilling, a 35-year-old mother of four in East Canton, Ohio, has signed up to run seven marathons in seven days come October. And she'll be doing it to raise money for World Vision's "run for water" program.

Clean water initiatives have been a goal since she took a mission trip to Jamaica in 2000. Running has been a passion since she joined the cross-country team in high school. She's a regular marathoner and ultra-marathoner, rising at 4 a.m. at least three days a week to run with friends, returning home to get her kids up and ready for school.

Shilling has done back-to-back marathons before, but never seven consecutively. The new year aside, she made a promise to herself long ago to run 40 marathons or ultra-marathons before her 40th birthday. The seventh race in her 7-in-7 series would be her 40th, so she's ahead of schedule.

"As long as I can start the series healthy, I'm pretty



DEBBIE TALLMAN VIA AP

Aimee Shilling, right, pictured with her husband, Todd Shilling, and their children after a marathon in spring 2015, is training to run seven more marathons in seven consecutive days in October.

confident. None of them will be fast," Shilling laughed.

## SOCAL WALKABOUTS

At 26, Jarone Ashkenazi considers himself "someone who is more introspective by nature." Hence, he's been reluctant to grab his environs of Los Angeles by the tail.

"I thrive in new settings and environments," Ashkenazi said, "it's just at times I'm too hesitant to put myself out there."

That will hopefully change with his new spreadsheet. He has broken up his get-out-of-the-house goals into categories: activities, concerts, restaurants, bars, outdoors and nightlife. He got an early start with a couple of hikes.

Among his first adventures of the new year: The Broad contemporary art museum and the Chill at The Queen Mary (think winter wonderland under a giant dome).

So what took him so long?

"While I was younger, I was too naive to think of all this city has to offer," Ashkenazi said, "and now that I'm older, I want to take full advantage of everything."

## ZERO WASTE

Aspiring to this lifestyle is lofty. Aspiring to this lifestyle with a baby is loftier. Say hello to Meredith Bay Tyack.

The pursuit for the 30-year-old began with the birth of her daughter a year ago.

"Cloth diapering was really the catalyst for us. We started purging plastic and disposable items from our life left and right," she said.

She and her husband already use a plastic-free water filtration system, with charcoal that can be composted after six months. She stopped buying paper towels and eliminated numerous other small plastic and disposable items.

"But I'm still staring at a full garbage each week and it's frustrating," Bay Tyack said. "We're mindful consumers. We shop at our farmers market and yet we're still producing so much garbage."

She's still using plastic garbage bags, for instance.

"A zero waste lifestyle is an exciting prospect for me because while I can't control many things, I can control myself and the small environment I inhabit," she said.



JOANNE PAPINI VIA AP

Joanne Papini, pictured in the sewing room in her home, is vowing to shut all drawers and cabinets and stop leaving lids and boxes half-open, believing the small step will lead to less chaos in her life.

"Maybe I won't clean up the oceans on my own, but at least I know I will not be contributing additional waste."

## TWIST AND CLOSE

Joanne Papini has a small problem that's annoying the heck out of her. She doesn't close drawers, cabinets, boxes — anything with a lid, really. She sort of half closes things, like the top of the mayo in the fridge or the inner lining of



LAVINIA LUMEZANU VIA AP

Jarone Ashkenazi's new year's resolution is to break out and get more active around his community.



MEREDITH BAY TYACK VIA AP

Meredith Bay Tyack is resolving to take on a zero waste lifestyle, eliminating plastic and disposable food packaging and other items in 2016.

the cereal box, along with the cereal box itself.

And at 54, she's beginning to wonder what it all means.

"I know that sounds weird but not closing things has become a problem for me. Do I think I'm saving time by having things left open? Am I airing out my pencil drawer," Papini said, "or am I just rebelling?"

Papini lives alone. Rather, she's the only one with opposable thumbs in her household. But she can't blame her two dogs.

"I just see it as a sign of chaos in my life. It seems like it translates into maybe not enough respect for my belongings and a lack of self-care," she said.

Papini comes from a "jam it, cram it" family growing up and merely extended the stuffing of things into drawers into leaving drawers open.

As for not twisting lids completely closed, she can't figure out if she's (a) trying to save time, (b) lazy about it or (c) she might want it later so she'll just skip this step.



# Report: Cancer tops heart disease as No. 1 killer in Mass., NH

BY MIKE STOBBE  
AP MEDICAL WRITER

NEW YORK — Cancer is becoming the No. 1 killer in more and more states as deaths from heart disease have declined, new health statistics show.

Nationwide, heart disease is still the leading cause of death, just ahead of cancer. While death rates for both have been falling for nearly 25 years, heart disease has dropped at a steeper rate.

As a result, cancer moved up to the top slot in 22 states, including Massachusetts and New Hampshire, in 2014, according to the latest government figures.

It's also the leading cause of death in certain groups of people, including Hispanics, Asians and adults ages 40 to 79.

The trend is noted in the American Cancer Society's latest annual report released this January.

The cancer death rate has fallen 23 percent since its peak in 1991. The decrease is attributed to declining smoking rates and advances in cancer detection, treatment and prevention.

The heart disease death rate fell 46 percent in that time.

The cancer society predicts there will be nearly 1.7 million new cancer cases in 2016, and nearly 600,000 deaths.

In addition to Massachusetts and New Hampshire, government figures for 2014 show cancer was the leading cause of death in Alaska, Arizona, California, Colorado, Delaware, Idaho, Kansas, Kentucky, Maine, Minnesota, Montana, Nebraska, New Mexico, North Carolina, Oregon, Vermont, Virginia, Washington, West Virginia and Wisconsin.

# TODAY:

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# Tips from the pros

## Instagram trainers dish on secret to staying motivated

BY KELLI KENNEDY  
ASSOCIATED PRESS

High-end fashion designers are launching workout lines, Soul Cycle classes are quickly booking up and fitness trainers have become rock stars apart from their celeb clientele.

But with boutique fitness studios popping up everywhere and workout programs from surfboard workouts to underwater bicycling, it can be a little daunting to find your groove and stick to it past the February chocolate danger zone.

We asked some inspiring, hard-core trainers who have won legions of followers on Instagram for their secrets to staying motivated all year long.

### KAYLA ITSINES

An army of 6,000 women showed up to squat and high jump alongside trainer Kayla Itsines (kaylaitsines.com) in London last summer. Her app is the top health and fitness app on iTunes in several different countries.

The 24-year-old from Adelaide, Australia has spawned a devoted following online as women document their progress following her 12-week Bikini Body Guides. Itsines, who has 4.2 million Instagram followers, is known for getting some serious results thanks to grueling 28-minute high intensity workouts.

Focus on your own progress and don't compare yourself to others, she advises. Find a workout that you love so you can make it a habit and make sure to change it up often.

"Mixing it up can keep you focused and make sure your workout is always interesting," she said.

### MASSY ARIAS

This Los Angeles-based trainer is seriously bad in all the right ways.

The sweaty ab photos Massy Arias (massyarias.com) posts to her 1.9 million Instagram followers might seem untouchable (yes, that's her side lunge jumping up a staircase), but her vulnerable struggles with depression are super motivating and, bonus, she also dishes out all her social media advice in English and Spanish.

"It wasn't until I started being more active and religiously making exercise part of my lifestyle, that I started feeling more alive, alert, confident, happier, and stronger mentally," she said. "The motivation to keep moving forward comes from places within myself that I do not want to go back to."

The 27-year-old's MA30DAY Challenge workouts include everything from resistance training and yoga to high intensity interval training and sprinting. She encourages followers to set realistic goals instead of trying to change everything overnight.

"Going in with this mentality usually demotivates people because they start a regimen that is too hard for their fitness level to maintain and keep up with," she said.

### RACHEL BRATHEN

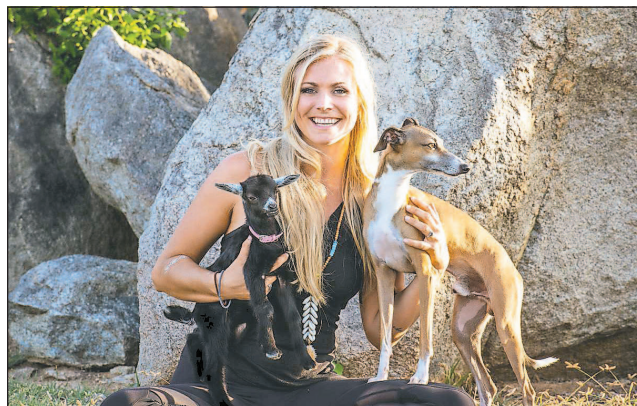
Yogi Rachel Brathen's fitness tips are a little unusual, but what do you expect from a woman who spends sizable amounts of time hanging upside down and runs around her house with an adorable baby goat.

The Aruba-based yoga teacher (oneoeight.tv) suggests making a gratitude diary as important as daily workouts and green shakes.



Associated Press

Fitness guru Jeannette Jenkins is the celebrity trainer behind Pink and Kelly Rowland's fit post-baby bodies. Workouts need to be formally scheduled as part of one's day, she says.



Associated Press

Fitness expert Rachel Brathen poses with her pets, Penny Lane, a goat, left, and dog Ringo at her home in Aruba. Brathen's fitness tips are a little unusual, but what do you expect from a woman who spends sizable amounts of time hanging upside down and running around her house with an adorable baby goat.

"Sometimes we get so caught up in what we want to change that we start seeing flaws instead of focusing on getting inspired to move and feel good," she said. "It's important to celebrate the good things. Your body does so much for you every day... It's so much easier to stick to an exercise routine when we appreciate what our bodies can do."

She starts every morning with hot water and lemon to stimulate her digestive system, turns up some music and powers through a 90-minute yoga session, often beachside. And yeah, her arm balances on paddle

boards are super cool, but the pics of her rescue puppies have no doubt helped her land 1.7 million followers on Instagram.

### JEANNETTE JENKINS

She's the celebrity trainer behind Pink and Kelly Rowland's banging post-baby bodies. Los Angeles-based fitness guru Jeannette Jenkins (TheHollywoodTrainerClub.com), 42, shares moves from her Hollywood Trainer Club to her 314,000 Instagram followers and is known for double-duty moves that target multiple body parts at once.

"A workout is an internal cleaning," said Jenkins, who



Associated Press

Fitness celebrity Shaun, whose infomercials are late-night viewing for many, is the original dance cardio king with the street cred to go along with it. He was a former backup dancer for Mariah Carey.

says she feels like she can conquer anything after finishing a workout.

Her daily workout videos (more than 200 of them) combine everything from cardio kickboxing and circuit training to yoga and Pilates so muscles never plateau.

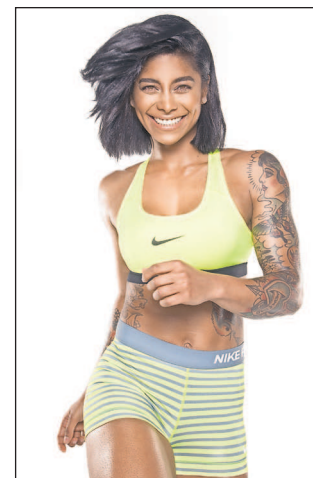
"Schedule your workouts into your smartphone or calendar every week just like any other important meeting and do not cancel on yourself," she said. "If it's important to you then you will make it a priority."

### SHAUN T

You know you've watched his infomercials in the middle of the night. Shaun T (shaunfitness.com) is the original dance cardio king with the street cred to go along with it — he was a former backup dancer for Mariah Carey.

His 60-day INSANITY workout put high intensity interval training on the map and there's a reason his six-pack ab photos have landed him 436,000 Instagram followers. Last year, the 37-year-old Phoenix-based trainer went back to his dance roots with his new CIZE workout video and his podcasts are all about mastering your mind.

"Only do exercises you love and most importantly find internal motivation." "I,"



Associated Press

Los Angeles-based trainer and fitness expert Massy Arias encourages followers to set realistic goals instead of trying to change everything overnight.

he said.

And remember to build slowly.

"Resolutions can end in failure if you don't leave yourself wanting more, yes, even more exercise, so don't overdue your brand new plan in the first week," he said.

### DAVID ALEXANDER

You might not know his name but you definitely know the athletes he's trained. Miami-based trainer David Alexander (instagram.com/dbcfit/) has rehabbed the Miami Heat's Dwyane Wade and former teammate LeBron James.

This biomechanics expert is old-school as in showing pro athletes and fitness fanatics how to do basic squats, dead lifts and cable pulls so they don't lose range of motion and compromise form further irritating injuries.

Alexander, who travels with Wade for games, opened his DBC Fitness in Miami's trendy design district a year ago, but has been training athletes for nearly two decades. He also posts some cool behind-the-scenes pics while training your favorite athletes to his nearly 100,000 Instagram followers.

"Try replacing one bad habit with one good habit each week," he said.



# Weighing in on diet trends: What's smart, what's myth?

BY MARTHA ROSS  
SAN JOSE MERCURY NEWS (TNS)

For the new year, maybe you have vowed to go gluten-free. After all, your neighbor said it's her secret for shedding pounds and having that healthy, happy glow.

Or maybe you need a quick reboot after a couple months of holiday overeating and drinking. Wouldn't a "cleanse," of the sort touted by celebrities, do the trick? Similarly, perhaps you've been reading about how fasting a day a week helps set people on the path to a longer life.

But do these strategies and others making headlines really work? Are they actually good for you, and are they worth the attention, time and money that major lifestyle changes usually involve?

We checked in with health experts on the top diet trends they regularly encounter through working with clients or poring through studies. Here are their takes:

## GLUTEN-FREE

Some publications proclaim the gluten-free frenzy is passé. But that's not what experts are seeing, and these same publications note that an estimated third of American adults are anxious enough about gluten that they are looking for ways to reduce or eliminate it from their diets.

"Gluten-free foods are still selling strong," said Sonya Angelone, a Marin County, Calif.-based dietitian and spokeswoman with the Academy of Nutrition and Dietetics.

But she and other experts say there is little evidence that most people need to say no to gluten — a protein humans have been consuming in wheat, barley and rye for thousands of years.

Going gluten-free is only medically necessary for the 1 percent of Americans who have been diagnosed with celiac disease, an autoimmune disorder

where ingestion of gluten causes damage to the small intestines and can be life-threatening. Another small number of people have been told by their doctors they have gluten sensitivity, in which case splurging on birthday cake could trigger problems with digestion, immune and even cognitive function, Angelone said.

Kevin Lomangino, managing editor of Health News Review, doesn't doubt people's claims that they feel better after giving up gluten, which is often associated with foods that are rich in refined carbohydrates. But it's most likely a placebo effect, he said. "It's not because there is anything bad about gluten. You feel better because you made a change."

Mary Ellen DiPaola, an outpatient senior dietitian at UC San Francisco, said going gluten-free can be challenging. But she said there's no harm in it, if it leads people to cut back on high-calorie breads, pastas and snack foods — and as long as they replace those energy sources with healthy options like whole grains, legumes and vegetables. The problem comes when people believe that often pricey gluten-free sweets and snacks are more nutritious, she said.

"If you're eating rice cakes all day, instead of potato chips, that's not a healthy choice," Angelone said.

## INTERMITTENT FASTING

Fasting is nothing new, with saints, ascetics and regular people choosing periods of self-denial as a path to enlightenment, spiritually and otherwise. Modern-day advocates say intermittent fasting can help reduce obesity and diabetes, improve cardiovascular health and extend life.

Popular strategies have people going food-free for 24 hours once or twice a

week, skipping breakfast or eating like a "warrior" — fasting daily for 20 hours, then eating one large meal, usually in the evening.

Experts say, sure, a day of fasting each week could reduce someone's weekly calorie intake, which theoretically could help with weight loss, but overall, they discourage the practice. Its benefits haven't been proven, and it's not a long-term way to lose or maintain weight, DiPaola said.

Added Lisa Cimperman, a registered dietitian at Cleveland's University Hospitals Case Medical Center and spokeswoman for the Academy of Nutrition and Dietetics: "From a metabolic standpoint, we know that in periods of starvation, the metabolism slows down." She added that people are prone to overeat when they break their fast. "It just seems to set up a bad psychological game," she said.

## CLEANSSES

Apparently, we can't help ourselves: We still look to celebrities for nutrition advice. Consider the popularity of "cleanse" diets, which, similar to fasting, promise quick weight loss as well as other short- and long-term health benefits.

Gwyneth Paltrow's seven-day "Master Cleanse," for example, involves a sharp reduction in food intake, supplanted by smoothies and occasional servings of "detox" fish or chicken.

Experts are generally skeptical of cleanse programs, because like fasting diets, they aren't sustainable. They also may deprive people of sufficient nutrients as well as fiber for digestion. As for the idea that we need a cleanse program to remove unhealthy toxins from our bodies, Jessica Shipley, a dietitian at Stanford's Nutrition Clinic, said, "We have organs in

our body that are designed to remove toxins."

## LOW-CARB VS. LOW-FAT

Over the past few years, studies have tried to settle the question of which diet is best for weight loss: one that's low in carbohydrates or low in fat? Studies seem to be swinging in favor of a low-carb approach.

But does it matter? Shipley said all diets involving restricting food in various ways can lead to weight loss. The question is whether you're comfortable saying no to bread, rice, pasta or potatoes.

"The question is, what's sustainable?" Shipley said.

"Do you like your lifestyle diet enough to feel confident you could live with it forever?" added Yoni Freedhoff, a assistant professor, blogger on weight management and author of "The Fix: Why Diets Fail and How to Make Yours Work." "If

the answer's no, try something else."

## PROBIOTICS AND OTHER SUPPLEMENTS

Health food stores, pharmacies and online retailers are stocked with a vast array of often high-priced pills, powders and multivitamins that promise to build muscle, help fat loss and boost your mood and immune system.

Increasingly popular are probiotic supplements, which tout their "gut" health benefits, claiming to help boost the level of bacteria in the gastrointestinal system that are necessary for good digestion and overall health.

But experts say there is no need for most people to stock up on supplements — and contribute to what the National Institutes of Health estimate is a \$37 billion a year industry.



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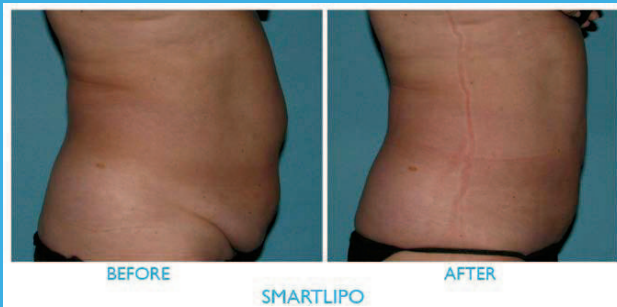
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## Medication mix-ups: Avoid these common mistakes

MAYO CLINIC NEWS NETWORK  
(TNS)

Medication errors are  
very common. The Centers  
for Disease Control and

Prevention estimates that  
82 percent of adults are  
on at least one medication  
and 29 percent take five or  
more. With numbers such

as those, it's no wonder mis-  
takes happen.

The CDC also says  
adverse drug events, which  
are instances where medica-  
tion errors cause harm, are  
responsible for an approxi-  
mated 700,000 emergency  
department visits a year.

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Seminars are from 6-7 pm at Anna Jaques Hospital in the Higgins Conference Room.



# VEGAN VOICES

By KELLI KENNEDY  
ASSOCIATED PRESS

MIAMI — Looking to eat less meat? 2016 is shaping up to be a fine time to get in touch with your inner vegan.

And for that you can thank a bevy of celebrities promoting plant-based diets; a growing focus by restaurant chefs — including in the traditionally veg wasteland of the fast-casual scene — on making produce seductive; an onslaught of veg-centric cookbooks that show how eating lower on the food chain can be both appealing and easy; and a surge in high-end grocery items that put your grandmother's tofu cheese to shame.

As with any niche, the vegan movement is edged forward by innovative front-runners. So for a better picture of where the plant-based diet world is headed, we canvassed the scene to see who is worth noting. Here are five prominent vegans worth watching in the coming year.

## FASHION DESIGNER LYZ OLKO

Fashion designer Lyz Olko's line of army jackets dotted with flower appliques, perfectly frayed denim shorts and edgy graphic T-shirts have a downtown vibe and have become staples for young celebs like Kendall and Kylie Jenner, Kristen Stewart and Miley Cyrus.

Olko ([lyzolk.com](http://lyzolk.com)), who personally makes every piece in her namesake collection, is a fan of using recycled materials and sustainable production methods. (All the leather in her collection is repurposed vintage.)

The 35-year-old New York City-based designer said her decision to eat a plant-based diet is “about having a larger consciousness of the effect your actions have on people around you.”

“Think about other people



AP PHOTO/Mary Altaffer

**Fashion designer Lyz Olko, posing for a portrait at her studio on the Lower East Side neighborhood of New York, is a fan of using recycled materials and sustainable production methods. She says her decision to eat a plant-based diet is “about having a larger consciousness of the effect your actions have on people around you.”**

and how can you help somebody else and not yourself,” she said.

## DEMOCRATIC U.S. SEN. CORY BOOKER

U.S. Sen. Cory Booker first gained notoriety in 2012 when, while serving as mayor of Newark, New Jersey, he pulled his neighbor from a burning home. He later earned headlines again for rescuing an abandoned dog from a cage in a vacant lot.

Since then, the outspoken vegan has been elected to Congress and become a social media darling, boasting some 1.6 million Twitter followers. He's made use of that rostrum to advocate for issues dear to him, particularly on animal welfare.

For example, the 46-year-old Democrat introduced legislation last year that would have required federal facilities that perform research on farm animals to provide basic care as required by the Animal Welfare Act, including adequate food, shelter and veterinary

care. Ultimately, an omnibus spending bill passed last year will achieve the same results by threatening to withhold more than \$57 million from the USDA's Agricultural Research Service if it fails to update its animal care policies.

“I found that by shining a light on them, we can often change practices that not only make for the more humane treatment of animals, but also protect our safety and health,” he said.

## BLOGGER AND AUTHOR ANGELA LIDDON

Angela Liddon, 32, is known to break into spontaneous dance after perfecting one of her plant-based recipes. Her popular vegan website, “Oh She Glows” (<http://ohsheglows.com/>), has built a loyal following with dishes including black bean and sweet potato enchiladas and chocolate walnut brownies.

The Canadian blogger's first cookbook was a New York Times best-seller list and her second, “Oh She



ANGELA LIDDON VIA AP

**Blogger and author Angela Liddon's vegan website, “Oh She Glows,” has built a loyal fan following with dishes including black bean and sweet potato enchiladas.**

Glows Every Day,” will be released this fall. The self-taught cook started a blog documenting her recovery from an eating disorder.

“When I eat healthy, I feel balanced, peaceful, energetic and happy,” she said.

## VEGAN CHEESEMAKER MIYOKO SCHINNER

Miyoko Schinner has been perfecting her vegan

## As plant-based diets shine, followers offer guidance on the lifestyle



AP FILE PHOTO/Julio Cortez

**Sen. Cory Booker, D-N.J., is an outspoken vegan who has used the rostrum to advocate for issues dear to him, particularly on animal welfare.**

cheeses for decades. And once she did, she wrote a cookbook, “Artisan Vegan Cheese,” so others could appreciate them. Except that for many home cooks, the processes for making the outrageously good dairy-free cheeses were a bit too laborious. And that prompted Schinner to launch a company, Miyoko's Kitchen (<http://miyokoskitchen.com/>), to produce her cheeses for retail.

Why are the recipes so daunting? The same reason they are so good. Schinner follows the classic cheese-making process, using live cultures and various fermentation techniques. But instead of dairy, she applies them to a cashew base. Now Miyoko's Kitchen, based in Fairfax, California, offers 10 styles of cheese, including an aged sharp English farmhouse cheddar and a soft goat-like cheese wrapped in wine-cured fig leaves.

She's even conquered the elusive vegan mozzarella, with fresh brined balls of cheese that will launch in select Whole Foods Market stores in February. She promises they melt like the real thing.

“I'm in it to save animals,” she said. “The best way to do it really is to give people a solution for when they transition to veganism.”

## CHEF RICH LANDAU

When chef Rich Landau, 48, ran a lunch counter at the back of a health food store in the Philadelphia suburbs more than two decades ago, veganism was practically taboo. Now Landau is one of the leaders in a food revolution that sees mainstream chefs putting vegetables at the center of the plate.

His upscale restaurant Vedge (<http://vedgerestaurant.com/>), which he co-owns with wife and pastry chef Kate Jacoby, has garnered a reputation for dishes like wood-roasted carrots with kimchee “reuben,” pumpernickel sauce and sauerkraut puree. Actress Gwyneth Paltrow raves about the restaurant.

“It's not the actual meat that tastes good, it's what chefs do to it,” he said of his similar ability to transform produce. “And more people are waking up to this idea that vegetables taste good and have natural flavor to them. Chefs are not just treating them as a side dish anymore .... They're finally treating vegetables the way they did meat.”

Landau, who loves to roast, smoke, brine, pickle and cure veggies to coax out meaty flavors, hopes to soon open another restaurant — this time a fast-casual concept — in Washington or Philadelphia.



# Hold the soft drink, limit salt — and go ahead and crack that egg

BY MARY CLARE JALONICK  
ASSOCIATED PRESS

WASHINGTON — Better cut down on sugar, especially those 16-ounce drinks, and limit your salt. But you might not need to worry quite as much about eggs.

The Obama administration's latest dietary guidelines, released this month, seek to help Americans reduce their likelihood of disease and obesity through a more healthful diet. The newest guidance comes down hard on sugar that's added to food and drinks, but says lean meat is a healthy protein and more eggs may be OK, despite years of advice to the contrary.

Released every five years, the guidelines inform everything from food package labels to subsidized school lunches to your doctor's advice. And the main message hasn't changed much over time: Eat your fruits and vegetables. Whole grains and seafood, too. And keep sugar, fats and salt in moderation.

The government says people should figure out what healthy eating style works for them while still hewing to the main recommendations. The Agriculture Department, which released the guidelines along with the Department of Health and Human Services, is also putting out a tweaked version of its healthy "My Plate" icon to include a new slogan: "My Wins."

"Small changes can add up to big differences," Agriculture



FILE PHOTO

**Incorporating vegetables into daily meals remains at the forefront of new U.S. dietary guidelines**

Secretary Tom Vilsack said.

## LEAN MEAT IS OK

After a significant backlash from the meat industry and Congress, the administration ignored several suggestions from a government advisory panel. That panel had suggested calling for an environmentally friendly diet lower in red and processed meats and de-emphasized lean meats in its list of proteins that are part of a healthful diet.

As in previous years, the government says lean meat is part of a more healthful diet. Buried deeper in the report, though, is language that suggests teenage boys and adult men should reduce meat and eat more vegetables. Government data show that males from 14 to 70 consume more than

recommended amounts of meat, eggs and poultry, while women are more in line with advised amounts.

Dr. Richard Wender of the American Cancer Society said the report ignores extensive science on a link between cancer and diet.

"By omitting specific diet recommendations, such as eating less red and processed meat, these guidelines miss a critical and significant opportunity to reduce suffering and death from cancer," Wender said.

## CUT OUT THE SUGARY SOFT DRINKS

One new recommendation is that added sugar should be no more than 10 percent of daily calories.

That's about 200 calories a day, around the amount in one 16-ounce sugary drink. The recommendation is part of a larger push to help consumers isolate added sugars from naturally occurring ones like those in fruit and milk.

According to the guidelines, sugary drinks comprise 47 percent of the added sugars that Americans drink and eat every day.

## TOO MUCH SALT

Americans also need to lower salt intake, the government says. New figures from the Centers for Disease Control and Prevention show around 90 percent of people eat too much. The average person eats 3,400 milligrams of sodium a day, and the guidelines say everyone should lower that to 2,300, or about a teaspoon.

Lowering sodium intake was the major push of the 2010 guidelines, and that document recommended that those most at risk of heart disease, or about half the population, lower their intake to 1,500 mg. The new guidelines delete that lower amount as part of the top recommendations. Later on, though, the report says those with high blood pressure and prehypertension could benefit from a steeper reduction.

## CHOLESTEROL CONFUSION

After years of doctors saying that Americans shouldn't eat too many eggs, recommendations for cholesterol have also shifted.

The 2010 guidelines made a key recommendation that Americans

consume less than 300 mg a day of dietary cholesterol, or about two small eggs. That recommendation is gone, following increasing medical research showing the amount of cholesterol in your bloodstream is more complicated than once thought. Several more recent studies have shown little relationship between heart disease and dietary cholesterol, focusing more on the kinds of fats consumed.

Still, egg lovers aren't completely off the hook. Discussion of cholesterol deeper into the document says "individuals should eat as little dietary cholesterol as possible while consuming a healthy eating pattern."

## FOOD POLITICS

While the guidelines always have been subject to intense lobbying by food industries, this year's version set off unprecedented political debate, fueled by Republicans' claims the administration has gone too far in telling people what to eat.

Congress got involved, successfully encouraging the administration to drop the recommendations based on environmental impact but unsuccessfully proposing to set new standards for the science the guidelines can use.

"It's clear to me and my colleagues that the administration wisely listened to the science and dismissed the interests of political activists," said Alabama Rep. Robert Aderholt, the Republican chairman of the subcommittee that oversees Agriculture Department spending.

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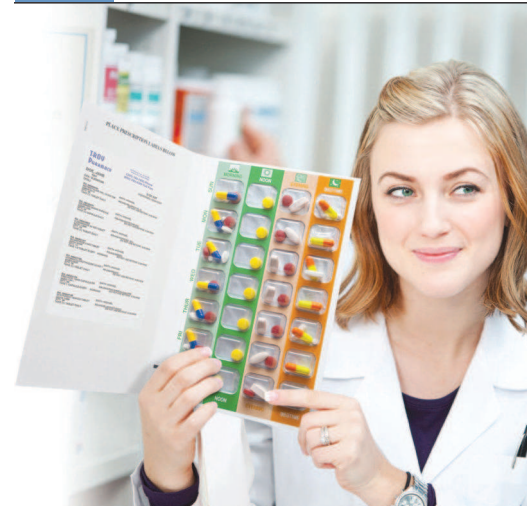
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# The changing focus of Medicare

## A look at what's on the horizon for older adults

By RICARDO ALONZO-ZALDIVAR  
ASSOCIATED PRESS

WASHINGTON — Whether it's coverage for end-of-life counseling or an experimental payment scheme for common surgeries, Medicare in 2016 is undergoing some of the biggest changes in its 50 years.

Grandma's Medicare usually just paid the bills as they came in. Today, the nation's flagship health-care program is seeking better ways to balance cost, quality and access.

The effort could redefine the doctor-patient relationship, or it could end up a muddle of well-intentioned but unworkable government regulations. The changes have been building slowly, veiled in a fog of acronyms and bureaucratic jargon.

So far, the 2016 change getting the most attention is that Medicare will pay clinicians to counsel patients about options for care at the end of life. The voluntary counseling would have been authorized earlier by President Barack Obama's health care law but for the outcry fanned by former Republican vice presidential candidate Sarah Palin, who charged it would lead

to "death panels." Hastily dropped from the law, the personalized counseling has been rehabilitated through Medicare rules.

But experts who watch Medicare as the standards-setter for the health system are looking elsewhere in the program. They're paying attention to Medicare's attempts to remake the way medical care is delivered to patients, by fostering teamwork among clinicians, emphasizing timely preventive services and paying close attention to patients' transitions between hospital and home. Primary care doctors, the gatekeepers of health care, are the focus of much of Medicare's effort.

Patrick Conway, Medicare's chief medical officer, says that nearly 8 million beneficiaries — about 20 percent of those in traditional Medicare — are now in "Accountable Care Organizations." ACOs are recently introduced networks of doctors and hospitals that strive to deliver better quality care at lower cost.

"Five years ago there was minimal incentive to coordinate care," said Conway. "Physicians wanted to do well for their patients, but the financial incentives were

completely aligned with volume." Under the ACO model, clinical networks get part of their reimbursement for meeting quality or cost targets. The jury's still out on their long-term impact.

Still, a major expansion is planned for 2016, and beneficiaries for the first time will be able to pick an ACO. Currently they can opt out if they don't like it.

"We're all trying to understand where is that threshold when things will flip," said Kavita Patel, a Brookings Institution health policy expert who also practices as a primary care doctor. It could be like the switch from snail mail and interoffice memos to communicating via email, she says, but "I'm not sure we have reached critical mass."

Glendon Bassett, a retired chemical engineer, says he can vouch for the teamwork approach that Medicare is promoting. Earlier this year, a primary care team at SAMA Healthcare in El Dorado, Arkansas, prevented what Bassett feared would turn into an extended hospitalization. It started with a swollen leg.

SAMA is part of Medicare's Comprehensive Primary Care Initiative, an

experiment in seven regions of the country that involves nearly 400,000 beneficiaries and a much larger number of patients with other types of insurance. The insurers pay primary care practices a monthly fee for care coordination, and the practices also have the opportunity to share in any savings to Medicare.

The primary-care teams at SAMA consist of a doctor, a nurse practitioner, three nurses, and a care coordinator. The coordinator shepherds patients to avoid gaps in care. The nurses can be an early warning system for the doctor.

Bassett said he had a history of circulatory problems in his legs, but this was different. "It was scary," he said. "Within a week's time it turned from red to dark."

He thought about the emergency room, but he got in right away to see the nurse practitioner working with Dr. Gary Beville, his longtime physician. The nurse fetched other clinicians to look at Bassett's swollen right leg. He was immediately given antibiotics. And the doctor referred him to a cardiologist for an outpatient procedure that has since improved his circulation.

While the medical



AP PHOTO/Evan Lewis

**Glendon Bassett does a cardio workout at the Family YMCA in his community. The retired chemical engineer says he can vouch for the teamwork approach Medicare is promoting.**

treatment may have followed fairly standard protocols, Bassett believes the team approach prevented serious consequences.

"If I hadn't seen the nurse practitioner when I did, I feel like I would have been in the hospital," he said.

Medicare is weighing whether to expand the primary care model. Conway said more data is needed.

Other notable changes coming in 2016:

### Hip and Knee Surgery

Joint replacements are the most common surgical procedure for Medicare beneficiaries. Starting in April, hospitals in 67 metro areas and communities will

be responsible for managing the total cost of hip and knee replacements. The experiment covers a 90-day window from the initial doctor's visit, through surgery and rehabilitation. At stake for the hospitals are potential financial rewards and penalties.

Medicare's goal is to improve quality while lowering cost. But hospitals worry about financial consequences and advocates for patients say there's a potential to skimp on care.

"What we are discovering with all this change is that trying to get to value over volume is very difficult to do," said Herb Kuhn, who Leads the Missouri Hospital Association.

## Trouble sleeping? You might be slumbering in a dust bowl

By ALISON BOWEN  
CHICAGO TRIBUNE (TNS)

It's cold and flu season, but if you have the sniffles and feel exhausted, the culprit might not be a germ.

When was the last time you dusted everything in your bedroom?

It's a question Dr. Neeta Ogden, an adult and pediatric allergist and immunologist, finds herself often asking patients.

"People complain about the cough that they can't shake in the winter," she said. "Many times that can be due to indoor allergies."

Allergens on bedroom surfaces can disrupt sleep, causing exhaustion and even irritating symptoms like coughing or sneezing that people might not realize are rooted near the bed.

"I think the bedroom is really the No. 1 place that

they may not be aware of that's harboring allergens," Ogden said.

The bed is a main source to examine. Dust mites hide in the mattress and pillows "because they actually feed off of our skin cells," she said.

The best solution? She suggests a barrier between the mattress and you, like an AllerEase mattress protector.

"For some people, it can

be a real problem," she said.

Also, check your furniture. Perhaps the last time you cleaned for guests, you skipped the bedroom, knowing you could close the door. Or maybe that became skipping the last few cleanings.

A thin layer of dust often collects on a lamp or dresser or windowsill. And below the bed, dust balls gather, and they can include dust mites.

"You might find dander or even roach residue or pollen," she said.

Have wipes available, she suggests, or even make a cleaning solution at home with vinegar and water.

"Wipe down these surfaces on a regular basis," she said.

Bedding isn't exempt: Throw it in laundry with hot water and a hot dryer cycle once a week, she said.

Same with stuffed

animals. "Anything that's stuffed is going to harbor dust mites," she said.

Wash them, or freeze them for 24 hours to get rid of any dust mites.

Don't forget pillows: Wash pillowcases, she suggests, in 130-degree water. Consider protectors for those too, and as a last resort, replace your pillows.

After all, as she noted, "once sleep is affected, it's affecting quality of life."





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