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# Healthy habits that can become part of your daily routine



A person's habits can have a strong impact on his or her overall health. Unhealthy habits like smoking and living a sedentary lifestyle can increase a person's risk for various conditions and diseases. On the flip side, healthy habits like eating a nutritious diet and getting enough sleep can bolster a person's immune system and reduce his or her risk for various ailments.

Some healthy habits, like daily exercise, can be time-consuming. Busy adults may not have time to exercise vigorously each day, though the U.S. Department of Health and Human Services urges men and women to find time for at least 150 minutes of moderate-intensity aerobic activity each week. But not all healthy habits take up time. In fact, adults can incorporate various healthy practices into their daily routines without skipping a beat.

- Take the stairs. Taking the stairs instead of the elevator can have a profound effect on overall health. According to Duke University, climbing just

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**Routine • from page 2B**

two flights of stairs combined per day can contribute to six pounds of weight loss over the course of a single year. In addition, a study from the North American Menopause Society found that stair climbing can help postmenopausal women reduce their risk for osteoporosis and help them lower their blood pressure.

- **Drink more water.** The Centers for Disease Control and Prevention notes that water helps the body maintain a normal temperature, lubricates and cushions joints, protects the spinal cord and other sensitive tissues, and helps to rid the body of waste through urination, perspiration and bowel movements. Adults who are thirsty can choose water over soda or other sugary beverages. The CDC notes that sugary beverages like soda and sports drinks contain calories but little nutritional value, making water a healthier way for individuals to quench their thirst.

- **Go for daily walks.** Walking benefits the body in myriad ways. For example, the Harvard School of Public Health notes that women who walk 30 minutes per day can reduce their risk of stroke by 20 percent and potentially by 40 percent if they walk briskly. In addition, researchers at the University

of Virginia Health System found that men between the ages of 71 and 93 who walked more than a quarter mile per day had half the incidence of dementia and Alzheimer's disease as men who walked less. A 15-minute walk around the neighborhood each morning coupled with a 15-minute walk after dinner can help adults dramatically improve their overall health.

- **Eat more greens.** Eating more greens is another healthy habit that doesn't require a major overhaul of an individual's lifestyle. The U.S. Department of Agriculture notes that dark green leafy vegetables, such as spinach, are rich in vitamins A, C, E, and K. The Mayo Clinic notes that vitamin E alone can help people maintain their vision and promote a healthy reproductive system while also improving the health of the blood, brain and skin. The USDA also notes that green vegetables contain very little carbohydrates, sodium and cholesterol. Adults won't have to reinvent the dietary wheel to incorporate more greens into their diets, and the results of doing so can have a significant, positive effect on their overall health.

The right habits can help people live healthier lives, and such habits need not require any major life changes.

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## New interactive online tool gives Missourians detailed information about local health resources

The University of Missouri System has introduced a new tool to connect Missourians to the university system's health care resources. The UM System Health Care Finder — an interactive, searchable database — maps more than 200 health resources across the state, from a pediatric endocrinology clinic in Kirksville to Tele-Behavioral Health Services in Marble Hill.

"This exciting new effort will help us leverage local partnerships to expand delivery of high-end care in underserved areas," said Marshall Stewart, UM System chief engagement officer and MU vice chancellor for extension and engagement. "It also supports the UM System's ambitious health care and engagement projects, such as the NextGen Precision Health Initiative and the Show Me Health and Well Being Initiative."

As part of UM System Community Connect, the Health Care Finder allows Missourians to search with key words, zip codes and geographic areas to find the health care resources they need. Relevant

results will appear on an interactive map containing detailed information about each resource.

In a state ranked 33 out of 50 in health care access and affordability — and 37th in prevention and treatment — the tool makes information about the UM System's health care services easily searchable and readily available to anyone in need, while also helping health providers and outreach workers see where services are lacking or in greater need.

"Not only does this tool give people valuable information about resources near them that they might not have known about, but it also gives us the information we need to potentially scale our services where needed," said Kathleen Quinn, senior program director for health and safety with MU Extension and MU School of Medicine associate dean for rural health. "When working with local communities and the other system universities to expand health care access, this tool shows us exactly where

the gaps are and what assets we already have that can be harnessed for a greater good."

The Health Care Finder is still receiving regular additions and updates, and there are plans to add additional layers of detail to the map tool, including local social and economic data and information about health care resources outside the UM System, such as local health departments.

"When it comes to connecting rural and underserved residents with the care they need, we want this tool to be a model for improving health care access and outcomes across the country," said Mun Choi, UM System president. "Our priority is delivering quality care to every single Missourian, but this approach to transparent and easily accessible information about health services is scalable across the entire country. If communities and health systems work together, then health, economic development and overall prosperity will improve for every resident in Missouri."

## Did you know?

According to the American Cancer Society, several viruses have been linked to cancer in humans. Viruses work by entering living cells and hijacking their machinery in order to reproduce and make more viruses. To do so, the ACS notes that many viruses will insert their own DNA or RNA into their host cells, affecting those cells' genes. That can push the cell toward becoming cancer. At least a dozen types of human papillomaviruses, or HPVs, are known to cause cancer. That's important to note, as the ACS says most sexually active people are infected with one or more of the more than 40 types of HPVs that are passed on through sexual contact. In addition to HPVs, a type of herpes virus known as the Epstein-Barr virus as well as HIV and hepatitis B and C have also been found to cause cancer. It's equally important to point out that while these and other viruses can cause cancer, that does not mean everyone who has been diagnosed with them will get cancer. But people who have been diagnosed with cancer-causing viruses should discuss their cancer risk with their physicians, making sure to ask if there is anything they can do to lower their risk for the disease.



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## FOR YOUR HEALTH

# Helping kids lay a foundation for lifelong health

Summer officially arrives this month, and it feels especially welcome. After a very long 16 months since the pandemic started, life is beginning to return to normal, as COVID-19 vaccination gains ground and rates of infections continue to drop. And while we still have a way to go before we can put the pandemic fully behind us, getting to enjoy the long, warm days of summer feels like a well-deserved reward for how far we've come.

As usual, no group may be happier about summer than kids. After yet another disrupted school year, most are likely ready for a good, long break and hopefully a return to more normal routines.

Though it may not be at the top of their list, an important part of that return-to-normal for our kids can be helping them get back on track with, or build upon, important healthy behaviors. Over the short term, this can



**by Dr. Graham Colditz**  
Siteman Cancer Center

help give a boost to their well-being as we begin to come out of the pandemic. Over the long term, it can help lay a foundation for overall health and even a lower risk of cancer in adulthood.

Many lifelong habits that help protect against cancer begin in childhood. And because youth is a unique time of growth and development, some behaviors and exposures during these early years

can actually impact cancer risk later in life. Help the children, adolescents and teens in your life with these healthy behaviors:

Being sun safe and avoiding indoor tanning. Enjoying time outside is one of the great parts of summer, but being smart about it is key. Youth and teens are especially vulnerable to skin damage from the sun, so help them find shade, use sunscreen and wear sun-protective clothes, like long-sleeved shirts and wide-brimmed hats. Indoor tanning is also risky and should be avoided.

Eating a healthy diet. The quality of kids' eating habits can slip in summer. So, this can be a good time to help them choose foods rich in fruits, vegetables and whole grains, and steer them away from red meat, fast food, high-calorie snacks and sugary drinks. This is good for both overall health and healthy growth. When kids are old enough, also discuss the dangers of alcohol with them. Among other problems, drinking increases the risk of a number of adult cancers.

Fitting in physical activity and limiting screen time. Regularly give kids the opportunity to be active. A good goal is 60 minutes per day. But any amount is better than none. It's also important to think about kids' screen time, which is a good marker for how much time they spend sitting. Time with phones, tablets and TVs kicked up dramatically when much of our lives turned virtual during the pandemic. With health restrictions now starting to lift, it's a good time to begin to reset our relationships with our screens.

Getting the HPV vaccine. The HPV (human papillomavirus) vaccine is a standard childhood vaccine that protects against six adult cancers. Recommended for both boys and girls ages 9 to 12 years old, it can also

be given to teens and young adults. If the vaccine isn't offered at your child's regular vaccine appointment, be sure to ask about it.

It's been a strange and often stressful pandemic for kids and parents, alike. So, be sure to take any healthy changes slowly. Try to set realistic goals and then build up bit by bit from there. And know that even small changes can have important benefits – and for years to come.

It's your health, and your family's health. Take control.

*Dr. Graham A. Colditz, associate director of prevention and control at Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine in St. Louis, is an internationally recognized leader in cancer prevention. As an epidemiologist and public health expert, he has a long-standing interest in the preventable causes of chronic disease. Colditz has a medical degree from The University of Queensland and a master's and doctoral degrees in public health from Harvard University's T.H. Chan School of Public Health.*

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## Food's important role in overall health

Nutrition is a popular topic of conversation, particularly among those embarking on a weight loss or maintenance plan. Individuals carefully study food macros and pore over various diets to get the most out of the foods they eat. When the end goal is simply looking good, it may be easy to forget about the other benefits of nutritious diets, including their link to overall health.

A close relationship exists between nutritional status and health. Experts at Tufts Health Plan recognize that good nutrition can help reduce the risk of developing many diseases, including heart disease, stroke, diabetes, and some cancers. The notion of “you are what you eat” still rings true.

The World Health Organization indicates better nutrition means stronger immune systems, fewer illnesses and better overall health. However, according to the National Resource Center on Nutrition, Physical Activity, and Aging, one in four older Americans suffers from poor nutrition. And this situation is not exclusive to the elderly. A report examining the global burden of chronic disease published in The Lancet found poor diet contributed to 11 million deaths worldwide — roughly 22 percent of deaths among adults — and poor quality of life. Low intake of fruits and whole grains and high intake of sodium are the leading risk factors for illness in many countries. Common nutrition problems can arise when one favors convenience and routine over balanced meals that truly fuel the body.

### Improving nutrition

Guidelines regarding how many servings of each food group a person should have each day may vary slightly by country, but they share many similarities. The U.S. Department of Agriculture once followed a “food pyramid” guide, but has since switched to the MyPlate resource, which emphasizes how much of each food group should cover a standard 9-inch dinner plate. Food groups include fruits, vegetables, grains, proteins, and dairy. The USDA dietary guidelines were updated for its for 2020-2025 guide.

Recommendations vary based on age and activity levels, but a person eating 2,000 calories a day should eat 2 cups of whole fruits; 2 1/2 cups of colorful vegetables; 6 ounces of grains, with half of them being whole grains; 5 1/2 ounces of protein, with a focus on lean proteins; and 3 cups of low-fat dairy. People should limit their intake of sodium, added sugars and saturated fats. As a person ages he or she generally needs fewer calories because of less activity. Children may need more calories because they are still growing and tend to be very active.

Those who are interested in preventing illness and significantly reducing premature mortality from leading diseases should carefully evaluate the foods they eat, choosing well-balanced, low-fat, nutritionally dense options that keep saturated fat and sodium intake to a minimum.

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## Seven strategies to prevent cancer

Cancer affects people from all walks of life. The National Cancer Institute estimated that, in 2020, roughly 1.9 million new cases of cancer would be diagnosed and more than 606,000 people would die from the disease.

The most common cancers include breast, lung, prostate, colon, melanoma, and bladder cancers. Even the healthiest people are not immune to these diseases. However, there are ways for people to reduce their risk for various cancers.

**1. Skip tobacco products.** Avoiding tobacco in all forms can greatly reduce a person's risk of developing cancer. Smoking is a major contributor to various cancers, including lung and bladder cancers.

**2. Exercise regularly.** Exercise benefits the body in various ways, including reducing a person's risk for various types of cancers. The American Institute for Cancer Research recommends exercising for at least 45 minutes per day. This doesn't have to mean a hard workout at the gym. Moderate exercise through gardening, dancing, playing with children, or walking the dog are sufficient

forms of exercise.

**3. Lose weight in a healthy way.** The American Cancer Society says obesity and being overweight have been linked to increased risk for breast, colon, esophageal, endometrial, and pancreatic cancers. Fat and sugar metabolism may be mechanisms implicating weight in cancer occurrence. Skip the fad diets and lose weight through portion control, a balance of healthy foods and exercise.

**4. Limit alcohol consumption.** Excessive alcohol consumption increases the risk of cancers to the breast, esophagus, mouth, and larynx. Harvard Medical School recommends that those who choose to drink limit alcohol their consumption to no more than one drink per day.

**5. Reduce consumption of animal fats.** Verywell Health notes that studies point to a diet high in animal fat as a contributor to increased risk of certain cancers. Red meat is a particular concern.

**6. Avoid radiation exposure.** Opt for medical imaging tests only when they are



**HEALTHY FOODS** that are rich in vegetables and low in animal fats can help people reduce their cancer risk.

absolutely necessary. Radon in a home is a factor in cancer causation, so homeowners should periodically test their homes for radon. In addition, sunscreen and avoiding the sun during certain times of day, such as between the hours of 10 a.m. and 2 p.m., can reduce exposure to potentially harmful UV rays.

**7. Prioritize safe behaviors.** Certain viruses can cause cancer, including Epstein-

Barr and human papillomavirus. Hepatitis and HIV also can increase a person's risk for cancer. Practicing safe sex and avoiding illegal drug use can lower the risk of getting cancer from infectious diseases.

Cancer continues to be a leading cause of death and affects millions of people. By examining their behaviors and lifestyles, people can make changes that reduce their risk for various cancers.

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## Four interesting health benefits of garlic

Garlic makes a delicious addition to various meals. Though some people may avoid garlic because of its potential to contribute to bad breath, doing so means people may miss out on some surprising health benefits produced by this powerful, if pungent, bulb.

### 1. Garlic bolsters the immune system.

A 2015 review published in the *Journal of Immunology Research* found that garlic appears to enhance the functioning of the immune system by stimulating certain cell types. A strong immune system helps people fight germs that can lead to colds and other illnesses.

**2. Garlic can have a positive effect on blood pressure.** According to the Cleveland

Clinic, researchers believe that red blood cells turn the sulfur in garlic into hydrogen sulfide gas that expands the blood vessels. That makes it easier to regulate blood pressure.

That's no minor benefit, as the American Heart Association notes that high blood pressure can contribute to heart disease and stroke.

### 3. Garlic can benefit the skin.

Allicin is a compound that is produced when garlic is crushed or chopped. According to the online health and wellness resource MedLife, allicin benefits the body in various ways, including killing the bacteria that causes acne.

**4. Garlic may help reduce lead levels in the body.** A 2012 study published in the journal *Basic & Clinical Pharmacology & Toxicology* studied the potentially therapeutic effects of garlic on 117 workers in the car battery industry. The clinical signs and symptoms of lead poisoning were significantly higher among workers who were not treated with garlic compared to those who

were. Authors of the study concluded that garlic can be recommended for the treatment of mild-to-moderate lead poisoning.

Garlic can make for a nutritious addition to any meal, and some of its many health benefits may surprise even the most ardent supporters of this unique bulb.



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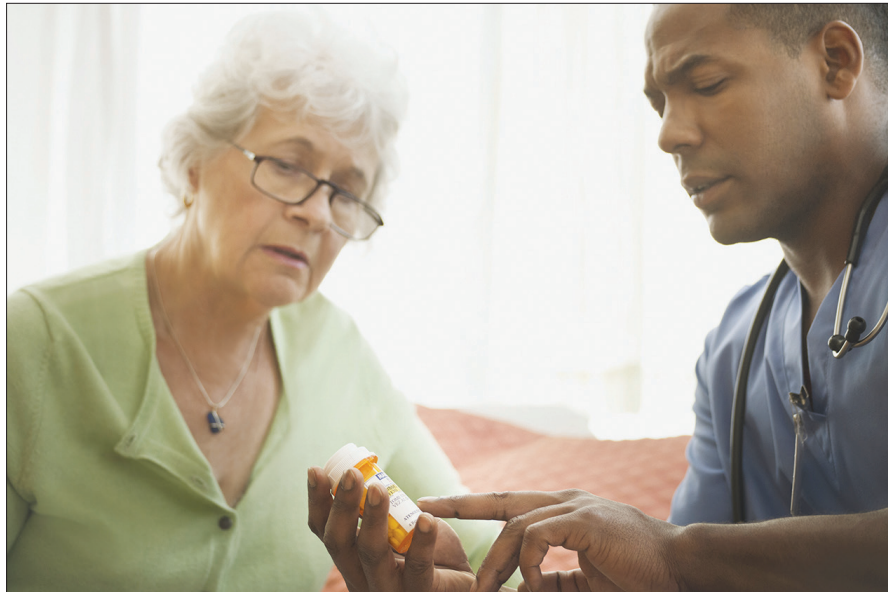
## Strategies to address drug interaction side effects

Medications are utilized in various ways. Some people take medication to treat issues like headaches or the common cold, while medicine also may be used to treat serious diseases like cancer or heart disease. Each medicine is different, but all share one common trait: the potential to produce side effects.

The U.S. Food and Drug Administration notes that the side effects of medications can range from relatively harmful nuisances like a runny nose to potentially life-threatening issues like an increased risk for heart attack. When taking prescription medications or even over-the-counter drugs like ibuprofen or acetaminophen, it's imperative that people discuss the side effects of such medicines with their physicians. Such discussions are especially important for people who are already taking other medications, as the American Academy of Family Physicians notes that adverse drug reactions are more likely to affect people who take more than three medicines per day.

People who suspect they're experiencing side effects from medications should contact their physicians immediately. Physicians may recommend a host of strategies to treat these common side effects.

• **Constipation:** The health care experts at Michigan Medicine note that drinking plenty of fluids and exercising



can help people overcome constipation. Doctors also may recommend incorporating more bran and whole grains into your diet. Consuming fruits and vegetables that are high in fiber, including apples, beans, broccoli, and prunes, also may help people overcome constipation.

• **Diarrhea:** The U.S. National Library of Medicine notes that nearly all medicines can cause diarrhea. Foods like applesauce and rice are unlikely to lead to upset stomach, and these can be consumed when people are experiencing

diarrhea. Avoiding spicy foods and foods that are high in fat also can help people overcome diarrhea.

• **Headaches:** Michigan Medicine indicates that headaches might appear as the body adjusts to a new medicine. As the body acclimates, headaches might lessen in severity and ultimately disappear. In the meantime, people can speak to their physicians about the safety of taking additional medicine to treat their headaches.

• **Loss of appetite:** The online medical resource Healthline notes that various drugs, including sleeping pills, antibiotics, blood pressure medications, and diuretics, have been known to cause loss of appetite. Eating healthy snacks between meals and choosing protein-rich foods at mealtime may ensure people get enough calories, vitamins and minerals each day, even if they're not eating as much as they used to.

• **Nervousness:** A feeling of nervousness or of being on edge is another potential side effect of certain medications. This may occur as the body adjusts to a new medicine. However, patients may want to discuss lower doses or even alternative medicines with their physicians.

Medications can produce various side effects. If side effects appear, people should contact their physicians to develop a safe, effective plan to address them.

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## The risks of an overly sedentary lifestyle

Health experts call it “sitting disease.” It refers to when people spend more of their time behind a desk or steering wheel of a car or planted in front of a television than they do engaging in physical activity. According to the American Heart Association, sedentary jobs have increased by 83 percent since 1950, and technology has reduced many people’s need to get up and move. Inactivity is taking a considerable toll on public health.

A study from the University of Cambridge equated inactivity with being obese. The Mayo Clinic advises that research has linked sedentary behavior to a host of health concerns, and found those who sat for more than eight hours a day with no physical activity had a risk of dying similar to the risks of fatality linked to obesity and smoking. Increased blood pressure, high blood sugar, abnormal cholesterol levels, and excess body fat all can be attributed to inactivity.

Mental health can be adversely affected by a sedentary lifestyle as well. Australian researchers surveyed more than 3,300 government employees and found men who sat for more than six hours a day at work were 90 percent more likely to feel moderate psychological distress, such as restlessness, nervousness or hopelessness, than those who sat for less than three hours a day.

In addition, a sedentary lifestyle can significantly increase a person’s risk for various types of cancer. A German meta-analysis of 43 studies involving four million people indicated those who sit the most have higher propensities to develop colon cancer, endometrial cancer and lung cancer.

Johns Hopkins Medical Center says research shows that high levels of exercise at some point in the day can lessen some risk, but it’s not entirely effective if most of the rest of the day a person is inactive. Risk for cardiovascular disease increases significantly for people who spend 10 hours or more sitting each day.

Various medical organizations recommend individuals get up and move at any opportunity to help reduce risks of inactivity. Erin Michos, M.D., M.H.S., associate director of preventive cardiology at the Ciccarone Center for the Prevention of Heart Disease, advises people who are very sedentary to aim for 4,000 steps per day. Such individuals can then

build up to a target of 10,000 steps daily.

The Mayo Clinic recommends these strategies to reduce the amount of time you spend sitting.

- Stand while talking on the phone or watching television
- Invest in a standing desk
- Get up from sitting every 30 minutes
- Walk at lunch or during meetings

Sedentary lifestyles can affect health in many negative ways. But there are various ways to get up and go over the course of a typical day.



### Therapy & Wellness and Medical Office Building Expansion OPENING IN 2022



Missouri Baptist Sullivan Hospital has embarked on a project to expand the campus with a new state-of-the-art Therapy & Wellness Center. The facility will include physical, occupational, and speech therapies for children and adults. It will also feature a pool for hydrotherapy, and massage therapy services. The Center will also operate a fully equipped exercise facility with memberships available to the community and 24/7 key card access. Construction is scheduled to be complete in February 2022.





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