

My HealthTALK

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Courtesy of Asset Health

"Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured." Mark Twain



Be Happy, Be Healthy

We all experience anger—for example, when someone cuts us off in traffic or a significant other forgets an anniversary. A new study shows that the way we express our anger can give clues about whether we are at greater risk for heart disease.

Have your emotions ever exploded into rage? According to a study published in *The American Journal of Cardiology*, participants who report outbursts of anger are more likely to suffer from a heart attack. The study examined more than 3,000 heart attack patients and found that more than half of them reported having an outburst of rage in the year before their heart attack.

Research also shows that as intensity of rage goes up, so does the risk of having a heart attack within two hours of the outburst. Those who report moderate anger have a 1.7 times higher heart attack risk. Those who reported being so angry that their bodies tense up with fists and teeth clenched have a 2.3 times higher risk, while those who report throwing objects or losing control have a 4.5 times higher risk.

If you feel an outburst coming on, try removing yourself from the situation for a few minutes. Take a few deep breaths. If possible, get some exercise to release tension. Once you are calm, think through what you'd like to say and be specific about what is making you angry. You don't want to say something you'll regret later.

While losing your cool is a bad idea, research shows that holding a grudge is also detrimental to your health. Recalling

what makes you angry causes stress, which is linked to heart disease and high blood pressure.

You can learn to let go of a grudge by taking a few, simple steps. First, decide for yourself that you are going to let go of your resentment. Don't wait for action from the person who upset you. Make the action about yourself. Forgiveness is for your own peace of mind. Holding a grudge is more hurtful to you than the person who upset you.

Try to think about the situation from the other person's point of view. This might help you gain perspective and make it easier for you to forgive. Talk with a friend or family member and acknowledge your feelings. Finally, forgive the person out loud, even if you are alone. Verbalize that you are letting go of the anger, and then it becomes an action rather than a thought.

Try to remember, less anger in your life means better health!

Don't See RED Know Your SUNSCREEN

One in five Americans will be diagnosed with some form of skin cancer, the most common form of cancer, in their lifetime. Sunscreen is one of the best measures of protection, but not all sunscreens are created equal. The FDA set new guidelines for sunscreen labeling in 2012 to make the selection process a little easier. Enjoy your time in the sun and keep your skin safe by following some simple guidelines.

- Look for "broad spectrum" sunscreen, which means it guards against both UVA and UVB rays.
- Choose a sunscreen with an SPF of 30 or higher.
- Look for sunscreen labeled



"water resistant." No sunscreen is "waterproof" or "sweatproof."

- Wait 15 to 30 minutes after you apply sunscreen to go into the sun.
- Apply one ounce of sunscreen—enough to fill a shot glass—and reapply every two hours or as directed.
- Don't rely completely on sunscreen. Wear sunglasses with UV protection, a large brimmed hat to protect your face, and seek shade when you can.

Your Lips May Be Toxic

For many women, putting on lipstick or lip gloss is a part of an everyday makeup routine, but beauty comes at a cost. Research conducted at the University of California, Berkeley, shows that lipsticks and lip glosses contain dangerous levels of toxic metals, including lead, chromium, cadmium and manganese.

Lead, a neurotoxin, was found in 24 of the 32 lip products tested. Although the amount of exposure was below the daily acceptable level, even small amounts of lead are dangerous for some people.

A pregnant woman's exposure to lead is dangerous since it can affect the developing fetus. Lead exposure is also dangerous for young girls when their brains and organs are still developing.

Research from the University of Maryland School of Nursing shows that children with even slightly elevated levels of lead in their blood are less likely to be ready to read by the time they reach kindergarten.

But don't despair, lipstick lovers! There's no need to throw away all of your lipstick, but you might want to think about applying it less often. The more you use it, the more toxic metals you ingest. And remember, it is even more risky to let children apply lipstick or lip gloss.



SAFE SUMMER Grilling

Who doesn't love grilling dinner in warm weather? It is a great way to reduce fat from your meat and retain the nutritional value of cooked vegetables. If you grill often, it's important to understand the health risks.

Research shows that charring meat, poultry and fish causes the formation of heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs), which can cause changes in DNA. These changes in DNA can lead to cancer; however, you don't have to swear off grilling altogether to reduce cancer risks.



TIPS FOR HEALTHY GRILLING:

- Don't Get Stuck in a Rut. Hot dogs and burgers are popular for grilling, yet diets high in red meat and processed meats are linked to colon cancer. Try eating more chicken and fish.
- Mix Up a Marinade. Use lemon juice, vinegar, wine, herbs and spices to flavor your meat. Research shows that marinating meat for at least 30 minutes helps reduce the formation of HCAs.
- Start Indoors. Smoke from the grill deposits PAHs onto meat. By reducing the time meat is over the flames, you can reduce PAHs. It's healthier to pre-cook the meat with the microwave, stove or oven before finishing it on the grill. Just be sure to transfer it immediately to the grill to keep bacteria from forming.
- Keep it Low. Charring and burning meat causes the formation of HCAs and PAHs, so cooking the meat over a low flame and not directly over the coals is a good way to go. Trim excess fat off the meat before throwing it on the grill to reduce the chance of flare-ups.
- Eat Your Vegetables. Bring some color to your grill by adding vegetables. Not only are vegetables tasty on the grill, they bring anti-cancer properties to the table.