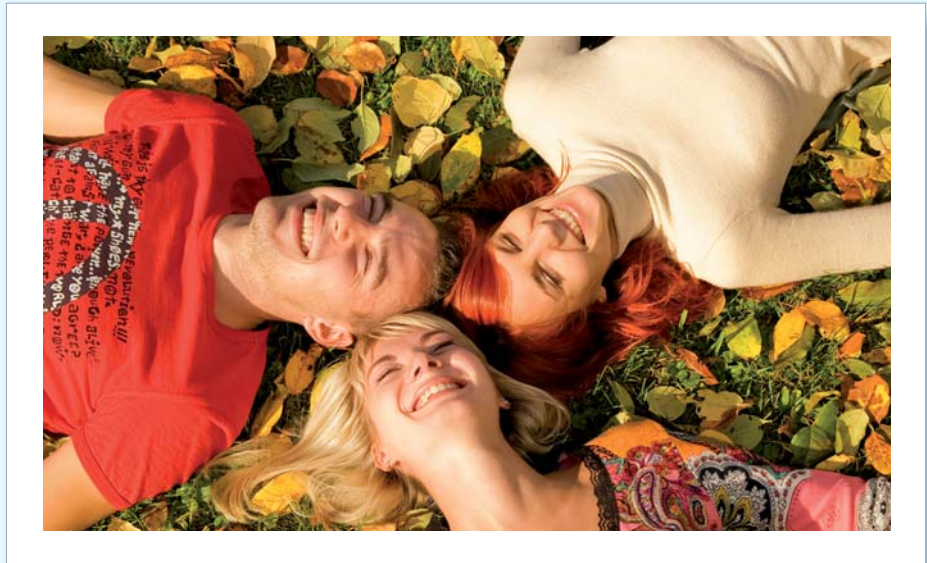


Healthy Habits for Living Longer

Humans are one of the longest living mammals in the universe. Don't quote me on this if new species are discovered. Interestingly, the most important determinant of longevity among mammals appears to be the ratio of brain size to body size.

Most of us are well acquainted with the lifestyle related risk factors such as smoking, inactivity, blood pressure and cholesterol. We also know that age and gender are what are considered 'non-modifiable risk factors' and as such can not be altered. However, there are a number of factors that can either positively or negatively effect your life expectancy. These include socioeconomic status, amily history, incidental exercise, Body Mass Index, alcohol, smoking, personal health expectancy food variety, sleep, depression, loneliness and social isolation.



>> Top tips for increasing your life expectancy

BODY MASS INDEX: If you take your weight in kilograms and divide it by the square of your height in metres you obtain a BMI. A BMI between 19.5-24.9 is considered acceptable, 25-29.9 overweight and 30+ is referred to as obese and 35+ is morbidly obese. Mortality risk increases by 72% in the overweight, 161% in the mildly obese and 244% in the obese. The message? If your BMI is high, try to grow taller before it's too late.

SMOKING: One interesting fact about smoking which people find surprising is the 'non-linear' nature of the smoking risk curve. If you look at the risk data for 3/day smokers and 15/day smokers, the risk only doubles – it doesn't increase 5 fold.

This means that people who cut down, rather than just quit don't get nearly as much benefit as they think. The message? There's no such thing as low risk smoking. Even one cigarette per day increase risk of death by 30%.

ALCOHOL: The risk for some cancers (eg.gastrointestinal, liver and breast) goes up significantly with excess alcohol consumption. The message? Limit your intake to 2-3 standard drinks per day with 2 alcohol free days per week of 'non cumulative' consumption (you can't save it all up for Saturday night!).

PERSONAL HEALTH

EXPECTANY: People who think they are in good health tend to live longer than those who feel their health is poor.

Most people are as good at predicting their own longevity as many sophisticated risk rating systems.

FOOD VARIETY: It is important we eat a variety of plant based foods in our diet if we are to benefit from the 15000+ health promoting nutrients they contain. An apple, an orange and a banana may give you the recommended '3 pieces' of fruit per day, but if you do this every day, you'll only end up with 3 'food variety points' by weeks end (and you're after 30 points).

QUOTE OF THE MONTH

"Self-sufficiency is the greatest form of freedom"



New Science contd...

LACK OF SLEEP – A CHRONIC PROBLEM FOR AUSTRALIANS

A recent survey of 1200 people has shown that half of Australians claim they don't get enough sleep. Most blame this on work and having "too much to do" for their lack of shut-eye.

The research revealed that the average adult Australian gets under seven hours sleep a night, below the seven to eight hours recommended by sleep experts.

The other top reasons contributing to lack of sleep included long hours, work related stress and job insecurity. Others blamed poor sleeping patterns, television or computer games or simply having too much to do.

In regards to health rating the results were not surprising. Those sleeping less were more concerned about their health and less likely to rate their health as excellent - the opposite of longer sleepers.

Sleep experts recommend that adults get seven to eight hours sleep each night, with teenagers requiring up to 10 hours.

Under-sleeping leads to chronic sleepiness, poor performance and impaired judgment, and has also been linked to obesity, diabetes and hypertension.

DRINKING AND BREAST CANCER – A LINK

Breast cancer is the second most common cancer killer of women, after lung cancer. It will be diagnosed in 1.2 million people globally this year and will kill 500,000.

US researchers are saying that three or more drinks a day - whether beer, wine or spirits - boost a woman's risk of breast cancer as much as smoking a pack of cigarettes. Studies have consistently linked drinking alcohol to an increased risk of female breast cancer. However to date there has been little data on whether the choice of drink made a difference.

In what the researchers said was one of the largest studies to investigate links between breast cancer and alcohol - found that alcohol itself and the amount a person consumed were key rather than the type of drink. According to the study, women who drank between one and two alcoholic drinks a day increased their risk of breast cancer by 10 per cent compared with people who consumed less than one drink each day. The risk of breast cancer jumped by 30 per cent in women who drank more than three drinks a day.

TOP REASONS FOR GOING TO HOSPITAL DUE TO INJURY

1	Falls
2	Transportation
3	Self-inflicted
4	Undetermined intent
5	Inflicted by another person
6	Poisoning, pharmaceuticals
7	Fires, burns, scalds
8	Poisoning, other substances
9	Drowning and immersion

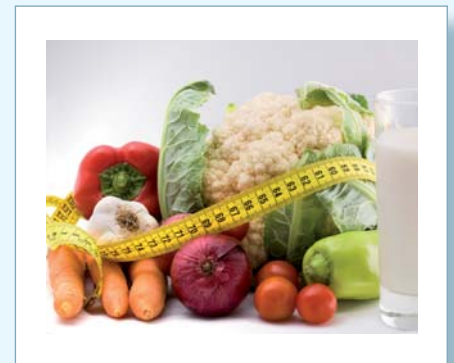
Did You Know?

The Vitamin D content of cow's milk is 5 times greater during summer than winter.

Roget was 73 years old when he wrote his thesaurus

Over the past 20 years, lung cancer rates in men have dropped by an average of 2.2% per annum. The rate in women has increased by 4.4% per annum during this period.

It takes 28kg of vegetation to produce 1kg of beef.



Each year approximately 10 000 Australian lives would be saved if Australians ate the right foods.

The name 'Vegemite' was drawn from a hat by the daughter of its inventor in 1926.

Half the fat in chicken or turkey is in the skin, or just beneath it.

Some people lack the enzyme which breaks down the aspartic acid in asparagus. This results in a pungent odour of the urine.

To ripen an avocado quickly, put it in a brown paper bag with a ripe apple or banana. These fruit give off ethylene gas which ripens the avocado.

Question and Answer Dr John Lang

Q. Can too much exercise be bad for you?

A. Too much of anything can be bad for you, even the most basic and seemingly innocuous of substances – oxygen and water. But how much exercise is too much? Well, that depends on your starting point – are you an elite athlete, or an overweight hypertensive, alcoholic smoker? What is clearly too much for one, will be insufficient for the other. And what does ‘bad for you’ actually mean? Is something that controls your weight, lowers your cholesterol, improves muscle and heart function, and contributes to your emotional well being ‘bad for you’ if it happens to result in an injury? All these things need to be defined more adequately before we can respond appropriately to the question.

It has been well documented that athletes in elite sporting institutions suffer basic coughs, colds and flu at higher frequencies than the population at large. The excessive exercise load of the elite athlete is known to suppress the immune system, predisposing the athlete to “opportunistic disease”.



It appears that excessive load, whether it be physical or psychological, is met with a similar reaction – declining immune function, and with it, diminishes defenses against pathogens such as viruses and bacteria.

In one study on ‘ordinary’ people who were training for a marathon, the rate of illness was 3-5 times greater than the control group in the eight weeks prior to the event. The training load of these ‘fun-runners’ averaged out at 80-90 km per week, which has been shown to be immunosuppressive in normal people, but not elite athletes.

Some studies suggest that increasing the amount of sleep can offset the exercise-induced decline in immune function. A basic rule of thumb used by many coaches is that an extra 15 minutes of sleep per night is required for every hour spent training. Although I’m not aware of any research to back this up, it is well documented that inadequate sleep suppresses immune function.

We also know from various studies, that light to moderate exercise is immune enhancing. The trick seems to be in getting the level right. I would suggest that anyone getting the basic 3-5 sessions of aerobic activity per week, or something similar (more if you are well trained with a good exercise history), is in the ballpark for good health benefits without getting into immunosuppressive territory.

Q. I’ve heard sweet potatoes are better for your health than normal “white” potatoes. Is this true?

A. Legend has it that Scarlet O’Hara maintained her 19 inch waist with the help of sweet potatoes! They are very filling and have a low Glycaemic Index (54), especially compared to a boiled white potato (93). In fact, sweet potatoes belong to the “morning glory” family, not the “nightshade” family commonly associated with most potatoes.

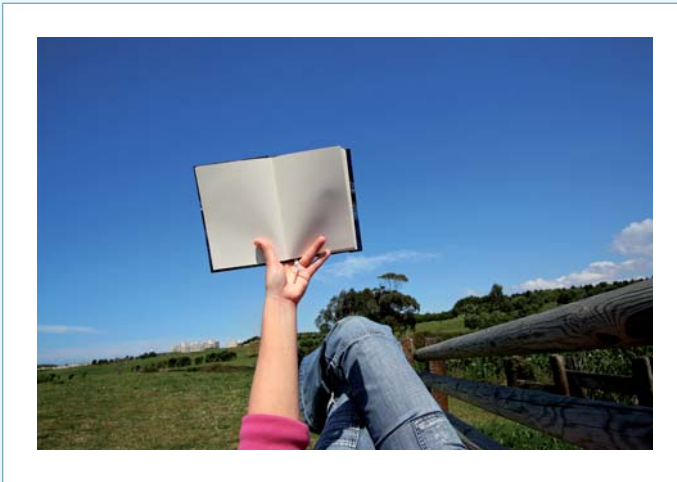
Sweet potatoes have high levels of vitamin C, E, beta carotene and fibre, as well as a host of other protective chemicals. Some of these, such as lutein and zeaxanthin, are associated with significantly lower heart disease incidence. A study conducted on 1900 men at the University of North Carolina showed that those with the highest levels of these chemicals in their blood had a 72% reduction in the rate of heart attack!

When buying sweet potatoes, choose those with the most intense orange colour. The richer the colour, the higher the vitamin content.

Sweet potatoes also contain folate and vitamin B6, which effect health – both mental and physical. These B group vitamins help to lower homocysteine levels which, if high, can increase cardiovascular disease risk, as well as impairing intellectual performance with aging.

Avoid the Summer Sting

Skin cancer is a major cause of death in Australia. Skin cancers account for around 81% of all new cancers diagnosed each year in Australia.



The sun can be well described as a double edged sword: on one hand it is essential for many of life's processes including growth, warmth and Vitamin D production however, on the other hand it can also cause skin cancers which in some cases, can result in death. The best approach is the preventative way. Skin Cancers that are detected and treated early have a better outcome than most other cancers.

Good Health Solutions offer a skin check service enabling the early detection of potentially dangerous skin spots or cancers.

For further information regarding this service, please contact our Sales and Marketing team at Sydney (02) 9356 0809 or Melbourne (03) 8656 0204.

Influenza Vaccination

Good Health Solutions is experienced in successfully providing the protection of influenza vaccinations for employees across corporate Australia. Influenza vaccination is just one of the many ways that Good Health Solutions is assisting organisations to manage and mitigate their risk of developing an influenza epidemic.

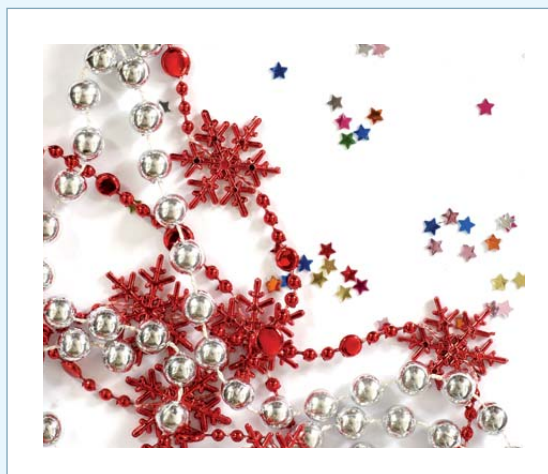
We pride ourselves on our efficient and quality service which is overseen by our Medical Director, Professor Ron Penny, one of Australia's leading immunology specialists. The unique benefits of our services are:

- Proven national coverage through metropolitan and regional;
- professional service and program management;
- multi-site management;
- convenient online booking system;
- highly trained and certified vaccination professionals;
- long standing relationships with vaccine suppliers which ensures early supply of the highest quality vaccines;
- innovative marketing & promotion materials designed to boost program take up rates.

For further information regarding this service, please contact our Sales and Marketing team at Sydney (02) 9356 0809 or Melbourne (03) 8656 0204.

Merry Christmas

The team at Good Health Solutions would like to take this opportunity to wish a Merry Christmas. We wish you the very best in health and prosperity for the New Year.





Disclaimer: The information contained in this newsletter does not in any way constitute medical advice and is not intended to address health concerns. For advice and treatment consult your doctor or health care professional.

www.goodhealthsolutions.com