



Your Health

A newsletter written for IBEW Local 269 members and their families

Fall 2009

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Web sites

- <http://www.mediclim.com>
Illnesses such as migraine headaches and arthritis can be aggravated by changes in weather. Sign up for free email alerts the day before your health problem may be aggravated due to changes in the weather. See page 9
- www.catalogchoice.org
Sick of all those catalogs in your mailbox and your recycle bin? 19 billion catalogs mailed to Americans every year consume 53 million trees. Go to Catalog Choice, a new online service that will tell merchants "thanks but no thanks" on your behalf. The service is free.

IBEW Local 269's Ninth Annual Health Fair

Your Good Health Is Our Goal

IBEW Local 269 is committed to improving the quality of life of its members and their dependents. As you proceed through life, it is imperative that you recognize that there are things you can do now to head off illnesses in the future. Recognizing this, Local 269 will hold its Ninth Annual Health Fair on **Saturday, October 17, 2009 from 10:00 am to 3:00 pm** in the Meeting Hall.

The focus of Local 269's Health and Welfare Fund is to provide proactive health care to its members. This Health Fair provides information to members and their dependents about illnesses, avoiding illness, and healthy living. All of the topics that will be addressed at the Health Fair are selected to help Local 269's membership become active participants in their own health care. By becoming more aware of the different things you can actively do to ward off illness, you will be helping yourself live a longer healthier life.

The health fair will be set up in "stations" where each station will address one particular health care topic, i.e., Cardiovascular Health. **Healthcare providers will be available to perform screening tests and answer your questions and to help give you direction in achieving optimal health.**

Health Fairs such as this are designed to help save lives and to significantly increase one's quality of life through prevention of illnesses and early detection of illness through screening.

Flu Shots

It is our goal to provide you with your **FREE flu shot** while at the fair...it's one stop shopping!!

Everyone must register for his or her shot ahead of time so that I can order enough vaccine. Turn to page 11 and fill out the registration form and Fax (609-394-5326) or mail it back to the Hall.

See pages 3 & 4 for information about our complimentary healthcare participant this year.

Your Mail Order Provider is Changing!!

Effective October 1, 2009

In order to ensure a continued high level of excellent customer service, the IBEW 269 Health & Welfare Fund's pharmacy benefit manager, EnvisionRxOptions, will be making a change regarding the Fund's mail order pharmacy vendor effective October 1, 2009. The current mail order vendor, Immediate Pharmacy Services (IPS), will be replaced by Orchard Pharmaceutical Services (Orchard), a subsidiary of Envision Holding Company.

Orchard's commitment to high quality customer service will assist in making this transition as easy as possible. To assist participants with this change, you will be able to start filling mail order prescriptions with Orchard immediately. As of October 1, 2009 the Welfare Fund will no longer be using IPS for mail order prescriptions.

IMPORTANT: EnvisionRxOptions will NOT be transferring any refills left on your current mail order prescriptions; however, Orchard will assist you in obtaining new prescriptions from your physician. All you need to do is call Orchard at 1-866-909-5170 between 8am and 8pm, M-F to enroll and provide your prescription information.

Please contact EnvisionRxOptions if you have any questions regarding this change to the mail order program at 1-800-361-4542. ❖

Health Fair Activities You Can't Miss!!

FREE Screenings Available

- Blood pressure
- Body composition analysis
- Bone density testing (osteoporosis testing)
- Cholesterol test
- Diabetes screening
- Medication & supplement review

NOTE

Swine Flu shots will NOT be provided.

Other Services Planned

- Free Flu Shot 1 pm to 2 pm
- Consult with **Pharmacy Doctors** about your medication, herbal and supplement questions
- Consult with the **Employee Assistance Program**, formerly **CAP**, to discuss your personal, family, or work related concerns
- Consult with **IE Shaffer** about your **medical coverage** questions
- Consult with **Delta Dental** about your **dental coverage** questions
- Consult with **Envision/RxOptions** about your **pharmacy benefits** questions
- **Ms. Shakira Abdul-Ali** is a Wellness Consultant that specializes in essential oil therapy. She will be doing a **FREE** demonstration at 11 am. Please call to register so that she has materials available for everyone interested.

Essential Oil Demonstration 11 am.
Don't miss the "Sniff" experience!!

Dr. Griego is a Pharmacy Doctor and Registered Pharmacist. *Your Health* Newsletter is dedicated to providing accurate information by drawing on Dr. Griego's expert opinion, experience and research of pharmacy and medical references believed to be reliable. You should not start, stop or change any prescription medication, at any time, without first discussing it with your Physician.

Bloodmobile @ **IBEW 269's Annual Health Fair!**

Did you know that NJ has the lowest number of blood donors in the country?

Pennsylvania isn't too far behind

- ❖ New Jersey, home to some of the world's leading medical centers, transfuses more than half a million units of donated blood annually for organ transplants, heart surgeries, cancer treatment, trauma care and other lifesaving efforts. Yet only 2% of New Jersey residents donate!!
- ❖ The State of New Jersey must import approximately 79,000 units of blood from sister states each year in order to meet the increasing need. This can be problematic, as was the case last winter, when heavy snows closed the Denver airport. Denver is one of the major areas from which blood is imported.
- ❖ An adequate supply, five to seven days of all blood types, must be available for transfusion at all times. In New Jersey the supply is generally two days or less.
- ❖ By not having enough blood tested and ready, New Jersey is not prepared to respond to day-to-day emergencies. The State is definitely not prepared to respond to a major tragedy that could result in an enormous amount of severe injuries requiring hundreds of transfusions.

Did you know that 32,000 pints of blood are used daily in the US?

2008 New Jersey used over 45,000 more units of blood than it collected!!

There is no substitute for blood

Blood can't be manufactured. This is scary when you realize that every 2.5 seconds someone needs blood, a friend, a family member or maybe even you.

- ❖ An accident victim may require up to 50 units of red blood cells.
- ❖ A cancer patient can use up to 8 units of platelets a week.
- ❖ Blood donated today will not be available for transfusion for 24 hours due to mandated testing that must be done to assure that the blood is safe for each patient receiving the transfusion.
- ❖ The shelf life for a unit of red blood cells is about 42 days. Platelets, what makes blood clot, last only 5 days.

Did you know that just 1 pint touches 3 lives?

This makes you a HERO!!!

Someone will receive your red cells, another platelets and yet another, your plasma.

HERE'S HOW IT WORKS

1. Healthy individuals between 17-75 and weighing at least 110 pounds can donate.
2. You will receive a mini physical which includes a blood pressure check, temperature, pulse and iron level check.
3. You must make sure that you eat at least 4 hours before donating.
4. The entire process takes about 45 minutes.

IBEW Local 269 is stepping up to the chair to help.

On October 17, 10am-3 pm, donations will be accepted.

PLEASE call 609-883-9750 ext. 145 for more information and to register. ❖

Essential Oils – The Name Says It All!!

Come to *your* Health Fair at 11:00 am Saturday, October 17 to participate in an essential oil demonstration and 'sniff' experience.

Call 609-394-3871 now to register

Looking forward to meeting you,

Shakira Abdul-Ali

Young Living Distributor #999568

www.Alchemy4Wellth.VibrantScents.com

Wellness in a Bottle

How Therapeutic Grade Essential Oils Support Your Well-Being

Contributing Author: Shakira Abdul-Ali

As we speak, our country is in the midst of a lively and frequently volatile debate over how healthcare is dispensed to our citizens. Regardless of which side you take, the cold hard reality is that healthcare is vital to our well-being. Everyone will, at some time or another, find themselves or a loved one in the position of having to address a wellness concern.

In my own case, I found myself, in 2007, experiencing the worst year I've ever had, coping with chronic asthma and bronchitis. Neither condition was new to me. I have suffered seriously with asthma all of my life. Since the age of four, I have been rushed to emergency rooms in the nick of time, to receive medications that would restore the very breathe of life into my lungs. As I grew older, the acute attacks lessened, with the chronic effects transitioning from breathless wheezing, to a dry, hacking cough. In 2007, the dry cough transitioned into something that was much closer to a mucous-filled bellowing. It was absolutely horrible. I would sit on the northeast corridor train in the morning, coughing all the way from Trenton to Newark or New York. Though the train was already crowded, and seating was coveted, people would often get up to leave me sitting alone. Others would just throw daggers in my direction with their cold, glassy, disgusted stare. I couldn't much blame them. *I hated me!*

I tried everything. I was visiting with my own doctor, and then a specialist, nearly every six weeks, trying first one medication, and then another. Inhalants. Steroid-based medications. Various codeine-based cough syrups. Nothing seemed to help. I was coughing so hard, and so frequently, that I didn't even realize I wasn't getting a full night's sleep. One evening, I was so desperate that I called my doctor's emergency number from the pharmacy, begging for some medication that would offer me at least one night of rest. I was nearly in tears. The medication that was prescribed that evening was a cough syrup that cost me \$90 for one bottle – *with* my insurance! AND – it didn't work at all! It didn't

diminish my misery by even the slightest degree. I was devastated. And I remained so until the Spring of 2008, when I was introduced to *Young Living*.

A dear friend encouraged me to accompany her to a product show at a nearby hotel. Based on her endorsement, and the palpable enthusiasm of dozens of other *Young Living* customers, I purchased a collection of products which included a series of nine oils, and a potent energy drink called NingXia (pronounced ninShaa) Red. I offered the drink to my husband (who had developed Type II diabetes several years earlier), while I started using the oils.

Both of us began to experience amazing results. I noticed that my coughing had begun to diminish somewhat, and my husband's glucose levels began to taper off to more normal readings (dropping from a range of 220 to 400, to a range of 120 to 190). I thought we were on to something.

By August of 2008, I was convinced that the oils could make a substantial difference for both of us. That month, I ordered the oil kit called Golden Touch – a series of oils promoted to support the immune and respiratory systems. My results were nothing less than astonishing! That October, I found myself facing an imminent bout of the flu. I was aching all over; my sinuses were clogged; my cough was becoming more severe. That evening, I applied several of the oils from the Golden Touch kit to my chest, and I put a drop of each of the oils into a cup of hot tea. The aroma from the oils permeated my bedroom, as well as the hallway leading into my room. First, I experienced a fairly comfortable evening. Not wanting to take any chances, I repeated my ritual the next morning. By the end of that second night, I was feeling substantially better. By the next morning, I was able to return to work. Had I come down with those flu symptoms the year before, I would have had to take to my bed for an entire week! I am happy to report that I haven't taken ONE medication for asthma since September 2008!

After that experience, I was completely sold. I had to know more about these oils that were for me,

Wellness in a Bottle

(Continued)

miraculous. I learned that *Young Living* is a company that produces the highest quality therapeutic grade essential oils on today's market. The company owns four farms - in Utah, Idaho, France and Ecuador. From these farms, as well as other sources around the world, they grow and harvest, or purchase the botanicals from which they produce the oils. The oils are very carefully extracted from the plants in a distillation process. These oils are far more potent than herbs - which are essentially dead plant material, once the 'life blood' (oil) is removed. One drop of oil represents the potency of one ounce of plant material.

While many companies produce essential oils, only *Young Living* produces a therapeutic quality that is so pure that their oils can be used aromatically (through the sense of smell), topically (applied directly on the body) and internally (consumed in liquids, on food, in capsules, or directly under the tongue).

Young Living has been producing therapeutic grade essential oils for more than twenty years. Over that period, thousands of men and women have described extraordinary results from their use of these fine products. People suffering from such conditions as asthma, diabetes ("sugar"), high blood pressure, depression, allergies, and other chronic ailments have found sustained relief. Others, suffering from such acute conditions as colds, rashes, diarrhea, constipation, PMS and other similar challenges, also found relief that was not otherwise complicated with the side effects of ostensibly fast-acting, but dangerous pharmaceuticals.

There are over a million wholesale customers and distributors all around the globe sharing the wonders of these oils with their families, neighbors and friends. I am thrilled to have been invited to participate in the IBEW Health and Wellness Fair on October 17, 2009, so that I can share these products with you. I will be offering a 'sniffing' workshop, to invite attendees to experience these oils first hand. I certainly hope you'll join me. You won't be disappointed. ❖

Shakira Abdul-Ali

Young Living Distributor #999568

www.Alchemy4Wellth.VibrantScents.com

Diet Crumbs

Lemons – do more than make you pucker!

Lemons make spinach better

We all know that spinach is packed with iron, ask Popeye!! Well, technically it contains iron.

Like butter beans, lentils, beet greens and many other leafy vegetables, spinach contains a chemical called phytate. Phytate prevents iron from entering the blood stream.

If you need an iron boost and can't stomach liver make sure you garnish your spinach with lemons or oranges. Citrus fruits contain vitamins and acids that counteract the effects of phytate and promote iron absorption. Must be why my grandmother always served our spinach with lemon wedges!!

Lemons make green tea better

Did you know that most of the free-radical fighters in green tea never make it to your bloodstream? But there's a solution. To get a better grasp on the healthy catechins in your green tea, flavor your cup with a squeeze of citrus juice.

Catechins, the antioxidants in green tea famous for lowering your risk of chronic disease, quickly lose their power in your intestine. In fact, as much as 80% of the catechins in green tea are never absorbed.

The solution to boosting absorption, researchers recently found, is as simple as flavoring your tea with freshly squeezed and strained lemon, orange, lime, or grapefruit juice.

A Little Fat Makes Tomatoes Better!!

Tomatoes are a good source of the antioxidants lycopene and beta-carotene. But if you eat a tomato without adding a little fat, your body is unlikely to absorb all these nutrients.

Scientists recruited graduate students to eat bowls of salad greens with tomatoes and various types of salad dressings. The researchers put IV lines into the participants' veins and drew blood samples before and after they'd eaten the salads.

When researchers went back and analyzed the blood samples, they realized that people who had eaten fat-free or low-fat dressings didn't absorb the beneficial carotenoids from the salad. Only when they had eaten the oil-based dressing did they get the nutrients. ❖

Illness Spotlight

Kidney Stones

Kidney Stone Facts:

- 10-15% of adults will be diagnosed with a kidney stone in their lifetime
- High blood pressure and digestive problems contribute to your risk of developing kidney stones
- Family genetics can increase your risk
- The younger you are when you have your first stone, the greater your risk of recurrence
- Men's risk of kidney stones is four times greater than for women
- Kidney stone rates are higher in hot climates due to dehydration
- The number of cases of adult kidney stones is on the rise, probably due to our modern diet
- 90-95% of kidney stones will pass without any intervention
- Once you have had one kidney stone your chance of recurrence is about 70 to 80%

What are kidney stones?

Typically, a kidney stone is the result of a supersaturation of minerals and acid salts in your urine, such as calcium and uric acid, which then crystallize and form solid masses. This can happen if you don't drink enough fluids and if your urine is highly acidic or alkaline (basic).

Certain medications can also promote kidney stones, such as Lasix (furosemide), Topamax (topiramate), and Xenical, among others.

There are four types of kidney stones:

- *Calcium stones*: the most common type, about 75% of all cases, usually in the form of calcium oxalate. Oxalate is found in some fruits and vegetables, but your liver produces most of your oxalate. If you have oxalate stones it may be recommended to avoid foods rich in oxalates: dark green vegetables, nuts and chocolate.
- *Stuvite stones*: found more in women, these are almost always the result of urinary tract infections.
- *Uric acid stones*: these are a byproduct of protein metabolism. They are commonly seen with gout and may result from certain genetic factors.
- *Cystine stones*: a very small percentage of kidney stones. These are due to a hereditary disorder that causes your kidneys to excrete massive amounts of certain amino acids (the building blocks of protein).

Kidney Stone Symptoms

- Pain in your side and back, below your ribs

- Pain lasting 20-60 minutes, of varying intensity
- Pain 'waves' radiating from your side and back, to your lower abdomen and groin
- Bloody, cloudy or foul-smelling urine
- Pain with urination
- Nausea and vomiting
- 'Urgency' (persistent urge to urinate), fever and chills (indicates an infection is also present)

How to prevent them

Avoid Calcium? NO!! In the past, kidney stone sufferers have been warned to avoid foods rich in calcium. However, there is now evidence that avoiding calcium may do more harm than good. The Harvard School of Public Health conducted a study of more than 45,000 men. The men who had diets rich in calcium had a one-third lower risk of kidney stones than those with lower calcium diets.

Why would this be? It seems counterintuitive. After all, calcium is the largest component in the stones. The answer is that high dietary calcium actually blocks a chemical action that causes the formation of the stones. It binds with oxalates (from foods) in your intestine, which then prevents both from being absorbed into your blood and later transferred to your kidneys.

So, urinary oxalates may be more important to formation of calcium-oxalate kidney stone crystals than is urinary calcium.

It is important to note that it is the calcium *from foods* that is beneficial -- not calcium supplements, which have actually been found to increase your risk of kidney stones by 20 percent. Take steps to reduce your oxalate intake rather than decreasing calcium intake.

High Oxalate Foods:

- Soy (unfermented)
- Beer
- Spinach
- Rhubarb
- Chocolate
- Parsley
- Beetroot
- Strawberries
- Pepper
- Nuts

Avoid Sugar!! Diets high in sugar can set you up for stones, since sugar upsets the mineral relationships in your body by interfering with calcium and magnesium absorption.

Avoid Processed Salt!! Diets high in *processed salt*¹, i.e. table salt, are bad because salt increases the amount of calcium and oxalate in your urine. So watch out for those processed/pre-made foods which are notoriously high in processed salt.

Continued on page 9

Medications In The News

New Medications:

- The pharmaceutical industry has started producing multiple 'follow-on' drugs. When a drug patent approaches expiration, manufacturers may market a specific part of the original drug to retain their market share. Some examples include: *Claritin* → *Clarinex*, *Prilosec* → *Nexium*, *Provigil* → *Nuvigil*. These new versions of old drugs are sometimes called "follow-on" drugs.

Follow-on drugs are relatively easy to market. Prescribers have, in essence, already been prescribing the drug for years, so they are familiar with it. And a lot of data already exists for the follow-on drug, so approval is relatively quick and inexpensive.

Some follow-on drugs offer an advantage over the original product in terms of safety, efficacy, or easier dosing.

However, the advantage may be small and prescribers and patients may not deem it **worth the extra cost**.

- *Pristiq* (desvenlafaxine) is one of the new follow-on drugs. It is a metabolite, 'breakdown product,' of *Effexor* (venlafaxine) and isn't any more effective, or better tolerated than Effexor. It is also harder to discontinue treatment if needed than with Effexor.

Drug Interactions:

- *Tamoxifen*, a medication used to treat breast cancer, has been found to interact with certain **antidepressant medications called SSRIs**. There is a higher risk of cancer recurrence when Tamoxifen is used with these antidepressants so it may be advised to not use the antidepressant or to change to one that doesn't interact. If you have questions about this interaction or about changing to a different antidepressant please call me at 609-731-0381.

Medication Warnings:

- June 2009 European Medicines Agency's (EMA) Committee for Medicinal Products for Human Use (CHMP) concluded that propoxyphene (found in US medications called *Darvon* and *Darvon-N*) containing pain medications had more risks, particularly the risk of potentially fatal overdose; their risks are greater than their benefits. The Committee therefore recommended that the marketing authorizations for these medicines be withdrawn across the European Union.

January 2009, an FDA panel voted to recommend that propoxyphene be removed from the market, based on its weak pain killing abilities, addictiveness, association with death and possible heart problems.

July 2009 a Black Box Warning, the strongest warning given by the FDA, was added to propoxyphene's prescribing literature citing risk of fatal overdose but there is no further action to remove it from the market.

- You will see big changes in the formulations of *Tylenol* (acetaminophen) available both as prescription or over-the-counter products. Tylenol, sometimes abbreviated on your prescription bottle as *APAP*, is the number one cause of acute (abrupt) liver failure due to mostly unintentional overdose.

- August 2009 Calls to poison control centers for **teenagers who have overdosed** on attention deficit drugs rose 76% over eight years (1998-2005). This is nearly the same as the 80% rise in prescriptions for such drugs, Dr. Jennifer Setlik and colleagues at Cincinnati Children's Hospital Medical Center reported.

- Medications used to treat **Alzheimer's disease** (*Aricept*, *Exelon*, and *Razadyne*) cause a slowing of the heart rate and increase risk of fainting and injury. Consider the risks of these medications vs. the benefits which are quite limited (only 1 in 12 patients will show any improvement on these medications).

General Information:

- August 2009 *Study Finds More Mercury in Fresh Water Fish* <http://a.abcnews.com/print?id=8369324> The EPA tested fish for **mercury** in 300 US streams. 100% tested positive!! 25% of the fish had mercury levels that exceed FDA safety levels.

With regard to store bought fish the FDA offers these guidelines:

- o Pregnant women and children should avoid: Shark, Swordfish, King Mackerel, Tilefish, Tuna (white tuna/Albacore - less than one serving/week)

- There are new recommendations that suggest adding a LOW dose of **vitamin K** to help stabilize INR in some *Coumadin* (*warfarin*) patients. In the past, clinicians often advised warfarin patients to avoid foods high in vitamin K...for fear warfarin wouldn't work as well.

But it turns out a diet too low in vitamin K makes it MORE difficult to manage INR...because any change in dietary vitamin K can translate into big fluctuations in INR.

For many warfarin patients, eating a CONSISTENT amount of vitamin K is enough to maintain a stable INR.



Ask the Pharmacy Doctor

Q: What's the big deal about Vitamin D and how does it help prevent the flu?

A: Vitamin D is a *steroid hormone* (it requires cholesterol to be made and used) precursor that has recently been found to play a role in a wide variety of diseases. Current research indicates vitamin D deficiency plays a role in causing seventeen varieties of cancer as well as heart disease, stroke, hypertension, autoimmune diseases, diabetes, depression, chronic pain, osteoarthritis, osteoporosis, muscle weakness, muscle wasting, birth defects, thyroid disorder, cognitive decline in the elderly, Parkinson's disease and periodontal disease. There is also research looking at a vitamin D deficiency causing Type 1 Diabetes.

I would suggest requesting your physician order a vitamin D level, 25(OH)D, on your next round of blood work. An optimal level is 40-70 ng/mL. Patients with chronic diseases associated with vitamin D deficiency, especially cancer, should be supplemented with doses adequate to maintain levels in the higher normal range, 55-70 ng/mL. If your vitamin D is low, which I'm seeing most people are, you will be given a prescription for vitamin D 50,000 IU; take one capsule WEEKLY for 8 weeks and then retest. Once your blood levels come up to goal you should consider taking supplemental vitamin D3 cholecalciferol, most of us need about 2,000 units a day to keep our levels up.

Of course, getting vitamin D the way Mother Nature intended is a good idea. Now 20 minutes of sun exposure on bare skin (no sunscreen) helps the body produce about 20,000 IU of vitamin D, assuming you are **not** using any **cholesterol lowering medications**. Since vitamin D needs cholesterol to be activated, lowering cholesterol with medications will prevent this great sun shine effect!! If you get vitamin D from a health food store make sure it is D3 (cholecalciferol). Another substance that is called vitamin D is *ergocalciferol* (also referred to as vitamin D2 or Calciferol). It is derived by radiating fungus. It is not the naturally occurring vitamin D for humans. Fungus contains fat-like substances called sterols which are commercially irradiated to form ergocalciferol. As it is derived from plants, and not animals, ergocalciferol is considered Kosher.

Food is another source: Cod liver oil is one of the best sources available because it gives you the vitamin D you need plus your Omega 3 oils. One tablespoon of cod liver oil gives you about 1500 IU of vitamin D. If, like me, you were given a spoonful of cod liver oil daily, you may turn your nose up to this recommendation!! The cod liver oils on the market today actually don't taste too bad and are flavored to cover up that fishy taste. Carlson's or Nordic Naturals are two good brands that sell some safe cod liver oil. As with all fish oil products, you have to be careful about rancidity because they can spoil easily. The Omega 3 oils EPA and DHA found in cod liver oil are both fragile oils and spoil easily when exposed to light, heat and air. I recommend keeping your cod liver oil or fish oils in the refrigerator to help them last longer.

Vitamin D for viruses? Yes!! Results of a study support the theory that vitamin D can prevent the flu, finding 2,000 IU of vitamin D/day for one year virtually eliminated self-reported incidence of colds and influenza. We know vitamin D works to treat the flu, colds (over 200 different viruses cause the common cold), and appears to work for most all the types of viral infections including herpes and possibly HIV. The studies are showing that HIGH dose vitamin D daily for 3 days given at the first sign of flu appears as effective as antiviral medications!! ❖

Did you know...

- **Buffalo** has 2/3 the calories of beef and is one of the leanest meats.
- On average, it takes 6 months for a fingernail to grow cuticle to tip.
- **Third graders** who take zinc supplements have fewer attention and behavior problems.
- Denmark classifies **breast cancer** as an occupational disease for women who work night shifts.
- Obesity costs US companies \$45 billion per year and accounts for more than a quarter of the recent rises in health care costs.
- **Cancer** patients who took pycnogenol (pine bark extract) during chemotherapy or radiation had a reduction in vomiting, diarrhea, weight loss and other side effects.
- Hostess estimates it uses 8 million pounds of sugar, 7 million pounds of flour and 1 million eggs to produce 500 million **Twinkies**/year.
- The drinking water of at least 46 million Americans is contaminated with traces of pharmaceuticals.
- Arthroscopic **knee surgery** has been shown to be no more beneficial than medications and physical therapy.
- The US, home to less than 5% of the entire world's population, accounts for 43% of global drug sales and marketing expenses.
- Children's bones grow faster in the springtime.
- If all your muscles worked together you could lift over 10 tons!
- By age 60 most people have lost ½ of their taste buds. ❖

Kidney stones

(Continued from page 6)

Stay away from soda!! Soda is loaded with phosphorous. Americans drink a staggering 56 gallons of soda yearly, which is a surefire way to ensure health problems. Diet soda is probably worse for your health than regular soda.²

Drink water!!! The number one risk factor for kidney stones is not staying hydrated enough. How do you know if you are drinking enough water?

Every person's water requirement is different, depending on your particular system and activity level, but simply keeping your urine light yellow will go a long way toward preventing kidney stones. Remember to increase your water intake whenever you increase your activity, and when you're in a warmer climate.

If you happen to be taking any multivitamins or B supplements that contain vitamin B2 (riboflavin), the color of your urine will be a very bright, nearly fluorescent yellow and this will not allow you to use the color of your urine as a guide to how well you are hydrated.

Waiting until you feel thirsty is often too late. Thirst usually signifies dehydration.

Exercise!! It may surprise you, but exercise is a very important aspect of kidney stone prevention. If you live a sedentary lifestyle, you definitely raise your risk of developing stones, so implement a regular exercise regimen to keep kidney stones at bay.

Supplement Magnesium!! Harvard researchers found that taking 180 mg of magnesium along with 10 mg vitamin B6 daily reduced stone formation by 92.3% per year. Another study showed about 90% reduction with magnesium alone (500 mg daily).

Add lemon to your water!! Citrate inhibits calcium stone formation. Increase citrate levels by adding lemon juice to your water. Researchers from the University of California found that drinking 4 oz of lemon juice per day, diluted in water, dramatically reduced stone formation. See page 5 for more information about the benefits of lemon.

Treatment

Kidney stones can range in size from a grain of sand to a golf ball. If you do get a large kidney stone, naturally you will not be able to pass it without some type of intervention.

In the past they had to do surgery to physically remove these larger stones, but now there are some more advanced options such as extracorporeal shockwave lithotripsy. This treatment entails being submerged in a tub of water where sound waves traveling through the liquid shatter the stones. They then pass as gravel through your urine in a few days or weeks. ❖

¹ *Unprocessed salts contain numerous essential minerals that your body actually needs for optimal health.*

² *Diet soda has been shown to increase your risk of developing Type 2 Diabetes, among other illnesses.*

Stop the pain before it starts! A combination of certain weather conditions is a known trigger for migraines. It's not clear why. And weather can affect other conditions like arthritis. Inflammation associated with asthma can also be weather-related. (For more information see "A Storms a Brewin' in *Your Health* Fall 2002)

Now there's a new e-mail alert system called **MediClim** that tells you when certain weather conditions are 24 hours away and likely to trigger suffering.

"It's not temperature alone, or pressure alone, or humidity," said Dr. John Bart, the Co-Founder of MediClim. He says his system analyzes 14 different weather conditions, and the different combinations can affect various ailments from migraines to asthma and arthritis.

"The average person on the street has no way of putting together the changes in temperature, pressure, humidity, and the direction of the wind," said Dr. Bart.

He says there's a meteorological component that computes what the conditions will be a day before they arrive, and that there are European studies to prove the formula works.

Early warnings allow people to take medication to prevent an attack, or at least reduce the symptoms. "Once the migraine gets started, sometimes it's harder to treat and harder to make it go away. If you can prevent one from happening in the first place, it's much better."

The MediClim alerts are **free**. They're based on zip code, and you don't have to give any personal or medical information to sign up. ❖

Supplement Spotlight

Chondroitin Sulfate

What is chondroitin sulfate?

Chondroitin sulfate is a chemical that is normally found in cartilage around joints in the body. Chondroitin sulfate is manufactured from animal sources, such as cow cartilage.

How does chondroitin sulfate work?

In osteoarthritis, the cartilage in the joints breaks down. Taking chondroitin sulfate, one of the building blocks of cartilage, might slow this breakdown. Chondroitin is believed to also promote water retention and elasticity in cartilage and inhibit enzymes that break down cartilage.

Is chondroitin sulfate effective?

A study published in *Arthritis & Rheumatism* January 2003 found that Chondroitin sulfate used over 2 years can prevent joint structure breakdown in patients with knee osteoarthritis. This study also found that there was improvement in pain during the first year of use. CS is also possibly effective for treatment of dry eyes (as an eye drop). There is some evidence that CS may lower the risk of having a first or recurrent heart attack.

Is chondroitin sulfate safe?

Chondroitin sulfate is likely safe for most people. It can cause some mild stomach pain and nausea. There is some concern because it comes from animal sources. Some people are worried that unsafe manufacturing practices might lead to contamination of chondroitin products (see **Product Selection** below). So far, there are no reports of chondroitin causing disease in humans, and the risk is thought to be low. Some chondroitin products contain excess amounts of manganese.

Who should NOT take chondroitin sulfate?

If you are pregnant or lactating please consult with your physician before taking any medication or supplement. There is some concern that chondroitin sulfate might make asthma worse. Preliminary research suggests that chondroitin may cause the spread or recurrence of prostate cancer. This effect has not been shown with chondroitin sulfate supplements. Still, until more is known, don't take chondroitin sulfate if you have prostate cancer or are at high risk for developing it.

Medication interactions with chondroitin sulfate?

Warfarin is used to slow blood clotting. There are several reports showing that taking chondroitin with glucosamine increases the effect of warfarin (Coumadin) on blood clotting. This can cause bruising and bleeding that can be serious.

How should I take chondroitin sulfate?

Chondroitin sulfate is usually taken in combination with glucosamine sulfate. For osteoarthritis the typical dose of chondroitin sulfate is 200-400 mg two to three times daily or 1000-1200 mg as a single daily dose.

Product Selection

Caution should be exercised when purchasing ANY supplement. ConsumerLab.com is an organization that does pharmaceutical grade testing on supplements. Consumer Lab found on prior testing of glucosamine that the vast majority of products failed to meet label claims; glucosamine from shellfish such as shrimp and crabs may potentially be contaminated with lead. Chondroitin, on the other hand, is an ingredient with which ConsumerLab.com has found problems in the past — with products do not always provide the amount of this expensive ingredient that is claimed.❖

I subscribe to ConsumerLab.com, just give me a quick call (609-394-5326) and I'll give you the list of product they found to be high quality.

Something to Live By

"The definition of insanity is doing the same thing over and over and expecting different results."

~ Benjamin Franklin

Looking forward to seeing you at Your 9th Annual Health Fair October 17.

Dr. Kimberly D. Griego, Pharm.D.

It's fun...

It's free...

It's the IBEW

LOCAL 269 Health Fair

**A special event to help you take
charge of your well-being**



Flu Vaccine

*The vaccine will **not** be given to children under the age of 12 unless a letter is provided from their pediatrician stating a need for vaccination.*

Children under the age of 9 receiving influenza vaccine for the first time require two doses, one month apart. Call your pediatrician now to schedule their additional dose.

Those that are interested in receiving the flu shot **MUST** fill out the form at the bottom of this page and return it to LU 269 (Attn: Dr. Griego, 670 Whitehead Rd, Trenton, NJ 08648) or fax to 609-394-5326.

Remember: You cannot receive the vaccine if you do not return the bottom portion of this page by **October 1, 2009**.

Phone registration will not be accepted.

Health Fair:
Saturday, Oct. 17
10 a.m. – 3 p.m.

Flu Shots

1-2 p.m.
ONLY

Place:
IBEW Local 269
Meeting Hall

Flu Vaccination Registration Form

Fill Out and Return by October 1

(670 Whitehead Rd, Trenton, NJ 08649 ~OR~ fax: 609-695-3269)

LU 269 member name: _____

Name and age of each person receiving flu shot: _____

Total number of flu shots for your family: _____

Your daytime phone number: _____

Your home address: _____

Calendar of Events

Local 269 9th Annual Health Fair

Date & Time: Saturday, October 17 **10 am – 3 pm**

Free Flu Shots 1pm – 2 pm

Location: IBEW Local 269 Meeting Hall

Cost: *FREE* to Local 269 members and their eligible dependents.

You must register for flu shots by October 1

FREE health screenings, consultations with herbal medicine doctors, and much more!!

Free Informational Session – Essential Oils

Date & Time: Saturday, October 17 **11 am**

Location: IBEW Local 269 Health Fair

Cost: *FREE – Seating is limited please call 609-394-3871 to reserve.*

Blood Drive

'Tis the season for blood shortages!! To help you do your part, The Community Blood Council will have their Bloodmobile parked at the Hall the day of the Health Fair to accept donations.

PLEASE call 609-883-9750 ext. 145 for more information and to register.

Dr. Kimberly D. Griego
670 Whitehead Road
Lawrenceville, NJ 08648

ADDRESS CORRECTION REQUESTED

Your prescription Mail-order provider is
changing.
Turn to page 2



Flu shot October 17
Registration form *DUE* October 1
Turn to page 11

***Your Health* Newsletter for IBEW Local 269 Members &
Their Families**
