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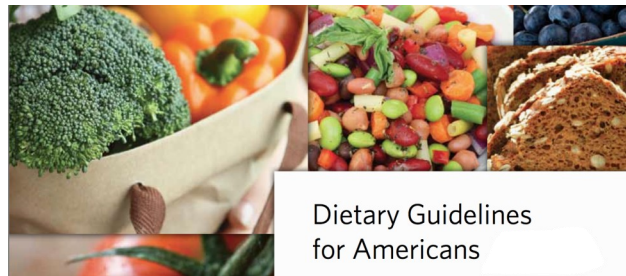
*Prescribing Health
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Naturally*

Guidelines of the Day

In medicine, guidelines are often available to help determine the best course of action for the treatment or prevention of illness. Never set in stone, healthcare providers must re-adjust their approach when new information confounds existing recommendations. In the world of nutrition, revelations are constantly being made as new research sheds light on the subject.

Recently, tumult ensued when a new review of existing data on saturated fats generated the opposite conclusions from well-established nutritional guidelines in use for decades. An overview of the new findings is discussed below.

Similarly, guidelines exist for cancer screening protocols. Based on epidemiologic data, the age to begin testing applies to the majority; however, should you fall into a high-risk category, it is important you discuss concerns with your doctor. Guidelines are meant to guide; they are not a replacement for commonsense or individual decision making. It is important to keep this in mind as you make decisions regarding your healthcare and nutritional needs.



Dietary Guidelines for Americans

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Saturated Fats: A New Perspective on an Old Topic

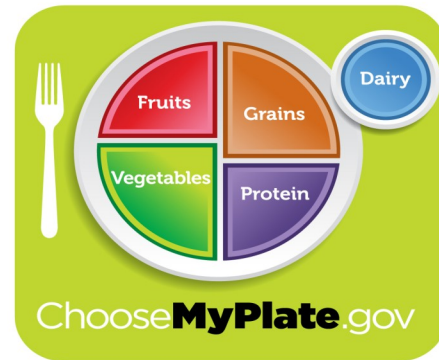
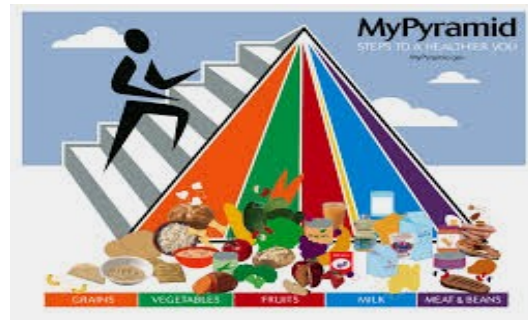
Are cheeseburgers the kale of 2014? Sadly, no; but, new information published in the *Annals of Internal Medicine* (March 2014) has garnered much attention as well as some criticism. The authors reviewed data from 86 studies and found the relative risk for heart disease was comparable and not increased with dietary intake of saturated, monounsaturated, or omega-

6 polyunsaturated fatty acids. Relative risk was minimally decreased with omega-3 polyunsaturated fatty acids and increased with trans fatty acid intake. Although the authors concluded, "current evidence does not clearly support cardiovascular guidelines that encourage high consumption of polyunsaturated fatty acids and low consumption of total saturate fats," several

prominent nutritional experts strongly disagree with the data analyses and subsequent conclusion. What to do?? Stick with moderation...Radically increasing the saturated fats in our diets is unwise. Our knowledge continues to evolve with ongoing research. Stay tuned as more facts come to light

Dietary Guidelines

The Department of Health and Human Services (HHS) and the USDA review and update their Dietary Guidelines for Americans every 5 years. The 2010 dietary guidelines replaced the chaotic MyPyramid schematic with MyPlate, a simplified representation promoting a healthy eating plan. Goal: personalize your diet to correspond with your preferences while following the guidelines to create a healthy eating plan.



Prostate Cancer

Prostate cancer is the most common cancer diagnosed in men and the second leading site of cancer death in the U.S. Current guidelines recommend prostate screening begin at age 50 or at 45 for high-risk individuals, which includes African Americans. Screening is done with a prostate-specific antigen (PSA) blood test and a digital rectal examination (DRE).

A complete physical examination on a man includes a DRE; yet, in following the

guidelines, some physicians do not perform the DRE until the patient is 45-50. Although most cases of prostate cancer occur in older individuals (average age is 66), there are men diagnosed with the disease in their 40's and a rare few even earlier. A simple, albeit slightly uncomfortable test during the exam can identify a tumor at its earliest stage. If your doctor does not include the DRE as part of the routine examination, consider requesting it.

Breast Cancer

Among women, breast cancer is the most common cancer diagnosed and the second leading site of cancer death in the U.S. Lifetime risk (to age 80) for developing breast cancer is 1 in 8 and as with most cancers, risk increases with age:

Age 30-39: 1 in 227 or .44%

Age 40-49: 1 in 68 or 1.47%

Age 50-59: 1 in 42 or 2.38%

Age 60-69: 1 in 28 or 3.56%

These numbers speak to the importance of women performing monthly breast self-examinations beginning in their 20's and having the first mammogram at age 40 unless an earlier screening is deemed necessary. Mammograms should be done once a year.

Up to 30% of cancers can be eliminated with a healthy diet and lifestyle.

When it comes to cancer survival, early detection is key.

Discuss with your doctor and schedule age-appropriate screenings based on your risk factors.

The Summer Sun, Vitamin D, and Skin Cancer

Dermatologists tell us to avoid the sun; endocrinologists say we need the sun on our skin to naturally make vitamin D. This is the perfect example of how we can utilize the available information and current (sometimes opposing) recommendations to formulate a plan to meet our individual needs.

What we know about skin cancer, the sun, and vitamin D:

Light-colored skin, red or blond hair, blue or green eyes are characteristics that increase risk of skin cancer. Family history of skin cancer, childhood sunburns, and multiple moles also put one in the high-risk category.

The lighter the skin, the less sun exposure required to activate vitamin D.

Sun block prevents the sun from activating vitamin D



Vitamin D is involved in numerous metabolic processes. Its deficiency may increase the risk of developing a number of chronic conditions, including osteoporosis and several types of cancer.

The prescription:

Know your vitamin D level—speak with your physician about having blood levels drawn yearly.

Know your risk for skin cancer.

Low Vitamin D level & high skin cancer risk → supplement with oral vitamin D tablets dosed according to your vitamin D blood levels

Low Vitamin D & low skin cancer risk → sun exposure in moderation with care not to burn.

The Potato

The poor potato is often under attack. Now criticism is even coming from the White House. Justified if we are talking about the French fry, but certainly not warranted when directed at the potato in its natural, un-oiled, unstuffed form. The potato is a high starch/high carbohydrate food. One medium potato contains approximately 160 calories and



therefore should not be eaten in the same quantities as green leafy vegetables; however, with 890mg of potassium, the potato is one of the richest sources of potassium. A diet high in potassium, such as the DASH diet can help reverse or

prevent high blood pressure.

What else does the potato contain: 4gm fiber, 4gm protein, and 10% or more of the RDA for Vitamin B-6, Vitamin C, Niacin, Folate, Iron, Magnesium, Phosphorus, Manganese, and Copper.

So, unless you are sensitive to the nightshades (see below) enjoy a potato every now and again. Just hold the bacon, cheese, and sour cream.

Nightshades

Potatoes (not the sweet potato), along with tomatoes, eggplant, and peppers (sweet, hot, and paprika, but not black pepper) are members of the nightshade family. Nightshades contain

alkaloids, which are chemical compounds that act as natural pesticides for the plant. Following their consumption, some people experience a negative reaction, often in the form of arthritic symptoms. If

you have arthritis or experience joint pain, consider eliminating nightshades from your diet for a month and see if your symptoms subside. You can always add them back in if there are no changes.

Seasonal Eating: Summer Foods

- Fruits and vegetables are in abundance during the summer. Enjoy the large variety.

Melons (watermelon, cantaloupe, honeydew, etc)

Peaches

Plums

Nectarines

Berries

Apricots

Figs

Cherries

Corn

Cucumber

Green beans

Sweet peppers

Peas

Tomatoes

Zucchini

Eggplant

Featured Recipe

Summer Squash Gratin (8 servings)

1 lb zucchini, sliced into 1/4" rounds

1 lb yellow squash, sliced into 1/4" rounds

4 oz goat cheese

6 tsp olive oil (divided)

1 shallot, diced

1 tsp fresh thyme

2 Tbsp all-purpose flour

1 3/4 2% milk, warmed

1/2 tsp kosher salt

1/2 tsp ground black pepper

1/2 cup bread crumbs

Nutrition per serving

Cal: 143

Protein: 7g

Carbs: 13g

Fat: 8g

Saturated Fat: 3.5g

Fiber: 2g

Sodium: 211mg

Preheat oven to 375°F. Lightly coat large skillet with cooking spray. Cook zucchini and yellow squash in single-layer batches over medium-high heat until crisp-tender, about 3 minutes per batch. Layer zucchini and squash with goat cheese in 8"x8" baking dish (about 3 layers) and set aside.

Add 4 tsp olive oil to skillet, reduce heat to medium and add shallot and thyme. Cook until tender, about 3 minutes. Add flour and cook until nutty aroma develops, about 1 minute. Whisk in milk and cook until slightly thickened, 2– 3 minutes. Season with salt and pepper. Pour over zucchini/squash.

In small bowl, toss bread crumbs with remaining 2 tsp olive oil and sprinkle over zucchini/squash.

Bake until vegetables are tender and cheese is bubbling. 20 to 25 minutes

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