



2011 Spring Newsletter

Welcome to Spring!

It is the start of spring and people are looking forward to our warmer, sunny weather. We thought we would address some issues that come up as people start “peeling off layers” and exposing their bodies after the winters’ hibernation!

The Dangers of Tanning

Skin cancer is the most prevalent form of cancer and its incidence is on the rise. Melanoma, the deadliest form, will be diagnosed in 5,300 people this year in Canada. 920 Canadians died from Melanoma last year.

Facts and Myths on Tanning

Dr. S.N. Gupta – Ontario Medical Review

Myth: Artificial tanning is safer than natural sun exposure.

FACT: Indoor tanning even **once** increases risk of melanoma by 15%. Ten exposures per year increase the risk by 50%.

Myth: A tan is healthy – Sadly, there is no such thing as a “healthy tan”.

A tan is a sign of damage to the skin’s DNA – a reaction to ultraviolet radiation. Despite making us “feel and look better” it can pose serious health risks.

Coming Up.....

Relaxation and Stress Management!

with

Dr. Young Lee

Please join us on Monday

June 20th at 7:00pm

*When Dr. Young Lee talks on
Relaxation Techniques and Stress
Management*

*Dr. Lee, our Couples therapist,
is a medical doctor who
practices mind & body therapy.*

*Space is limited so please
contact us to reserve your seat!*

5 Bright Ideas for Weight Loss

1) Only eat when you are hungry – not when you are bored, upset, angry or disappointed.

2) Write a short list of alternate things to do when you are feeling “emotional” and might “binge”. Take a walk, phone a friend or take a bath.

3) Don't Skip Breakfast – Begin each day with a balanced, high fiber breakfast which includes protein or dairy and you will feel better and consume fewer calories the rest of the day.

4) Eat what you like. Choose foods you enjoy eating – savor their flavours and eat slowly. (Don't force yourself to eat foods because they are “diet” foods).

5) Take care when eating out. If portions are large (as they frequently are) immediately split in half and take it home. Ask for salad dressings and sauces on the side. Always share desserts and appetizers.

News about Probiotics

“Probiotics” are hot commodities these days, being sold in everything from yoghurt to chewing gum. Manufacturers make various health claims for the benefits of Probiotics but it is very confusing as to which Probiotics are best for certain conditions and many may not be beneficial at all.

The term “Probiotic” means “live microorganisms which when given in proper amounts confer a health benefit to the individual”. This means that this term should only be used if **evidence** supports the claim. Clearly, with all the products on the market, the term is being used in a very “loose” form. There is new evidence however that for urogenital health (preventing yeast and bladder infections) in women, certain beneficial lactobacilli are found in RepHresh Pro-B and Fem-Dophilus.

Activia yoghurt and Danone have been found to improve bowel transit time but not prevent diarrhea.