



“Stall Talk”

Copies can be obtained by logging onto eHR or by contacting Angela Deem, adeem@scgov.net or 650-9908

Childhood Obesity to Reduce Life Expectancy

According to a new report in the *New England Journal of Medicine*, the obesity epidemic that is raging in America will decrease the life expectancy of Americans by two to five years. The report goes on to state:

- Two-thirds of U.S. adults are overweight or obese; one-third of adults qualify as obese.
- Up to 30 percent of U.S. children are overweight, and childhood obesity has more than doubled in the past 25 years.
- Childhood diabetes has increased 10-fold in the past 20 years.

Dr. David Ludwig of Children's Hospital, Boston a co-author of the study said, “It’s one thing for an adult of 45 or 55 to develop Type 2 diabetes and then experience the life-threatening complications of that — **kidney failure, heart attack, stroke** — in their late 50s or 60s. But for a 4-year-old or 6-year-old who’s obese to develop Type 2 diabetes at 14 or 16 raises the possibility of devastating complications before reaching age 30.”

www.OnlineHealthandFitness.com

TRUE OR FALSE

More people doze off at the wheel of a car in the early morning or midafternoon than in the evening?

True. Our bodies are programmed by our biological clock to experience two natural periods of sleepiness during the 24-hour day, regardless of the amount of sleep we’ve had in the previous 24 hours. The primary period is between about midnight and 7:00 a.m. A second period of less intense sleepiness is in the midafternoon, between about 1:00 and 3:00. This means that we are more at risk of falling asleep at the wheel at these times than in the evening--especially if we haven't been getting enough sleep.

www.nhlbi.nih.gov/about/ncsdr/index

Aneurysm Check Urged for Some Men.

For older smokers, a quick test for a bulging aorta could save lives.

If you are a man between the ages of 65 & 75, and you smoke or once smoked, the US Preventive Services Task Force has a message for you: Ask your doctor to check you for a common but generally silent condition that can suddenly turn deadly.

The condition – abdominal aortic aneurysm - is a weakening of the muscular wall of the aorta, the superhighway of the circulatory system. Pressure from inside makes the aorta bulge at the weak spot, which tends to appear in the vicinity of the navel. Over time the blood vessel balloons from its usual inch-wide diameter to double or triple that size.

About 6% of older men and 1% of older women have an abdominal aortic aneurysm.

Small ones aren’t a problem. Big ones (two inches or more across) can burst, leading to catastrophic internal bleeding. This kills about 10,000 Americans each year.

Smokers are 2-4 times more likely as nonsmokers to have an aneurysm.

Four recent large studies have shown that screening reduces deaths from abdominal aneurysms in older men by about half, but has little effect in women.

Until now, doctors didn’t ordinarily check their patients for such aneurysms because guidelines didn’t recommend the simple ultrasound exam needed to spot them.

www.health.harvard.edu

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Acceptance

*If you are irritated by every rub,
How will your mirror be polished?*

Jalil al-Din Rumi