

HealthyLife[®]

LETTER

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GET MORE OF THESE **4**

The 2015-2020 Dietary Guidelines for Americans state that four nutrients are a “public health concern.” Many people are not getting enough:

- Calcium
- Fiber
- Potassium
- Vitamin D

Try these tips to get more:

1. Eat more vegetables, fruits and legumes. These foods are rich sources of fiber and potassium. High-fiber bran cereal and shredded wheat also pack a fiber punch.
2. Eat more yogurt and drink milk. Both are good sources of calcium, potassium and vitamin D. Avoid sweetened yogurt. Instead, buy plain yogurt and add fresh fruit.
3. Eat seafood that’s high in vitamin D. This includes salmon, trout, whitefish, herring and tuna. Pregnant and nursing women should ask a doctor how much seafood they can eat.
4. Consider healthy foods that have vitamin D added, like soy milk, orange juice, dairy products and cereals.

Eating right with gout

Gout is a type of arthritis. It can develop if a person has high levels of a substance called uric acid in their blood. Uric acid can form sharp crystals in the joints. This can cause severe pain, redness, warmth and swelling. Gout often affects the big toe, but it can affect other joints.

Sometimes gout doesn't cause any pain for a while. Then, a person may get severe pain in the affected joint. This is called a gout attack. When a gout attack happens, uric acid levels go up or the crystals in the joint cause irritation. A gout attack is very painful.

In addition to pain, gout can cause heart problems. People who have gout may be more likely to have heart failure, a heart attack or stroke.

Eating certain foods can help keep uric acid levels low. This can help a person prevent gout attacks.

WHAT TO EAT WITH GOUT

If you have gout, you may want to eat more of the following foods:



Leafy green vegetables



Other green vegetables like green beans and peas



Legumes like beans and lentils



Tofu



Low-fat or fat-free milk and dairy products



Whole grain breads and cereals



Vegetable oils like olive oil



Coffee (if you already drink it)



Citrus fruits like grapefruit and oranges



Pineapple



Strawberries



Cherries

SKIP THESE FOODS & DRINKS

Certain foods and beverages can trigger gout attacks. Avoid the following:

- Beer (alcoholic and non-alcoholic)
- Alcoholic drinks
- Soda, fruit juice, and foods with high-fructose corn syrup
- Organ meats like liver and sweetbreads
- Cold water fish like tuna, salmon and trout
- Shellfish like mussels, scallops, squid, shrimp, oysters, crab and lobster



Eating a healthy diet is a great way to manage gout and help avoid attacks. It also helps to get regular exercise. Be sure to see your doctor as recommended. Your doctor may prescribe gout medication if needed and will discuss your heart disease risk.

In addition, drink at least eight glasses of water a day.

Sepsis:

Spot it, save a life



Sepsis can happen when a person has an infection like pneumonia, an infected cut in the skin or a urinary tract infection. Then, the body's immune system releases a strong response that can get out of control. This immune response is so powerful that it can damage the body's organs and cause blood clots.

Sepsis can cause blood pressure to get extremely low and heart rate to get faster. This can trigger septic shock. With septic shock, the body becomes starved for blood and oxygen. It is a life-threatening emergency.

Most who get an infection will not get sepsis. But experts don't know why some people get it and others don't. It seems to affect older adults, babies and young children the most. People who have a weakened immune system or a long-term illness like diabetes, liver disease or cancer are also more likely to get it.



SPOT SEPSIS SIGNS

Sepsis can be hard to spot. At first, symptoms may look like a mild illness. Sometimes a person has an infection and doesn't know it. Signs include:

- Fever or a low body temperature
- Chills
- Fast heartbeat
- Trouble breathing or fast breathing
- Blotchy skin or rash
- Being confused
- Feeling faint or lightheaded

Even if you don't have an infection, or don't think you have one, ask yourself:

- Was I recently around someone who was ill?
- Did I recently have surgery or a medical procedure?
- Do I have any cuts or breaks in the skin?



GETTING TREATMENT

If you think a person might have sepsis, it's important to get them medical care right away. Doctors will look at symptoms and may order blood tests. Sometimes other tests, like an x-ray or CT scan, may be needed.



Sepsis is serious, so doctors often treat it in the Intensive Care Unit (ICU) of a hospital. Treatment usually includes antibiotics and getting fluids.

Fortunately, most people who recover from sepsis often continue to have a normal, healthy life.

Sources: Centers for Disease Control and Prevention, National Institutes of Health, Sepsis Alliance