



AVIATION MEDICAL BULLETIN™

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NEVER TOO YOUNG

Coronary heart disease does not occur only in older women—every year more than 30,000 American women under 54 have heart attacks. Rosie O'Donnell, for instance, had one at age 50 in 2012.

Heart attacks are relatively infrequent in middle-aged people, of course. Men are still twice as likely as women to have a heart attack in middle age, but this gender gap has narrowed since 1990. While deaths from heart attacks in men under 54 have continued to drop, those among women (especially black women) in that age group have been creeping up.

Why? For one thing, a disproportionate number of younger women are obese and have diabetes compared to men, and fewer of them are getting their high blood pressure and high cholesterol under control. While smoking rates in men have declined substantially, those in young women have dropped less. In addition, young women are even more likely than older women to have atypical symptoms, which are more often dismissed and undertreated.

THE BABY FOOD DIET

This diet, created by trainer-to-the-stars Tracy Anderson, has reportedly been tried by the likes of Lady Gaga and, yet again, Jennifer Aniston. ***The gist of the seven-day eating plan?*** Eat jarred baby food for breakfast and lunch, followed by a low-calorie dinner. This is nothing more than a short-term crash diet that is very low in calories and lacking in many nutrients.

CHILDISH HABITS YOU SHOULD KICK

There are several health benefits of “acting like a kid,” but there are some childish habits you may still hold on to that aren't so good for you:

✗ *You still act like a college kid when it comes to sleep.* Staying up late and getting up early may

have been somewhat sustainable in your younger years, but as an older adult, chronic sleep deprivation is simply devastating to your health. Research links it to high blood pressure, diabetes, weight gain, and even just looking tired and older. Aim for seven to eight hours every night.

✗ *You still regularly eat candies and sweets.* Candy is fun to eat, and it's why so many kids love it. But, sugary snacks take a toll on everything from your teeth to your waistline. And, excessive sugar can actually make you look older too! Experts believe regular consumption of added sugar can make your skin dull and wrinkled. It's not easy to eliminate sugar completely, but try by limiting or cutting down on sugary snacks and drinks like soda and juice.

✗ *You still crank up the volume to full blast.* It's fun and exhilarating to listen to your favorite song blaring while you're wearing headphones, but prolonged exposure to loud noises can lead to hearing loss. Focus on keeping the volume low when you're listening to music on your headphones. If you can't hear people around you talking, it's likely too loud!

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SURPRISING THINGS THAT GET YOU DRUNKER, QUICKER

What gives? It could be one of the following six surprising factors at play. They all lower your tolerance for alcohol, and increase your desire to sing karaoke, buy everyone at the bar a round of drinks, or drunk dial your ex.

1. You Switched Time Zones

Landing in a new time zone throws off your body's circadian rhythm, the inner clock that tells your brain when it's time to feel awake and tired. And, when your circadian rhythm is screwed up, your metabolic functions get thrown off, too.

As a result, your liver ends up processing alcohol less effectively. However, the effects of jet lag don't last long. Once your body adjusts to the time change—you'll need about a day for each time zone you cross—your liver will be back to business as usual.

2. You Caught a Cold

When you're sick with any bug, you're more likely to also be dehydrated—which can cause your blood alcohol concentration (BAC) to rise faster.

That's because there's less water in your blood to dilute the alcohol. As a result, the amount of booze in your blood is more concentrated, so it packs a greater punch.

3. You Skip the Gym

Muscle tissue contains water—and alcohol loves to hang out in H₂O. So the more muscle mass you have, the more areas to attract booze. But, if you've been MIA from the gym over the past few months, you may have lost some of your muscle. The alcohol that would otherwise hang out in your bulging biceps is now heading straight for your blood stream, automatically increasing your BAC.

4. You Lost Weight

Once you drop around 10 percent of your body weight, it takes less alcohol to make you intoxicated. Since you're smaller, there's less H₂O in your body. Consuming the same amount of booze you did when you were larger will get you drunker a lot faster.

Imagine your body like a glass of water, he says. If you put an ounce of alcohol in a 12-ounce glass of water, the concentration will be lower than if you put an ounce of alcohol in an 8-ounce glass of water.

5. You're Over the Age of 25

After you pass the ripe old age of 25, you might start noticing that you can't quite polish off pints like you used to back in college.

Because the brains of adolescents and young adults aren't fully developed, they process alcohol differently than those of people in their mid-20s and beyond. But,

researchers don't actually know what's going on in the processing of the alcohol to make it different. A younger guy will feel less sedated than an older guy with the same BAC.

6. You're Short on Sleep

When you're exhausted, your mental processes slow down, causing you to think and act a little more sluggishly than normal. And, if you start drinking alcohol (a sedative) while you're tired, you'll feel drunker than you really are. So even though your blood alcohol concentration won't spike any higher when you're short on sleep, you'll feel the effects of being drunk more strongly. That's because booze enhances the side effects of exhaustion making you act less alert, he explains.

WHY SCREENING TESTS ARE IMPORTANT

Getting the right screening test at the right time is one of the most important things a man can do for his health. Screenings find diseases early, before you have symptoms, when they're easier to treat. With early detection, colon cancer can be nipped in the bud. Finding diabetes early may help prevent complications such as vision loss and impotence. The tests you need are based on your age and risk factors.

Colorectal Cancer

Colorectal cancer is the second most common cause of death from cancer. Men have a slightly higher risk of developing it than women. The majority of colon cancers slowly develop from colon polyps: growths on the inner surface of the colon. After cancer develops, it can invade or spread to other parts of the body. The way to prevent colon cancer is to find and remove polyps before they turn cancerous.

Tests for Colon Cancer

Screening begins at age 50 in average-risk adults. A colonoscopy is a common test for detecting polyps and colorectal cancer. A doctor views the entire colon using a flexible tube and a camera. Polyps can be removed at the time of the test. A similar alternative is a flexible sigmoidoscopy that examines only the lower part of the colon.

Some patients opt for a virtual colonoscopy -- a CT scan -- or double contrast barium enema -- a special X-ray -- although if polyps are detected, an actual colonoscopy is needed to remove them.

Skin Cancer

The most dangerous form of skin cancer is melanoma. It begins in specialized cells called melanocytes that produce skin color. Older men are twice as likely to

develop melanoma as women of the same age. Men are also 2-3 times more likely to get non-melanoma basal cell and squamous cell skin cancers than women are. Your risk increases as lifetime exposure to sun and/or tanning beds accumulates; sunburns accelerate risk.

Screening for Skin Cancer

The American Cancer Society and the American Academy of Dermatology recommend regular skin self-exams to check for any changes in marks on your skin including shape, color, and size. A skin exam by a dermatologist or other health professional should be part of a routine checkup. Treatments for skin cancer are more effective and less disfiguring when it's found early.

Prostate Cancer

Prostate cancer is the most common cancer found in American men after skin cancer. It tends to be a slow-growing cancer, but there are also aggressive, fast-growing types of prostate cancer. Screening tests can find the disease early, sometimes before symptoms develop, when treatments are most effective.

Tests for Prostate Cancer

Screenings for healthy men may include a digital rectal exam (DRE) and possibly a prostate specific antigen (PSA) blood test. Government guidelines recommend against the routine use of the PSA test. The American Cancer Society advises each man to talk with a doctor about the risks and possible benefits of the PSA test.

Discussions should begin at:

- 50 for average-risk men.
- 45 for men at high risk. This includes African-Americans.
- 40 for men with a strong family history of prostate cancer.

HEALTH RULES TO LIVE BY IN 2017

Imagine believing a vibrating belt was the best way to tone your abs. (Hey, it was all the rage in the '60s.) Or, being told that Snackwell's Devil's Food Cookie Cakes were better for you than avocado toast because they were "fat free."

Fortunately, every year new scientific studies and facts improve the way people eat, sleep, and work out. And, 2016 was no different.

Here are the new health rules, based on what was uncovered in 2016.

Eat more healthy fat

No need to give up that avocado toast obsession. The headlines touted that filling up on healthy fats can add years to your life—which might explain the rise of ketogenic eating.

Find some way—any way—to journal

It used to be that when it came to journaling, there were two types of people: those who did it and those who didn't.

But, now that the mental benefits are proven to be worth it, there's no excuse not to. If the traditional "dear diary" format isn't your thing, there's gratitude journaling, the one-sentence-a-day format, and even ultra-buzzy bullet journaling.

Party sober

With the rise of the sober social scene, dry partying is no longer anxiety-inducing. (Yes, it's even possible to date and flirt without liquid courage.)

Switch up your yoga flow

Until recently, the majority of yoga classes all looked pretty similar. But, now you can go through your flow while listening to Drake, after a 30-minute boxing sesh—even with horses or goats. The takeaway here: stop saying yoga "isn't for you," and find a way that it is.

Go for a fruitless smoothie

It's not exactly groundbreaking news that sugar is bad for you, and chances are you already limit processed food and soda. Ready to go next level? Familiarize yourself with the fruit pyramid—while fruit is full of vitamins A, B, and C, fructose still spikes blood sugar levels. And, don't be worried about your a.m. smoothie—there are loads of delicious veggie-based options.

Eat for better sleep

Americans have had having trouble sleeping for a long, long time. (Um, like forever?) And, while instituting a digital detox before bed is tried-and-true advice, 2016 offered up another solution: change up your eating habits. Life happens, and there will still be nights when you're eating dinner past 9 p.m., but some superfoods are designed to help your sleep better. And, everything from smoothies to hyper-functional beverages are now being crafted specifically to help you catch some zzz's.

BODY PARTS YOU CAN DAMAGE BY SMOKING

Joints

Pain and inflammation in your joints? Smokers are more likely to get rheumatoid arthritis (RA). And, RA medications don't work as well on people who smoke. Scientists aren't sure why.

Skin

Smoking speeds up your skin's natural aging process. It can make the skin of a 40-year-old look like that of a nonsmoking 70-year-old. This damage can't be reversed, and it can make many skin diseases, including skin cancer, worse.

Eyes

Lighting up makes you twice as likely to get macular degeneration, an eye condition that destroys the central vision you need to read, write, and see other people's faces. You're also three times as likely to develop cataracts, which cause blurry vision.

Sex Organs

Here's one to consider: Male smokers are more likely to suffer from erectile dysfunction. And, the more you smoke, the worse it can get. Men who smoke are also more likely to get testicular cancer. Women are more likely to get cervical cancer.

Gums

Tender, bleeding gums; painful chewing; bad breath. Gum disease is the leading cause of tooth loss. If you smoke, you're twice as likely to have it, and the more you smoke, the greater your risk.

Brain

If you smoke, you're more than three times as likely to have a stroke -- a blood clot in the brain that can cause facial paralysis, blurred vision, trouble walking, and sometimes death. You're also more likely to have high blood pressure, which can lead to a cerebral aneurysm. This is when the wall of a blood vessel in your brain balloons out. It can leak or burst and spill blood into the nearby tissue.

Digestive System

Peptic ulcers, Crohn's disease, colon polyps, pancreatitis, and cancer of the pancreas are just some of the illnesses related to digestion you're more likely to get if you smoke. You're also 35% more likely to get type 2 diabetes, which affects your liver and pancreas.

Lungs

Lung cancer -- linked to smoking 90% of the time -- caused more than 150,000 deaths in the U.S. in 2015. It is

also a major cause of COPD (chronic obstructive pulmonary disease), a group of diseases that damage the tiny air sacs in the lungs.

Heart

Smoking is a major cause of heart disease, the leading cause of death in the United States. It hardens and narrows your arteries, and it causes your blood to thicken and clot.

DOCTORS AND PATIENTS NOT TALKING ABOUT WEIGHT

Doctors recognize obesity as a health problem. So why is it so hard for them to talk to their patients about it?

A new report suggests both doctors and patients are frustrated with the conversations they're having about weight.

The report found that while most doctors want to help patients lose weight and think it is their responsibility to do so, they often don't know what to say. The vast majority of doctors have little or no training in weight management and nutrition, and they're not likely to have anyone else in their practice who can be of help.

So while doctors may tell patients they are overweight, the conversation often ends there. It's like going to the doctor and being told, 'Oh, your blood sugar is high,' and that's the end of the conversation, without being told about options for diabetes.

The lack of dialogue hurts patients, too. The report found that most obese patients aren't even getting the message that they're obese. **Only 39 percent of obese people surveyed had ever been told by a health care provider that they were obese.**

EAT DINNER EARLIER

Recent research supports the folk wisdom that nighttime eating is more apt to add pounds. In one study, researchers fed one group of mice during their normal waking hours and a second group when the animals usually slept. The mice that ate at the "wrong" time gained more than twice as much weight. If you think you're doing everything right with your diet but you're not losing, try having dinner an hour earlier. It won't hurt, and it might help.

MORE OVERWEIGHT KIDS

The number of overweight and obese children has more than doubled in the last 20 years. The primary reason given: watching too much TV (and getting too little physical activity).

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ONE FATTY MEAL

Researchers in Australia have found that eating just one fatty meal can increase your risk of heart disease and stroke. Scientists at Baker Medical Research Institute in Melbourne, using ultrasound imaging, measured blood flow and pressure in the arteries of volunteers.

Then they redid the test after the subjects had eaten a meal containing 50 grams of fat (what you'd find in a fast-food combo of burger, shake and fries). After the meal, it was found that arterial compliance—a measure of arteries elasticity—had fallen by 25 percent. Those volunteers given a low-fat meal had no such adverse response.

TRAVELING WEIGHT GAIN

Today, traveling means waiting. And waiting? That means eating. Not only are you within striking distance of the airport food court, but also the normal aggravation you endure when traveling fires up your body's stress hormones—actually making you crave those sugary, high-calorie foods you find at the airport.

The result: The airport expands your gut. A couple of hours in an airport terminal can easily turn into a couple of thousand extra calories in your diet. For instance: munch a Classic Cinnabon while you're waiting at the gate and you've ingested 700 calories. A Starbucks blueberry crumb cake? Another 800 calories. Worst of all, those high-sugar, high-carbohydrate foods are the least satisfying when it comes to reducing your hunger—and the best at spiking blood levels of insulin, a hormone that stimulates fat storage.

The Flight Makes You a Blimp

It's no secret that airplane air is dry. (With a low relative humidity, the cabin is twice as arid as the Sahara Desert.) But, most travelers don't realize that breathing dry air can turn you into a blimp. Dehydration due to airline air is a major cause of fatigue, and fatigue gives you a reason to eat.

Start drinking and flying. Keep your appetite in check with a solid liquidation plan. Drink 8 ounces of water before your flight. More important, bring one 16-ounce bottle of water for every 2 hours you'll be in the air, and down it all before you land.

Working Out is Hard Work

At home, fitting in your workout is simple—it's a regular part of that monotonous, my-soul-is-dying rut you call a life. But, things are less predictable on the road, and missing a workout can make your belt feel tighter. A review board for the American College of Sports and

Medicine found that, on average, men need to exercise at least 200 minutes a week just to maintain their weight. Schedule your workout times in advance. That way, the time slot will already be filled when you're invited to an impromptu dinner.

The Hotel "Gym" is a Joke

Many business travelers say it's nearly impossible to find a hotel with a decent gym. Too often, the "state-of-the-art exercise facility" the brochure crows about is a supply closet with a 15-year-old NordicTrack.

Solve the problem: Make reservations without reservation. Lack of decent workout space might be the most common travel problem, but it's one of the easiest to solve. Try these tips:

- Book the right hotel. Visit www.fitforbusiness.com. The site rates the top hotel workout facilities in 280 cities around the world and provides a list of hotels that offer free access to local health clubs.
- If all else fails, swim. Even if the hotel pool isn't big enough for laps, just tread water for 14 minutes. Research shows that's enough activity for a 180-pound man to burn 200 calories.

Booze? You Lose

Frequent business travel can drive a man to drink—especially if he's on an expense account. That's okay occasionally, but if you make heavy drinking a nightly habit, you'll max out your pants faster than you do the company credit card. Besides being packed with extra calories, alcohol compromises your willpower. So you're less likely to stick to your eating plan.

Indeed, toss down four or five drinks, and you're logging the caloric equivalent of a slice of cheesecake and an 8-ounce sirloin. Worse, you'll be more likely to order the cheesecake.

Minibars Create a Mega-You

Hotels may be the worst diet trap since Thomas Jefferson introduced french fries to the American colonies in the late 1700s. Room service offers high-calorie, restaurant-quality food delivered straight to your door and charged to your room, no cash needed. And, the minibar isn't an amenity, or a "bar" at all. It's an evil little fat-making refrigerator with prices that make the \$1.25-per-local-call charge seem cheap.

EVERYDAY HEALTH TIP

Avoid Excessive Drinking

While recent studies show a glass of wine or one drink a day (two for men) can help protect against heart disease,

more than that can cause other health problems such as liver and kidney disease and cancer. Thought for the day: *A jug of wine should last a long time.*

DID YOU KNOW?

- 188 million Valentine's Day cards are exchanged annually, making Valentine's Day the second-most popular greeting-card-giving occasion. (This total excludes packaged kids valentines for classroom exchanges.)
- Over 50 percent of all Valentine's Day cards are purchased in the six days prior to the observance, making Valentine's Day a procrastinator's delight.

HEART EXAM NUMBERS TO WATCH

Chances are, when you think of heart risk, you do a quick mental review of your cholesterol levels. Those numbers are important, but others are key as well if you want to whittle away your danger.

- Total cholesterol should be under 200 milligrams per deciliter (mg/dl).
- LDL should be under 100 mg/dl.
- HDL should be above 50 mg/dl for women, and above 40 for men.
- Triglycerides should be under 150 mg/dl.
- Fasting blood sugar should be under 100 mg/dl.
- Blood pressure should be no higher than 120/80 mmHg.
- BMI shouldn't be higher than 25. If your body mass index (your weight-to-height ratio) tops that figure, your heart risk increases 32%. Over 29 and it spikes 81%.
- Waist circumference should be 35 inches or less for women and no more than 40 inches for men.

DOCTORS OF THE OPPOSITE SEX

A poll of members of a large HMO found that patients, both men and women, report that they are generally more satisfied with doctors of the opposite sex than those of the same sex.

THE CLAIM: SMOKING RELIEVES STRESS

The Facts

The benefits of quitting smoking — reduced risk of cancer and many other health problems — are known. But, for millions of smokers, the calming effect of a cigarette can be reason enough to start up again.

Studies have found, however, that in reality, lighting up has the opposite effect: causing long-term stress levels to rise, not fall. For those dependent on smoking, the only stress it relieves is the withdrawal between cigarettes. In a recent study conducted at the London School of

Medicine and Dentistry, researchers looked at 469 people who tried to quit after being hospitalized for heart disease. At the start, the subjects had similar levels of stress and generally believed that smoking helped them to cope.

A year later, 41 percent had managed to stay abstinent. After controlling for several factors, the scientists found that the abstainers had “a significantly larger decrease in perceived stress,” roughly a 20 percent drop, compared with the continuing smokers, who showed little change.

The scientists' hypothesis was that the continuing smokers were dealing with uncomfortable cravings between cigarettes multiple times a day, while the abstainers, after facing some initial withdrawal, had greater freedom from nicotine cravings and thus had eliminated a frequent and significant source of stress.

Other studies have also found that smokers experience higher levels of stress and tension between cigarettes and lower levels over all when they quit.

The Bottom Line

The calming effect of a cigarette is a myth at least in the long term.

TWO MONTHS TO REVERSE TWO DECADES

When the aerobics rage took over in the 60s, strength training took a back seat to cardiovascular exercise. Now scientists are beginning to recognize that strength training is important, too. When muscles aren't used, strength declines, bones become soft, balance wanes and the ability of the body to function as it was meant to diminish.

Now scientists say that with just two months of strength training one can reverse two decades of muscle loss.

KEEP MOVING

Working out for six months is the equivalent of turning the clock back as much as 30 years. Six months of moderately intense training reversed the decline in cardiovascular fitness that occurs with aging, even in those who had not exercised in 20 years.

PILLOW TALK

Synthetic pillows aren't necessarily better for persons with allergies. Researchers have found that the synthetic pillows they examined had more dust mites and pet allergens than natural feather pillows. So, unless you are allergic to the feathers, synthetic pillows may not be your best bet.

MORE REASONS TO LOVE YOUR MORNING JOE

The Health Perks Of Coffee

Don't feel the least bit guilty about your coffee habit. In fact, study after study is showing that your daily java can prove to be more than just a pick-me-up. Research reveals there may be several health benefits associated with drinking coffee. Here are just a few reasons to get your brew on:

It may lower your diabetes risk. Coffee contains minerals such as magnesium and chromium, which help the body use the hormone insulin, which controls blood sugar (glucose). With type 2 diabetes, the body loses its ability to use insulin and regulate blood sugar effectively.

It may help you live longer. Daily coffee drinkers (even those who drank decaf) had a lower risk of dying from diabetes and neurological diseases than less frequent drinkers. A study showed those who drank three to five cups a day seemed to reap the protective benefits the most.

It may lower your risk for heart attack and stroke. Coffee may counter several risk factors for heart attack and stroke. A study found that people who reported drinking one to three cups of coffee per day were 20 percent less likely to be hospitalized for abnormal heart rhythms than nondrinkers, regardless of other risk factors.

It may lower your chance of developing Parkinson's. In a recent study, U.S. researchers found a link between coffee consumption and Parkinson's disease risk. The study concluded that higher coffee and caffeine intake is associated with a significantly lower incidence of Parkinson's disease.

It may protect you from liver cancer. Evidence suggests that coffee may be particularly good for your liver. Italian researchers found that coffee consumption lowers the risk of liver cancer by about 40 percent.

JOGGING WITH YOUR DOG

Not all dogs are built to jog. Greyhounds, for example, are pros at short-distance sprinting, but can get tired during long-distance runs. If you want to jog with your dog, choose a breed that is suited to distance-running, such as a Labrador. Wait until your pup is full grown and then gradually build up to a 30-minute excursion. This should include five minutes of warm-up, 20 minutes of jogging, and five minutes of cooldown. Remember that dogs can't sweat, so avoid the hot times of the day and stop if your dog is lagging behind.

SHOW SOME LOVE FOR YOUR HEART

Your heart pumps blood to almost every one of your body's 50-75 trillion cells. Only your eyes' corneas receive no supply of blood.

PHYSICAL ACTIVITY VS. EXERCISE

Fifty years ago, people finished a day's work and needed rest. Today, they need exercise.

My grandmother never exercised. She milked the cow twice a day, drew water from the well whenever it was needed, did the household chores without the help of a dishwasher, washing machine, dryer, power mower, leaf blower, and she had to move her toothbrush back and forth to clean her teeth. One other thing, she didn't own an automobile.

She didn't need a gym, treadmill, stationary bike, or walking path. Everything she did was exercise.

The landmark 1996 Surgeon General's report on physical activity and health concluded that it isn't "exercise" that is needed, but physical activity. It appears that the "get-exercise" message—which defines exercise as running, swimming, working out in a gym—may turn some people off. Now there is an effort to put physical activity—from ordinary activities—into perspective. Walking, playing games, doing chores that involve activity also have value. And, government officials are now confirming that.

It turns out that gardening, doing certain kinds of housework with some vigor are nearly as beneficial as jogging, aerobics and all the rest. You don't have to be dressed out in Lycra and \$100+ running shoes to derive the health benefits from movement.

We are into "lite" foods, and it turns out that "lite-exercise" can become part 'n parcel of a healthy lifestyle. The fun runs and Jane Fonda videos still have their place, but ordinary activity that raises the heart rate and respiration can be just as healthful.

DID YOU KNOW?

If you were to grab a tennis ball and squeeze it, you would be replicating the work your heart does with every single beat.

CAN I GET A GOOD WORKOUT IF I DON'T SWEAT?

It's a myth that more sweat equals a better workout. Sweating is purely your body's way of cooling itself. It's possible to burn a significant number of calories without breaking a sweat. Taking a brisk walk or light weight training are just a few examples.

WE HELP KEEP you flying!

Our AeroMedical Staff can get pilots back to work faster while taking the risky guesswork out of aviation medical concerns.



The importance of early and active AeroMedical Assistance cannot be stressed enough. Whenever you have a new medical condition arise, you should immediately contact your company's AeroMedical advisory organization to see if your condition or medication could affect your ability to fly legally. Many medications that are cleared by the FAA actually require a mandatory "wait and see" period. This period of time can be a couple of days, weeks, or months. Some "approved" medications actually require approval by the FAA after your case has been presented to them, prior to your return to flight status.

So if a new condition or medication should arise, give us a call, and let our professionals help **you** and **your** doctors know the FAA perspective on possible treatment plans and guidelines. Many of our pilots appreciate letting their doctors speak with ours so that they can bounce treatment options that they are considering off of an AeroMedical Physician to find the potential FAA implications of each different option.

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