

# The Prince George's Post

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# HEALTH AND FITNESS

## A Few Fun Tips to Help Families Improve Health

(NAPSI)—Although March is officially National Nutrition Month, anytime is a good time to eat more nutritiously, points out the Society for Public Health Education (SOPHE). It offers 12 tips to help.

**Go fresh.** Choose fresh seafood, lean poultry, and beans as your protein source. If using ground meats, choose 93 percent lean ground turkey or ground sirloin beef for tacos, enchiladas or tostadas.

**Make fresh salsa or black bean dip.** Store-bought salsa is often loaded with sodium. If you plan to have more than a tablespoon or two, fresh salsa is a much better option. Guacamole contains healthy fats, but it is high in fat and calories.

**Measure out portions.** It is easy to overeat on snacks like tortilla chips. Measure out just one serving (usually about 10) so you can save room for the main course.

**Favor whole grains.** Brown rice is a whole grain and has more nutrients than white rice. Use corn and whole wheat tortillas instead of those made with flour. Buy or bake whole grain breads and baked goods.

**Use the plate method.** Fill half of your plate with non-starchy vegetables. Fill one quarter of your plate with a lean protein. Then fill one quarter of your plate with a starchy food, such as beans or brown rice.

**Use healthy cooking methods.** Grill your chicken, fish or vegetables. You can also try baking, steaming or broiling. Small amounts of vegetable oil, olive oil or cooking spray are better options.

**Beans make a great protein source.** Use dried beans when you can. They are lower in sodium than canned varieties. Always drain and rinse canned beans to remove excess sodium. If you are buying canned refried beans, buy fat-free varieties. Or make your own by blending whole black or pinto beans in a food processor with spices.

**Go easy on the cheese.** Cheese is high in saturated fat and in sodium. Queso fresco is a great choice if used in moderation. You can also try reduced-fat cheeses.

**Substitute healthier options for sour cream.** Non-fat Greek or plain yogurt and non-fat plain yogurt have a similar taste and texture to sour cream for much less calories and fat.

**Cut your portion size when eating out.** If you eat out, split the meal with someone else, eat half the meal and bring home leftovers, or order a kid-sized meal.

**Snack on fruits and vegetables.** Keep a bowl of fruit out on a table or counter to encourage healthy snacking. Precut veggies and make “grab and go” packets.

**Pack your lunch.** Skip eating out and bring your lunch.



PHOTO SOURCE: NAPSI

You can spend less and still eat well.

“National Nutrition Month is an opportunity to learn more about nutrition and try new and healthy foods. Eating healthy foods can help weight management and lower risk for many chronic diseases including heart disease, type 2 diabetes and cancer, which especially affect many Latino communities,” said Elaine Auld, CEO of SOPHE.

Substituting foods and even small dietary changes can lead to positive results, notes Auld.

Researchers report that more than 40 percent of Latinos are obese. Auld is working with SOPHE members and other partners to decrease those numbers.

“We want to help Latino communities, families and individuals overcome the barriers to good health,” Auld added. “We want to make healthy living easier where people live, learn, work, and play.”

The Society for Public Health Education is partnering in a three-year nationwide

project called the National Implementation and Dissemination for Chronic Disease Prevention, funded by the Centers for Disease Control and Prevention. There are 97 projects in communities across the nation assisting people and communities in living healthier lives. Learn more at #Partnering4Health and [www.partnering4health.org](http://www.partnering4health.org).

The Society for Public Health Education (SOPHE) is

a nonprofit professional organization founded in 1950 to provide global leadership to the profession of health education and health promotion. SOPHE contributes to the health of all people and the elimination of health disparities through advances in health education theory and research; excellence in professional preparation and practice; and advocacy for public policies conducive to health. See [www.sophe.org](http://www.sophe.org).

## Seniors: Make Eye Care Part of Your Wellness Routine

(NAPSI)—Regular checkups at the doctor’s office are a familiar routine for most people: blood pressure checks, blood tests and health history questions. There’s something else you should know, however: Your overall health can affect your eyes.

This is why ophthalmologists—physicians who specialize in medical and surgical eye care—urge people to take a similar wellness approach when it comes to the health of their eyes.

By age 65, one in three Americans has some form of age-related, vision-limiting eye disease such as glaucoma or macular degeneration.

The good news is, treating these conditions can slow or prevent vision loss. The key to a diagnosis is a medical eye examination by an ophthalmologist who can help keep your eyes functioning well throughout your life. In general, the American Academy of Ophthalmology recommends that people age 65 or older get a comprehensive medical eye exam every one to two years, regardless of whether they experience any symptoms.

### Eye Exam or Glaucoma Exam, Often at No Cost

The American Academy of Ophthalmology’s unique EyeCare America program helps medically underserved seniors access sight-saving eye care. The program offers two services: a comprehensive medical eye exam for eligible seniors and a glaucoma exam for individuals who are determined to be at increased risk based on their age, race and glaucoma family history. Each service has slightly different eligibility requirements.

Under the Seniors program, those eligible will be matched with a nearby volunteer ophthalmologist who will provide

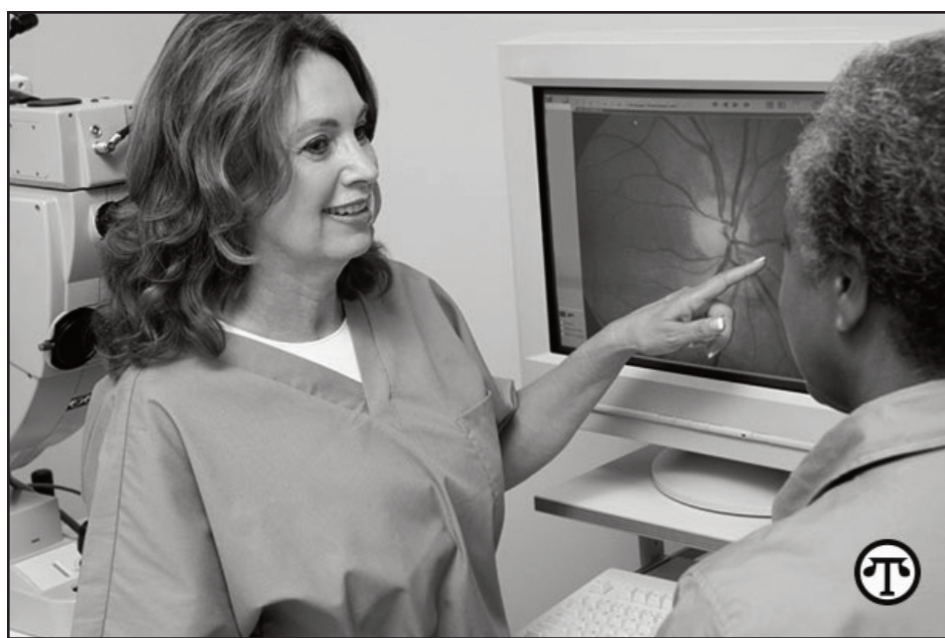


PHOTO SOURCE: NAPSI

It’s wise to have your eyes checked every year or two, especially after age 65.

a medical eye exam and up to one year of follow-up care for any disease diagnosed at the initial exam, often at no out-of-pocket cost.

To be eligible for the Seniors program, you must:

- Be a U.S. citizen or legal resident
- Be age 65 or older
- Not belong to an HMO or have eye care benefits through the VA
- Have not seen an ophthalmologist in three or more years.

The Glaucoma program provides a glaucoma eye exam at no cost to those who are eligible and uninsured.

Glaucoma testing is especially important because the condition can sneak up on you, worsening over time without symptoms. Glaucoma is the leading cause of blindness in people over age 60. The condition can

respond well to treatment, especially when diagnosed early.

To be eligible for the Glaucoma program, you must:

- Be a U.S. citizen or legal resident
- Not belong to an HMO or have eye care benefits through the VA
- Have not had an eye exam in 12 months or more
- Be at increased risk for glaucoma, determined by age, race and family history of glaucoma.

To learn more about EyeCare America’s Seniors and Glaucoma programs and to find out if you or a loved one is eligible, visit EyeCare America at [www.aao.org/eye-careamerica](http://www.aao.org/eye-careamerica).

EyeCare America is co-sponsored by the Knights Templar Eye Foundation, Inc., with additional support provided by Alcon.

## 4 Vital Fuel Sources Your Teen Athlete Needs

(BPT)—High school can be intense, but being a student athlete can intensify expectations.

As the start of spring sports approaches, the stakes are even higher for your student to maintain the success they had first semester. There are practices, matches and conference finals that have to fit in with exams and semester-long projects. Being a standout in the classroom and on the field requires expert-level planning and execution.

That’s where parents play a huge role in helping their teen athletes keep it all in balance. Here are four easy tips to help you ensure that your teen is ready for a great season, on and off the field.

**Food:** Allison Maurer—a sports dietitian and Gatorade consultant who has worked with high school and collegiate athletes—says, “The important thing to remember is that food is fuel. It gives athletes the energy they need to perform and also helps them recover. When planning your athletes’ meals, look for whole food sources that provide high-quality fats, lean proteins and complex carbohydrates. Talk to your athlete about his or her fuel strategy before, during and after practices and games, and offer support by providing healthy, energy rich snacks.”

**Hydration:** When exercising hard, the body cools itself through sweat. If body mass is reduced by about 2 percent, which would be 3 pounds of water weight loss in a 150-pound athlete, it can negatively affect performance, according to the National Athletic Trainers’ Association’s (NATA) Position Statement on Fluid Replacement for Athletes.

“Athletes lose more than water in sweat, so it’s important that they take their hydration seriously since it can impact performance,”

Maurer says. “There are a number of products to meet an athlete’s hydration and fueling preferences. For those looking for an organic fueling option, I recommend G Organic, Gatorade’s latest product. It’s made with only seven ingredients and provides the same hydration benefits that athletes expect from Gatorade.”

**Rest:** Although teens may seem to bounce back easily from a night with too little rest, the truth is that good sleep helps both learning and athletic performance. Sleep helps athletes recover, especially after they’ve pushed their limits in an intense workout. Being rested can also improve reaction time, as well as speed and accuracy. In addition, teens with earlier bedtimes had better grades than those who stayed up later and slept less, according to a study of 3,000 subjects cited by the National Sleep Foundation.

Talk about these benefits with your athlete, and encourage them to go to bed and rise at the same time each day. Also, the glowing light of electronic devices can also interfere with sleep. So, help your teen come up with a strategy to power down an hour or so before bedtime in order to prepare their minds for a night of restorative sleep.

**Planning:** Schedules have a way of colliding, and this especially happens when a huge test and a game are scheduled for the same day. Each week, sit down with your student athlete and walk through that week’s schedule. Look at practices, games, homework assignments and tests, and create a calendar. That way, if a midterm and a game take place on the same day, he or she can plan accordingly. This will help avoid a late-night, stress-filled cram session that will steal from their performance in the classroom and on the field.

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## Low Blood Glucose Can Be Highly Dangerous

(NAPSI)—If you or someone you care about is among the more than 29 million Americans living with diabetes—of the additional 86 million who are at risk for developing the disease—there's something you should know.

### The Problem

One complication of diabetes, hypoglycemia, occurs most often in people taking medications as treatments that may raise insulin levels too high, which can cause blood glucose levels to drop too low. Hypoglycemia can be dangerous and, depending on the severity, can lead to various symptoms including dizziness, confusion, anxiety, seizure or loss of consciousness.

It's a particular problem in hospitalized patients. Low blood sugar, also known as hypoglycemia, is associated with increased short- and long-term mortality risk, per a new study published in the *Endocrine Society's Journal of Clinical Endocrinology & Metabolism*.

To increase awareness of hypoglycemia in persons with diabetes mellitus and to foster initiatives focused on reducing its incidence, the Endocrine Society established the Hypoglycemia Quality Collaborative (HQC), a coalition of medical specialty societies, payers, industry, patient advocates, diabetes educators and research organizations.

### Seeking Answers

"Hypoglycemia is common among hospitalized patients with and without diabetes mellitus," explained the study's senior author, Amit Akirov, M.D., of Rabin Medical Center in Petah Tikva, Israel. "Our findings suggest that hypoglycemia, whether insulin related or noninsulin re-



Endocrinologists and other scientists are working on ways to help people with diabetes avoid the risks of low blood sugar.

PHOTO SOURCE: NAPSI

lated, is associated with short- and long-term mortality risk."

The study included nearly 3,000 patients with hypoglycemia, defined as blood glucose levels < 70 mg/dL, during hospitalization at a 1,330-bed, university-affiliated medical center. Researchers evaluated medical records and the hospital's mortality database to investigate

the association between hypoglycemia and mortality in hospitalized patients. They found that for patients with hypoglycemia, end of follow-up mortality was 31.9 percent.

Mortality risk was higher in insulin-treated patients with moderate hypoglycemia (40–70 mg/dL), compared to patients without insulin treatment with

similar glucose values. However, with severe hypoglycemia (<40 mg/dL), the increase in mortality risk was similar with insulin-related and noninsulin-related hypoglycemia. Cause of admission did not affect the association between glucose levels and mortality.

"These data are a timely reminder that hypoglycemia of

any cause carries the association with increased mortality," said Akirov.

The new HQC blueprint provides recommendations and tactics in multiple strategic areas including reducing gaps in care, advocating for increased focus on hypoglycemia, and improving quality of care for patients who experience hypoglycemia.

### Suggested Solutions

Recommendations include:

- Federal government should increase funding for research at the National Institutes of Health and the Centers for Disease Control and Prevention to reduce gaps in evidence related to hypoglycemia prevention and management;

- Insurance companies and health care providers should look for ways to incorporate continuous glucose monitoring data into clinical decision making to prevent and manage hypoglycemia in high-risk individuals;

- Diabetes educators, patient advocacy groups and social workers should engage patients and caregivers regarding self-management techniques as well as protective rights in the workplace; and

- Hypoglycemia-specific education should be targeted by age and gender, sensitive to the amount of time a patient has available, and include training from behaviorists, nurses, dietitians and exercise physiologists.

Endocrinologists are at the core of solving some of the most pressing health problems of our time, from diabetes and obesity to infertility, bone health, and hormone-related cancers. The Endocrine Society is the world's oldest and largest organization of scientists devoted to hormone research and physicians who care for people with hormone-related conditions. The Society, which is celebrating its centennial, has more than 18,000 members, including scientists, physicians, educators, nurses and students.

### Learn More

For further facts about endocrinology, visit [www.endocrine.org](http://www.endocrine.org), @TheEndoSociety and @EndoMedia.

## Tiny Biotechs Are Getting Giant Results In New Age Leukemia Treatment

(NAPSI)—A revolutionary new treatment for relapsed chronic lymphocytic leukemia (CLL) may soon be available. For decades, the only treatment for CLL was toxic chemotherapy that provided limited benefit. However, over the last 20 years, major strides have been made in the quest to develop a new treatment that is both safe and effective, and each new development can be attributed to efforts made by a tiny biotech company.

In fact, very recently, a tiny biotech called TG Therapeutics released exciting data concerning an innovative new treatment, TG-1101 (ublituximab), for CLL patients that builds on those past successes.

So, in essence then, TG's success really begins decades ago. It was back in 1996 when researchers at a tiny company called Idec Pharmaceuticals discovered Rituxan. Rituxan was the first drug to harness the immune system to treat leukemias and lymphomas, and all these years later it is still hailed as one of the greatest breakthroughs in the treatment of cancer.

The next breakthrough occurred in 2010, when another small biotech company, Pharmacyclics, developed ibrutinib. It was referred to as the magic pill for CLL. About half the patients who relapsed after chemotherapy and Rituxan responded to ibrutinib. Unfortunately, ibrutinib alone was not the answer for all patients.

"Ibrutinib has been a great addition to our CLL armamen-



Researchers have discovered a way to encourage the body's own immune system to fight off cancer.

PHOTO SOURCE: NAPSI

tarium. However, we have long believed that ibrutinib alone may not be enough, particularly for patients with high-risk disease," said Dr. Kathryn Kolibaba, who is the Associate Chair of the Hematology Research Committee for US Oncology and practices at Compass Oncology in Vancouver, Washington.

That is why, in 2013, Dr. Kolibaba and her colleagues at US Oncology partnered with TG Therapeutics to research the potential of TG-1101 as a treatment option for CLL. What intrigued them about TG's compound was that it was similar to Rituxan yet it was designed to be much more effective due to a technique that enabled TG-

1101 to better engage the immune system to more effectively kill the cancer cells.

Alone, TG-1101 is an exciting advance, but the major breakthrough came about when TG-1101 was combined with ibrutinib. "We were excited to see if we could create a really potent combination that was safe for our patients," stated Dr. Kolibaba. In TG's first Phase 2 clinical trial evaluating the chemotherapy-free combination, published in the prestigious *British Journal of Haematology*, nearly all patients treated achieved great benefit and experienced a major reduction in their disease.

A Phase 3 clinical trial for the same combination followed,

and confirmed the impressive Phase 2 findings. Investigators again found that the addition of TG-1101 to ibrutinib improved the response rate by more than 70 percent as compared to ibrutinib alone.

"These are the first Phase 3 results showing that we can dramatically increase the remission rate for CLL patients taking ibrutinib without the addition of toxic chemotherapy and is truly a great advance for patients," stated Dr. Kolibaba.

More information about TG Therapeutics and TG-1101 (ublituximab) can be found at [www.tgtherapeutics.com](http://www.tgtherapeutics.com) and [www.BCellClinicalTrials.com](http://www.BCellClinicalTrials.com).

## Five Ways to Protect Your Vision

(NAPSI)—Did you know that women are at greater risk for blindness and vision problems? The National Eye Institute, part of NIH, reminds women, especially those over age 40, to make their eye health a priority by taking five simple steps to protect their sight.

**Get a dilated eye exam.** Getting a comprehensive dilated eye exam is the only way to know if your eyes are healthy and you are seeing your best. Talk to your eye care professional about how often you should have one.

**Live a healthy lifestyle.** Eating healthy foods, maintaining a healthy weight, managing chronic conditions, and not smoking can lower your risk of eye disease.

**Know your family history.** Talk to your family members about their eye health history. It's important to know if anyone has been diagnosed with an eye disease, since many are hereditary.

**Use protective eyewear.** Prevent eye injuries when doing chores around the house, playing sports, or working on the job. Wear safety glasses, goggles, safety shields, or eye guards that are made of polycarbonate. Talk to your eye care provider about the appropriate type of protective eyewear for your needs.

**Wear sunglasses.** Wearing sunglasses outside protects your eyes from the sun's ultraviolet rays. Prolonged exposure to sunlight can increase your risk for getting an eye disease like cataract or age-related macular degeneration, which is a progressive eye disease leading to blindness. When purchasing sunglasses, look for those that block out 99 to 100 percent of both UVA and UVB radiation. These steps can help keep your eyes healthy and prevent vision loss and blindness from eye disease.

For more information, visit [www.nei.nih.gov/hvm](http://www.nei.nih.gov/hvm).



It's a wise idea for women over 40 to get regular eye care.

PHOTO SOURCE: NAPSI









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