

Daily 10 minute walk may lower risk of early death

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Physical activity, sleep, and nutrition are key determinants of life span and health span. Life span is your life expectancy, while healthspan is the portion of your life span that is free of disease.

"There is much evidence showing that staying active both physically and mentally is important for healthy later life," stated Sarah Gray, GP specialist in Women's Health at St. Erme Medical in Truro, United Kingdom.

A new study published in eClinical Medicine Trusted Source, part of the Lancet Discovery Science, suggests that implementing these components together may extend life span by a year.

However, the findings also showed that making larger changes could potentially extend life span by nine years.

According to the study authors, combining these changes can also extend your health span. This means it can increase the number of years you may live without any major health complaints.

"These findings highlight the importance of considering lifestyle behaviors as a package rather than in isolation," lead study author Nick Koemel, PhD, a research

fellow in physical activity, lifestyle, and population health at the University of Sydney's main campus in Camperdown, Australia, said in a press release.

"By targeting small improvements across multiple behaviors simultaneously, the required change for any single behavior is substantially reduced, which may help overcome common barriers to long-term behavior change."

Daily Walks Linked To Longevity

The research team studied 59,078 individuals from the UK Biobank, who were recruited between 2006 and 2010. The average age of the participants was 64 years, with 45.4 percent male.

Between 2013 and 2015, a subsample of participants was invited to wear an accelerometer for a week.

This measured their moderate-to-vigorous physical activity and sleep. Diet was assessed using a 10-item diet quality score, including their intake of:

- fruit and vegetables
- meat and fish
- grains
- dairy
- oils
- sugar-sweetened beverages

Life span and health span were then estimated

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across 27 different combinations of sleep, physical activity, diet, and a composite score using life tables.

The study estimated that walking for as little as five minutes a day can lower the risk of early death (before 75) by 10 percent for most of the general population. However, walking for 10 minutes a day could potentially cut the risk by 15 percent.

For people who are the least active, a five-minute walk could reduce the risk of early death by six percent. The researchers suggested that reducing the amount of time people are sedentary (inactive and sitting) by 30 minutes each day could help prevent 4.5 percent of deaths.

"We are keenly aware that patients who had colon cancer had fewer recurrences if they were part of an intense exercise regimen, as was shown in previous studies," said Nilesh Vora, MD, board

certified hematologist and medical oncologist and medical director of the MemorialCare Todd Cancer Institute at Long Beach Medical Center in Long Beach, Calif., who was not part of the study.

"This seems to fit in line with and support that hypothesis as well," Vora told Healthline.

The researchers also found that a combination of an additional 5 minutes of sleep per day, 2 minutes of moderate to vigorous physical activity per day, and five DQS points (i.e., 1/2 serving of vegetables per day or 1.5 servings of whole grains per day) was associated with an additional year of life.

Whereas, an additional 24 minutes of sleep per day, four minutes of moderate to vigorous physical activity, and 23 DQS points (i.e., an additional 1 cup of vegetables, one serving of whole grains per day, and two servings of fish per week) were associated with an

additional four years of healthspan.

"The findings of the study reinforce the premise that implementing small and sustained changes in simple lifestyle behaviors such as walking, improved nutrition, and sleep collectively make a significant difference in not only lifespan but more importantly, healthspan--the key indicator that demonstrates improved quality of life-years, not just additional years of life," said Robert Glatter, MD, assistant professor of emergency medicine at the Zucker School of Medicine at Hofstra/Northwell, and emergency department physician at Northwell Health, who was not involved in the study.

Vora cautioned that, while these results are promising, more intensive research is needed before definitive conclusions can be drawn from this study.

Lifestyle Changes For Longevity

Glatter told Healthline that this study reinforces the concept that sleep, nutrition, and exercise "do not exist in a vacuum."

People need to optimize all three--in small amounts--to reap the benefits of a longer healthspan, he said.

He added that starting small can make it feel

more achievable. This may include walking just a few minutes a day or taking the stairs instead of the elevator or escalator. These small changes can help add up.

Making small healthy changes to your eating habits can also help. This may include adding more fruits, vegetables, and legumes while eating fewer ultra-processed foods. Glatter noted that these changes can help improve your lipid profile and inflammatory markers.

"These cardiovascular markers are indicative of improved vascular health and [are] an important marker for longevity," said Glatter.

"The take-home message to the public is that small and incremental collective lifestyle changes in all three categories--nutrition, sleep, and exercise--have the greatest impact in improving healthspan, compared to a focus on only one category alone," he added.

Glatter advised that investing in midlife and earlier can pay off in not just additional years of life, but, more importantly, meaningful and active years that lead to independence, improved cognition, and stronger muscles that help prevent falls and other injuries as you age.

Multiple sclerosis facts you should know

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Multiple sclerosis (MS) is a neurological disease, which means it affects your nerves. It's also an autoimmune disease. This means your body's defenses against disease malfunction and start attacking your own cells.

With MS, your immune system attacks your body's myelin, which is a protective substance that covers your nerves. The unprotected nerves are damaged and can't function as they would with healthy myelin. The damage to the nerves produces a wide range of symptoms that vary in severity.

MS Is A Chronic Condition

Multiple sclerosis is a chronic condition, which means it's long lasting, and there's no cure for it. That said, it's important to know that for most people who have MS, the disease is not fatal.

The World Health Organization reports that more than 1.8 million people worldwide live with MS. Research indicates that people with MS will typically have an average life expectancy similar to people who do not have MS. Research also suggests that a rare few may develop complications so severe that their life expectancy may be negatively affected.

Although MS is a long-term condition, medications and lifestyle adjustments are helpful in managing most of its symptoms.

MS Affects Younger Adults, And Often Women

The National Multiple Sclerosis Society (NMSS) reports that though healthcare professionals diagnose MS in children and older adults, those affected typically receive a diagnosis between ages 20 and 40 years.

When a person over age 50 receives a diagnosis, it's usually called late-onset MS. Older adults sometimes have a more difficult time finding a diagnosis due to other, age-related conditions with similar symptoms.

The National MS Society reports that women are three times more likely than men to be diagnosed with MS.

MS Can Be Difficult To Diagnose

MS can be challenging to diagnose. Symptoms and single tests may not be enough to definitively diagnose MS. MS shares symptoms with a number of other conditions, making pinpointing the source harder.

Multiple tests to rule out other possible causes of the symptoms are usually required, including:

- blood tests
- neurological exams
- magnetic resonance imaging (MRI)
- visual evoked potential (VEP) test
- spinal fluid analysis
- optical coherence tomography (OCT)

MS Symptoms Vary

The list of possible MS symptoms is long. It includes numbness and tingling, vision problems, balance and mobility issues, and slurred speech.

There's no such thing as a "typical" symptom of MS



because each person experiences the disease differently. The same symptoms may come and go frequently, or you may regain a lost function, such as bladder control.

The unpredictable pattern of symptoms has to do with which nerves your immune system attacks at any given time.

MS Involves Relapse And Remission

Most people who seek treatment for MS go through relapses and remissions. Remission is a period in which your relapsing symptoms improve. A remission can last for weeks, months, or, in some cases, years. But remission does not mean you no longer have MS.

MS medications can help reduce the chances of developing new symptoms, but they do not cure MS. Symptoms will likely return at some point.

There's A Cognitive

Side To MS

Side To MS

The damage MS does to your nerves can also affect your critical thinking and other cognitive (mental) skills. It's not uncommon for people with MS to have problems with memory and finding the right words to express themselves.

Other cognitive effects can include:

- inability to concentrate or pay attention
- impaired problem-solving skills
- trouble with spatial relations (knowing where your body is in space)

Cognitive problems can sometimes lead to frustration, depression, and anger. These are typical reactions that your doctor can monitor and help you manage.

MS Is A Silent Disease

MS is labeled as a "silent disease" or an "invisible illness." Many people with MS look no different from someone without it because some of the symptoms, such as blurred vision, sensory problems, and chronic pain, aren't visible.

However, someone with MS may need special accommodations even if they don't have mobility issues and seem fine.

MS is also called a silent disease because even during remission, the disease still progresses. This is sometimes referred to as the "silent progression" of MS.

It Helps To Stay Cool

Doctors recommend that people with MS stay cool whenever possible. Heat intolerance is a common problem and often causes an exacerbation of symptoms. Unlike people who don't have MS, heat intolerance doesn't just mean experiencing discomfort because of high heat--it's a temporary worsening of MS symptoms.

You might experience a spike of symptoms from:

- hot weather or sun exposure
- fever or illness
- hot baths or showers
- overheating from exercise

Use fans and air conditioning, cool drinks, and icy compresses to keep cool. Wear layers of lightweight clothing that are easy to remove. A cooling vest can also help.

It's important to note that although you may have a relapse that's heat-related, hot temperatures do not cause MS to progress more quickly.

Vitamin D Plays A Role

Research indicates a link between vitamin D and MS. The nutrient may protect against MS, and it may lead to fewer relapses in people who already have the disease. Researchers note that more research is needed to better understand the relationship between vitamin D and MS.

Sunlight triggers the production of vitamin D in your body, but sun exposure can also lead to heat-induced symptoms.

Other sources of vitamin D can include fortified milk, orange juice, and certain breakfast cereals. Cod liver oil, swordfish, salmon, tuna, and eggs are also natural food sources of vitamin D.

Outlook for MS

Multiple Sclerosis is an unpredictable disease that affects people differently.

Creating a solid support system of trusted individuals, which can include medical professionals, friends, and family, can help you with ongoing symptom management and managing day-to-day life with an MS diagnosis.

Also, follow the treatment plan that your doctor creates for you. Appropriate treatment can help minimize relapses and help you live each day to the fullest.

Scientists are working to develop new tools and treatments every day that may help aid in symptom reduction.

Know the Warning Signs of Diabetic Eye Disease



Some diabetic eye diseases have no signs or symptoms until they are too obvious to ignore, which might present as:

- Blurred vision
- Dark spots or "holes"
- Flashes of light
- Seeing an increased amount of floaters
- Poor night vision

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