

COMMUNITY RESOURCES

HEALTH TIPS



From Your Neighborhood Chiropractor

By Dr. Ross Royster, D.C.

Hold On: Tylenol Is Back!

I have warned you about the dangers of medication on several occasions in this column. Twice, I have used Tylenol (acetaminophen) as an example when new information surfaced from research. Well, Tylenol is back in the news again. In the past, it was shown that acetaminophen, when overdosed or taken with alcohol, caused liver damage. Now, according to an article by Carla Johnson in the *Wisconsin State Journal*, "Healthy adults taking maximum doses of Tylenol for two weeks had abnormal liver tests results in a small study, researchers found, raising concerns that even recommended amounts of the popular painkiller might lead to liver damage."

The article goes on to say that, "acetaminophen is more popular than aspirin or ibuprofen. Each week, one in

five U.S. adults uses it for pain or fever, a 2002 study found. Acetaminophen is included in numerous over-the-counter and prescription medications, making overdoses possible as people unwittingly combine drugs. Overdoses of acetaminophen are the leading cause of acute liver failure."

Now, researchers are saying that it may not even take an overdose to damage the liver. Truthfully, I don't find this surprising. It is the job of the liver to neutralize abnormal substances that get into our blood. Although the advocates of Tylenol argue that it "has been used for 50 years and has a good safety record," you must consider that 50 years is a speck of time in the evolution of man. Our bodies are made to adapt to natural substances incredibly well, but in the last two generations we have been putting all kinds of unnatural chemical mixtures called pharmaceuticals into our bloodstreams and expecting our livers and bodies to deal with them. It's no wonder livers fail! Dr. Paul Watkins, a co-author of the new study, said "people considering switching painkillers should know that others have their own side effects."

Amen.

NUTRITION TIPS



By Deborah Roussos, MS, RD & Ann Martin, RD



Pre-diabetes, what is it? Before type 2 diabetes develops, most people have pre-diabetes.

Pre-diabetes is when fasting blood glucose levels are between 100 and 126 mg/dl. This level is greater than the normal but not yet type 2 diabetes.

This is the time the Diabetes Prevention Program showed that persons with this increased blood glucose could lessen their chance of developing type 2 diabetes with a healthy eating and activity program. Persons who made small changes in their eating which resulted in weight loss of 5-10% and increased their level of physical activity to 30 minutes most days were able to delay or prevent development of type 2 diabetes up to 58 percent. For some people with pre-diabetes, early intervention can actually turn back the clock and return elevated blood glucose levels to the normal range.

Persons that should be tested for pre-diabetes are those who are over 45, overweight, or have other risk factors for diabetes: high blood pressure, low HDL cholesterol, high triglycerides, have a family history of diabetes, gave birth to a baby weighing more than 9 pounds, or belong to an ethnic group

that has a greater risk of diabetes, African, Native or Hispanic American.

If you have any of the above risk factors you should be tested for pre-diabetes at your next routine clinic visit. To be tested you need to have a fasting blood

glucose test drawn.

But you can start today with making healthy eating choices and increasing your activity to fight pre-diabetes. Healthy eating means, eating a variety of foods from each of the food groups each day. Select servings of grains, fruits, vegetables, dairy, lean meats, fish, and beans. Have 3 meals a day, with at least 3 different food groups at each meal. Sweets and desserts in small amounts can be part of a healthy meal plan in pre-diabetes.

Check with your health care provider before starting any exercise program. The benefits of activity/exercise are to help in losing weight, by burning more calories and increasing your metabolism. Being active for 30 minutes 5 days a week is the goal. Everyone is different and your exercise plan needs to be based on your health and your body's needs.

Pre-diabetes can be controlled. Healthy eating and activity is the mainstay.

Visit the American Diabetes Association web site for detail information. www.diabetes.org.

Remember to eat as well as you can as often as you can.

Over the Garden Gate



Judy Metz
Master Gardener

August

Keep tall garden Phlox deadheaded. Never let Phlox go to seed if you want to keep colors true. It will help to keep them from becoming INVASIVE.

Transplant and divide Iris and Daylilies. Continue watering flower beds once a week during dry periods. Continue planting perennials through the fall. Mulch!! Mulch!! The color and texture of ground covers are important elements in unifying diverse plants in the garden. In addition to colorful flowers, the foliage can range from yellowish-green Junipers to Blue-Grey Hosta to Purple Ajuga. The texture of foliage should be considered along with color. Textures can range from the thick, fuzzy leaves of Lamb's Ear to the glossy leaves of European Wild Ginger, or the lacy fronds of Ferns. They all add interest to your garden.

When creating an outdoor room you have to create something that you will enjoy. Create a little garden getaway.

Gardening requires lots of water -

most of it in the form of perspiration

September

By this time you have some idea of how well your garden did over the summer. Hopefully you planted everything in the correct area in your garden. You need to ask yourself does anything need to be moved, divided, mulched, and did you like the way that particular plant flowered? Did it live up to its expectations? In the fall, catalogs are coming and will be loaded with all those spring blooming bulbs that can be planted into the fall. When going to the garden center and you are asking about a plant that peaks your interest, the garden staff should ask you questions about where will you be planting. Is it in the sun, partial shade or shade? With these basic questions the staff is able to help you with your needs. Sun means anywhere from 6 or more hours of sun. Partial shade or sun prefers about 3 to 4 hours of sun. Morning sun is preferred shade prefers little or no direct shade. It also depends of where the shade is coming from - a wall, houses or trees?

You can bury a lot of troubles digging in the dirt.

To place information on these pages contact the Northside News at 661-0060.

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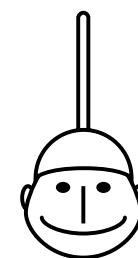
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