

HEALTH

Blueberries: The Little Blue Belly Fat Fighter pt.2

Part 2 of 2 (Read Introduction in CNC week Feb 10, 2022)

They help preserve vision

Blueberry extract, high in compounds called anthocyanosides, has been found in clinical studies to slow down visual loss. They can prevent or delay all age-related ocular problems like macular degeneration, cataract, myopia and hypermetropia, dryness and infections, particularly those pertaining to the retina, due to their anti-oxidant properties. Blueberries contain a special group of antioxidants called Carotenoids (lutein, zeaxanthin, etc.), Flavonoids (like rutin, resveratrol, quercetin, etc.), in addition to others such as vitamin C, vitamin E and vitamin A, selenium, zinc and phosphorus, which are very beneficial and essential for the ocular health. Data reported in a study published in the Archives of Ophthalmology indicates that eating 3 or more servings of fruit per day may lower your risk of age-related macular degeneration (ARMD), the primary cause of vision loss in older adults, by 36%, compared to people who consume less than 1.5 servings of fruit daily.

They fight heart disease

The high fiber content and the ability to dissolve the ‘bad choles-

terol’ make the blueberry an ideal dietary supplement to cure many heart diseases. It also strengthens the cardiac muscles. In a study, published in the Journal of Agriculture and Food Chemistry, researchers found that a moderate drink (about 4 ounces) of white wine contained .47 mmol of free radical absorbing antioxidants, red wine provided 2.04 mmol, and a wine made from highbush blueberries delivered 2.42 mmol of these protective plant compounds.

They relieve constipation & aid in healthy digestion

While roughage (fiber) in blueberries keeps constipation away (Of course, a single piece alone will not do. You need to eat a big handful of them), the vitamins, sodium, copper, fructose and acids improve digestion.

They may prevent/cure certain cancers

Blueberries can prove to be bliss for cancer patients, for they contain certain compounds like Pterostilbene (an excellent remedy for colon and liver cancer) and Ellagic Acid, which in harmony with Anthocyanin and other antioxidants like vitamin C and copper, can do miracles to prevent and cure cancer. Laboratory studies published in the Journal of



Agricultural and Food Chemistry show that phenolic compounds in blueberries can inhibit colon cancer cell proliferation and induce apoptosis (programmed cell death). A significant 34% reduction in ovarian cancer risk was also seen in women with the highest intake of the flavone luteolin (found in citrus).

Other blueberry benefits

They keep you fresh, active, fit, sharp, close to nature and in a good mood, as they are very good antidepressants. You also need not spend a lot on medicines, neither are there any side effects. Remember, the deeper the color of the blueberries, the more they are rich in antioxidants and other medicinal values.

Which blueberries are the BEST blueberries?

Choose blueberries that are firm and have a lively, uniform hue colored with a whitish bloom. Shake the container, noticing whether the berries have the tendency to move freely; if they do not, this may indicate that they are soft and damaged or moldy. Avoid berries that appear dull in color or are soft and watery in texture.

They should be free from moisture since the presence of water will cause the berries to decay. When purchasing frozen berries, shake the bag gently to ensure that the berries move freely and are not clumped together, which may suggest that they have been thawed and refrozen.

Not Everyone is Male or Female – The Growing Controversy Over Sex Designation

By Carl Streed Jr |Assistant Professor of Medicine, Boston University & Frances Grimstad |Assistant Professor of Gynecology, Harvard University

Check out your birth certificate and surely you’ll see a designation for sex. When you were born, a doctor or clinician assigned you the “male” or “female” label based on a look at your genitalia. In the U.S., this has been standard practice for more than a century.

But sex designation is not as simple as a glance and then a check of one box or another. Instead, the overwhelming evidence shows that sex is not binary. To put it another way, the terms “male” and “female” don’t fully capture the complex biological, anatomical and chromosomal variations that occur in the human body.

That’s why calls are growing to remove sex designation from birth certificates, including a recent recommendation from the American Medical Association.

I am a professor of medicine who has worked extensively on lesbian, gay, bisexual, transgender, queer, intersex and asexual (LGBTQIA+) issues. My co-author is a professor of gynecology who is deeply involved in the health of people who are trans and intersex.

Our research and clinical experience show that sex designation is not something to take for granted. For those who don’t fit neatly into one of two categories – and there are millions – an inappropriate classification on a birth certificate can have consequences that last a lifetime.

What does intersex mean?

The problems with sex designation Variations in genital anatomy happen more frequently than you might think; they occur in 0.1 to 0.2% of births annually. In the U.S., that’s about 4,000 to 8,000 babies each year.

Other sex traits don’t necessarily help either. Doctors examining the reproductive organs can find people born with both a vagina and testes, and also those born without any gonads. And when evaluating an individual’s estro-

gen and testosterone hormone levels, long defined as key determinants of female and male bodies, doctors find some people with vaginas still produce significant amounts of testosterone. Because of this, testosterone is not a great indicator for defining sex; higher amounts of testosterone do not necessarily make someone male.

Even karyotyping – a laboratory procedure used since the 1950s to evaluate an individual’s number and type of chromosomes – doesn’t tell the whole story. While we typically expect people to either have XX or XY pairs of sex chromosomes, many people have variations that do not fit either category. These include Turner syndrome, in which a person is born with a single X chromosome, and Klinefelter syndrome, which occurs when a person is born with a combination of



XXY chromosomes.

In short, human diversity has demonstrated that the binary categories of male and female are incomplete and inaccurate. Sex designation, rather than “two sizes fit all,” is on a spectrum. Up to 1.7% of the U.S. population – that’s more than 5 million Americans – have an anatomy and physiology that present intersex traits.

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Heart Issues Have Affected 4 in 10 U.S. Adults Since Pandemic Began

by Cara Jones

Four in 10 Americans say they’ve had at least one heart-related issue during the COVID-19 pandemic, and about one in four who have tested positive say COVID has affected their heart health, according to a new online poll.

Shortness of breath (18%), dizziness (15%), higher blood pressure (15%) and chest pain (13%) were the top problems reported in the survey of 1,000 American adults.

“COVID fatigue is a very real thing – and for this year’s survey we wanted to see what kind of effect the ongoing pandemic is having on Americans’ heart health and in particular their healthy habits,” says Dr. Samir Kapadia, chairman of cardiovascular medicine at the Cleveland Clinic, which conducted the poll.

“We know 90% of heart disease is preventable through a healthier diet, regular exercise, and not smoking, so now is the time to refocus on our heart health,” he added in a clinic news release.



What the poll shows

As the pandemic nears its second anniversary, the poll found that one habit, in particular, was on the rise. More Americans are glued to their chairs, and walking has declined. In all, 77% of respondents said they often or sometimes sit throughout the day.

Overall, four in 10 respondents who have lost a family member to heart disease before age 60 have never been screened for the condition that caused their loved one’s death. But the rate of screening was higher

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This New Technology Can Predict Heart Failure

by Jalessa Robinson

It will probably never cease to amaze society how advanced technology can be. From creating cures for diseases that were probably once deemed incurable, to the way humans experience each other through social media platforms, technology is extremely vast and beyond advanced. It’s even more surprising that there are technologies out today that can actually predict what diseases your body could experience in the future. Yes, you read that correctly. There is a technology out there that can actually predict if something like your heart will end up failing and if you will experience any type of heart disease.

How Is Heart Failure Detected?

Usually, when you go into the doctor’s office stating that you think something is wrong they’ll ask you a bunch of questions starting with “what are your symptoms”.

Once you explain the symptoms and state that you’re experiencing chest pains and all other heart failure symptoms, doctors will ask you about your family history and your medical history. Then they will run a series of tests on you.

These tests are usually blood tests



that look to see if there are any signs of diseases that could lead to heart failure, chest x-rays to get an image of how the heart and lungs are looking, cardiac CT scans and more.

If the images and tests show any signs of heart failure, doctors will then proceed to classify how much damage has been done and what stage of heart failure a person may be in.

Then there will be treatment plans, medical prescriptions and a new life plan based on a healthier diet and more exercise if needed.

Who And What Created This New Technology?

So we know how heart failure is

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