



IN GOOD HEALTH NEWSLETTER...

JULY

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July:
Hydration
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Importance of Hydration

Your body depends on water to survive. Every cell, tissue, and organ needs water to work correctly. Up to 60% of the adult human body is water. The brain and heart are composed of 73% water, the lungs are about 83% water, the skin contains 64% water, muscles and kidneys are 79%, and even the bones are watery: 31%

Did You Know?

Water is the most vital sources of energy in the body. Dehydration causes the enzymatic activity of the body to slow down, resulting in tiredness and fatigue.

Water serves a number of essential functions to keep us all going:

- A vital nutrient to the life of every cell, acts first as a building material.
- It regulates our internal body temperature by sweating and respiration
- The carbohydrates and proteins that our bodies use as food are metabolized and transported by water in the bloodstream;
- It assists in flushing waste mainly through urination
- acts as a shock absorber for brain, spinal cord, and fetus
- forms saliva
- lubricates joints



How does my body lose water?

Water makes up more than half of your body weight. You lose water each day when you go to the bathroom, sweat, and even when you breathe. You lose water even faster when the weather is really hot, when you are physically active, or if you have a fever. Vomiting and diarrhea can also lead to rapid water loss. If you don't replace the water you lose, you can become dehydrated.



Dehydration



Did You Know?

If your urine is consistently colorless or light yellow, you are most likely staying well hydrated. Dark yellow or amber colored urine is a sign of dehydration.

The Effects and Symptoms of Dehydration

- Dehydration occurs when the loss of water exceeds the amount that is taken in.
- 1% - 2% of dehydration can impair judgment and decision making

Who is at higher risk of dehydration?

People are at higher risk of dehydration if they exercise at a high intensity, have certain medical conditions, are sick, or are not able to get enough fluids during the day. Older adults are also at higher risk. As you get older, your brain may not be able to sense dehydration and send the signals for thirst.

You may need to increase the amount of water you are drinking if you:

- Have certain medical conditions, such as kidney stones or bladder infection
- Are pregnant or breastfeeding
- Will be outside during hot weather
- Will be exercising
- Have a fever
- Have been vomiting or have diarrhea
- Are trying to lose weight

water.usgs.gov

familydoctor.org

How do I know if I'm dehydrated?

- Dehydration occurs when the loss of water exceeds the amount that is taken in.
- 1% - 2% of dehydration can impair judgment and decision making

Symptoms of dehydration include the following:

- Little or no urine, or urine that is darker than usual
- Dry mouth
- Sleepiness or fatigue
- Extreme thirst
- Headache
- Confusion
- Dizziness or lightheaded feeling
- No tears when crying
- Severe symptoms include: fever above 103 degrees, inability to sweat, decreased urine production, and weight loss. These symptoms require immediate medical care.

How Much Water Do You Need?

How can you know if you're getting enough water to keep your metabolism cranking at peak efficiency and your digestive system functioning? The formula used to be "one size fits all" -- eight 8-ounce glasses of water a day. But that's changed, experts say.

"It depends on your size and weight, and also on your activity level and where you live," Nessler says. **"In general, you should try to drink between half an ounce and an ounce of water for each pound you weigh, every day."** For example, if you weigh 150 pounds, that would be 75 to 150 ounces of water a day. If you're living in a hot climate and exercising a lot, you'd be on the higher end of that range; if you're in a cooler climate and mostly sedentary, you'd need less.

Alcohol & Caffeine on Dehydration

Diuresis

A diuretic is a substance that results in the body producing an increased amount of urine. According to Dr. Robert Swift and Dr. Dena Davidson, alcohol's diuretic effect is fairly significant: drinking the equivalent of 50 grams of alcohol in about 8 ounces of water -- in other words, drinking four 2-oz. shots of liquor -- can result in the elimination of up to 1 quart of liquid as urine. This occurs because alcohol blocks the release of a hormone that is needed for water reabsorption. Without this hormone -- called antidiuretic hormone, or ADH -- the kidneys do not reabsorb the water; instead they excrete it as urine. Caffeine -- a stimulant that is found in coffee beans, tea leaves, sodas and even chocolate -- also has diuretic effects. The relationship between diuretic substances and dehydration is a straightforward one: any substance with diuretic effects, whether alcohol, caffeine or even a prescription medication, can result in dehydration.



Hydration Tips



Besides water, what else can I consume to stay hydrated?

Water is the best option for staying hydrated. Other drinks and foods can help you stay hydrated, but some may add extra calories from sugar to your diet. Drinks like fruit and vegetable juices, milk, and herbal teas can contribute to the amount of water you get each day. Even caffeinated drinks (for example, coffee, tea, and soda) can contribute to your daily water intake. A drinks (for example, coffee, tea, and soda) can contribute to your daily water intake. A moderate amount of caffeine (200 to 300 moderate amount of caffeine (200 to 300 milligrams) is not harmful for most people. This is about the amount in 2 to 4 8-ounce cups of coffee. However, it's best to limit caffeinated drinks because caffeine may cause some people to urinate more frequently, or feel anxious or jittery.

Water can also be found in fruits and vegetables (for example,

Fruit and Vegetable Water Content

Nearly all food has some component of water in it, however natural, whole foods have the highest water content. Try improving your hydration with some of the fruits and vegetables below:

Fruits:

Watermelon and strawberries contain about 92 percent water per volume. Other fruits with high water content include grapefruit with 91 percent, cantaloupe with 90 percent and peaches with 88 percent water. Fruits containing 87 percent water by weight include pineapple, cranberries, orange and raspberries. Apricots hold 86 percent water, while blueberries and plums contain 85 percent water. The water content for apples and pears is 84 percent. Cherries and grapes contain an average of 81 percent water. And, a banana's composition includes 74 percent water.

Vegetables:

On top of the vegetables list are cucumber and lettuce, consisting of 96 percent water. Zucchini, radish and celery are comprised of 95 percent water. Ninety-four percent of tomato's weight is water, and green cabbage is 93 percent water. Vegetables that contain 92 percent water include cauliflower, eggplant, red cabbage, peppers and spinach. Broccoli is 91 percent water by weight. Additional healthy hydrating foods include carrots with 87 percent water and green peas and white potatoes with 79 percent water.

Hydration Tips When Traveling

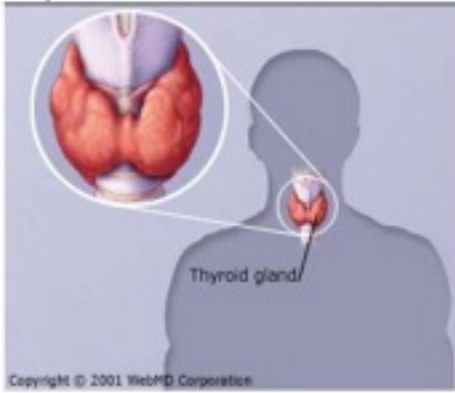
- Make sure you always carry a bottle of water when traveling.
- Bring a small cooler with you to keep water and other sources of hydration cool.
- Cut up fruit and vegetables to place in a plastic bag. This not only keeps you hydrated, but also increases fiber and vitamin intake.
- Try to avoid or limit sugary drinks such as gatorade, fruit juices, or soda. The sugar in these drinks will further dehydrate you.
- Hot or humid weather can make you sweat and requires additional fluid intake, Bringing a frozen water bottle will help keep you hydrated. Heated indoor air can also cause your skin to lose moisture during wintertime.

Tired of Just Plain Water?

- **Flavored Ice Cubes** -By freezing your favorite fruit juices in an ice tray, you can enjoy flavored ice cubes that make a more exciting and tasty glass of water.
- **Fresh or Frozen Fruit** - Adding slices of fresh or frozen fruit such as orange, mango, melon, or peach to a pitcher of water is an easy way to add flavor.
- **Cucumber** - An old favorite. Slices of cucumber make for a refreshing addition to water.



Thyroid Gland



Thyroid Awareness

The thyroid gland is located in the front of your neck, just below your Adam's apple. It makes hormones that control metabolism. Metabolism is the pace of your body's processes and includes things like your heart rate and how quickly you burn calories. **Thyroid disorders** can range from a small, harmless **goiter** (enlarged gland) that needs no treatment to life-threatening **cancer**. The most common **thyroid problems** involve abnormal production of thyroid hormones.

Hypothyroidism:

Stems from an underproduction of thyroid hormones. Since your body's energy production requires certain amounts of thyroid hormones, a drop in hormone production leads to lower energy levels. It seldom causes symptoms in the early stages, but over time, untreated hypothyroidism can cause a number of health problems, such as obesity, joint pain, infertility, and heart disease.

Hyperthyroidism:

Is a disorder that occurs when the thyroid gland makes more thyroid hormone than the body needs. **Graves' disease**: The production of too much thyroid hormone. About 1% of the U.S. population have hyperthyroidism.

What causes Hypothyroidism?

The most common cause of hypothyroidism is an autoimmune disease called Hashimoto's thyroiditis. Normally, antibodies produced by the immune system help protect the body against viruses, bacteria and other foreign substances. An autoimmune disease is when your immune system produces antibodies that attack your body's tissues and/or organs. With Hashimoto's thyroiditis, antibodies attack the thyroid and keep it from producing enough hormones.

Other common causes of hypothyroidism include:

- Treatment for hyperthyroidism, the condition in which the body produces too much thyroid hormone
- Radiation therapy
- Thyroid surgery
- Certain medicines

Some less common causes of hypothyroidism include:

- **Congenital disease**: About 1 in 3,000 infants in the United States are born with a defective thyroid or no thyroid at all. Most states require doctors to screen newborns for thyroid problems.
- **Pituitary disorder**: The pituitary gland produces a thyroid-stimulating hormone, which tells the thyroid gland how much thyroid hormone to produce. A pituitary disorder may keep the pituitary gland from producing the right amount of thyroid-stimulating hormone.
- **Pregnancy**: Some women develop hypothyroidism during or after pregnancy because their bodies produce antibodies that attack the thyroid gland. If it is not treated, hypothyroidism can jeopardize the health of both mother and baby.
- **Iodine deficiency**: Iodine is a mineral used by the body to make thyroid hormones. Iodine deficiency can keep the body from being able to make enough thyroid hormone. In the United States, table salt has iodine added to it to make sure everyone gets enough.
- **Hashimoto's thyroiditis** : In this **autoimmune disorder**, the body attacks thyroid tissue. The tissue eventually dies and stops producing hormones.

Thyroid Awareness

Who is at Risk?

You have an increased risk of developing hypothyroidism if you:

- Have a close relative who has an autoimmune disease
- Have been treated with radioactive iodine or anti-thyroid medicines
- Have received radiation therapy to your neck or upper chest
- Have had thyroid surgery in the past
- **Age and sex.** Older adults are more likely to develop hypothyroidism than younger people and women are more likely than men to develop thyroid disease
- **Some Lifelong Conditions.** Diabetes, vitiligo (an autoimmune disease that causes patches of light skin), pernicious anemia, and premature gray hair are seen more often in people with hypothyroidism.
- **Iodine Deficiency.** This is rare in the United States but common in areas where iodine is not added to salt, food, and water.

Signs & Symptoms of Hypothyroidism:

What are the symptoms of hypothyroidism?

The symptoms of hypothyroidism tend to develop slowly. They can be different from case to case. Initial symptoms include slight fatigue and sluggishness. As your metabolism slows, you may develop other symptoms:

- Increased sensitivity to cold
- Constipation
- Pale, dry skin
- Puffy face
- Hoarse voice
- Elevated blood cholesterol
- Unexpected weight gain
- Muscle aches, cramps, tenderness or stiffness
- Pain, stiffness or swelling in your joints
- Heavier than normal menstrual periods in women
- Depression
- Visibly enlarged thyroid
- Brittle hair and fingernails
- Forgetfulness

Signs & Symptoms of Hyperthyroidism:

- Palpitations
- Heat intolerance
- Nervousness
- Insomnia
- Breathlessness
- Increased Bowel Movements
- Light or absent menstrual periods
- Fatigue
- Fast Heart Rate
- Trembling Hands

Diagnosis & Testing

If you have symptoms of an underactive thyroid, your doctor will do tests to measure the levels of thyroid hormone and thyroid-stimulating hormone in your blood.

How is hypothyroidism treated?

Treatment for hypothyroidism is a synthetic thyroid hormone taken daily in pill form. This medicine will regulate hormone levels and shift your metabolism back to normal. It will also lower your LDL cholesterol and may help reverse weight gain. It may take a few tries to get the right dose of synthetic thyroid hormone. If you are not taking enough, you may continue to experience symptoms of hypothyroidism. If you are taking too much, you may have symptoms similar to those of hyperthyroidism (overactive thyroid disease). Your doctor can tell if you are taking the right dose of thyroid hormone based on how you feel, by examination and by blood testing. Some medicines, supplements and foods may affect your body's ability to absorb the synthetic thyroid hormone. Tell your doctor if you eat large amounts of soy products, are on a high-fiber diet or take other medicines such as iron supplements, calcium

Watermelon Agua Fresca

Some healthy foods, like strawberries, watermelon, cucumbers and salad greens, can help you stay hydrated while also feeling satisfied on fewer calories. Try this healthy, low-calorie recipe that has a high water content to help with hydration.

INGREDIENTS

8 cups cubed seeded watermelon, (about 6 pounds with the rind), divided
1 cup water, divided
1/3 cup sugar, divided
1/4 cup fresh lime juice
1 liter (4 cups) club soda, or seltzer water, well chilled
Lime slices, for garnish



PREPARATION

- 1 Combine half the watermelon, half the water and half the sugar in a blender; puree. Pour through a coarse strainer into a large container. Repeat with the remaining watermelon, water and sugar. Stir in lime juice. Refrigerate until well chilled, about 4 hours.
- 2 To serve, stir in club soda (or seltzer) and garnish with lime.

TIPS & NOTES

Make Ahead Tip: Prepare through Step 1, cover and refrigerate for up to 2 days.

NUTRITION

Per cup: 64 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 16 g carbohydrates; 1 g protein; 1 g fiber; 2 mg sodium; 144 mg potassium.