



## Health & Wellness TIPS

Trends ~ Information ~ Prevention Strategies

### Ways to Improve Memory

By Liz Brown, ACC, CMC, CWC  
Be Well Life Coaching  
[lizbrowncoaching@gmail.com](mailto:lizbrowncoaching@gmail.com)

There are few things more frustrating and embarrassing than struggling to remember names, events and facts or even where you left your keys. Unfortunately, trouble with memory is an issue that plagues many adults on a daily basis. Stress, poor diet, too much to do and not enough rest can contribute to memory issues. The study of the brain has shown that due to neuroplasticity the brain can change and learn new patterns at any time and not just when we are young. The good news is that in addition to eating a brain healthy diet and getting adequate rest, there are also many creative ways to improve memory at any age.

#### Ways to Improve Memory

**Daily aerobic exercise is key!** Not only is exercise great for your physical wellbeing, it is also beneficial for brain health. Studies have shown that 30 minutes of daily moderate aerobic exercise such as walking, dancing, cycling or any activity that gets your blood moving and heart pumping increases the oxygen to the brain which helps improve memory. It also reduces risk of other disorders that lead to memory loss such as type II

diabetes. There are also recent studies that have shown learning new material while exercising on a stationary bike or elliptical trainer enhances your ability to retain the information.

**Make humor a part of your life.** In studies at Loma Linda University elderly participants watched a twenty-minute humorous video and were given memory tests immediately following. Those that watched the video as compared to a group who did not performed better on short term memory tests. One reason is that laughter reduces the stress hormone cortisol which taxes our memory and raises endorphins which send dopamine to the brain, improves immune function and increases brain waves associated with memory and recall. Laughter can be the best brain medicine!

**Have a cup of black coffee.** Researchers at Johns Hopkin's University proved that subjects who were given 200mg of caffeine and shown a group of objects were better able to remember the objects the following day than those who were shown the same objects and were not given caffeine first. Be careful to watch caffeine later in the day when caffeine may interrupt sleep which causes negative effect on memory. And watch the sugar and cream which can add

#### Inside this issue:

Ways to Improve Memory	1
Prostate Cancer: Increase Your Awareness	2
Ask the Diet Doctor: Changing Your Diet With The Season	3
Recipe: Keens Steakhouse Prime Rib Hash	4
Fact or Fiction	4



significant calories.

**Listen to classical music.** This concept was first studied in the 1990's and termed the Mozart effect. The study suggested that listening to music by Mozart while working or studying may induce a short-term improvement on the performance in spatial reasoning and memory. In addition, in a study of Alzheimer's and dementia patients done by UC Irvine, it was shown that scores on memory tests of Alzheimer's patients improved when they listened to classical music. Classical music not your thing? Studies of non-classical music have shown that if the music

*(Continued on page 2)*

For more information or for a free workshop on **Ways to Improve Memory** please call (302)584-5521 or email me at [lizbrowncoaching@gmail.com](mailto:lizbrowncoaching@gmail.com). For additional resources check out my website [www.bewelllifecoaching.com](http://www.bewelllifecoaching.com).

## Ways to Improve Memory (cont.)

evokes positive emotions it can increase dopamine and improve memory similar to the effects of laughter.

**Chew Gum.** Studies at University of Northumbria in Newcastle, UK have shown that chewing gum can help increase both ability to recall information and in concentration. Further studies from Cornell suggested that it is beneficial to chew gum both while studying new information and when taking tests. One theory for the

boost in memory is that chewing gum increases heart rate slightly and increases oxygen to the brain.

**Doodle!** In the book *The Doodle Revolution* author Sunni Brown discusses how doodling has been shown to help with focus, retention of new material and the ability to grasp complex concepts. Doodling also enhances creativity and allows people to express emotion that are too complex for words.

## Prostate Cancer: Increase Your Awareness

September is Prostate Cancer Awareness Month, which means now is the perfect time to learn more about prostate cancer, and share this important information with the men in your life.

Aside from skin cancer, prostate cancer is the most common cancer found in American men. About one out of six men will be diagnosed with prostate cancer during his lifetime. While a prostate cancer diagnosis is serious and shouldn't be ignored, fortunately most men diagnosed with prostate cancer make a full recovery and return to their normal lives after treatment.

Also, men with prostate cancer have a very positive prognosis. According to the American Cancer Society, the 10-year survival rate for prostate cancer diagnosed at an early stage is 98 percent. Even for men with advanced-stage prostate cancers that haven't spread to distant parts of the body, the five-year survival rate is still close to 100 percent.

### What is prostate cancer?

Prostate cancer is cancer that begins in tissues of the prostate gland. Located just below the bladder and in front of the rectum, the prostate is the male sex gland responsible for the production of semen.

When it comes to prostate cancer, receiving a diagnosis early can be very beneficial. Therefore, in observance of Prostate Cancer Awareness Month, take a few moments to note the risk factors and symptoms that are associated with the disease.

### Risk factors

Anything that increases your risk of getting a disease is

called a risk factor. However, it is important to note that having a risk factor does not mean that you will get cancer, and not having risk factors doesn't mean that you will not get cancer.

### Here are the main risk factors for prostate cancer:

**Age:** The risk of developing prostate cancer increases with age.

- **Race:** Studies show that African-American men are approximately 60 percent more likely to develop prostate cancer in their lifetime than Caucasian or Hispanic men.
- **Family History of Prostate Cancer:** Men with an immediate blood relative, such as a father or brother, who has experienced prostate cancer are twice as likely to develop the disease. If another family member is diagnosed with the disease, the chances of getting prostate cancer increase.
- **Diet:** A diet high in saturated fat, as well as obesity, increases the risk of prostate cancer.
- **High Testosterone Levels:** Men who use testosterone therapy are more likely to develop prostate cancer, as an increase in testosterone stimulates the growth of the prostate gland.

### Symptoms

In many cases, prostate cancer symptoms are not apparent in the early stages of the disease. Not every man will experience the same symptoms, and many of the symptoms listed below could be a result of other conditions. If you experience any of these symptoms for more than two weeks, **consult your doctor:**

- Burning or pain during urination
- Difficulty urinating, or trouble starting and stopping while urinating
- More frequent urges to urinate at night

## Prostate Cancer: Increase Your Awareness (cont.)

- Loss of bladder control
- Decreased flow or velocity of urine stream
- Blood in urine (hematuria) or in semen
- Difficulty getting an erection (erectile dysfunction)
- Painful ejaculation
- Swelling in legs or pelvic area
- Numbness or pain in the hips, legs or feet
- Bone pain that doesn't go away, or leads to fractures

### Reducing your Risk

In honor of Prostate Cancer Awareness Month, why not consider following some of the suggestions below that have been shown to reduce your risk of developing prostate cancer:

- Increase exercise
- Maintain a healthy weight
- Eat more fish
- Eat more fruits and veggies
- Perform prostate self-exams
- Speak with your doctor about creating an appropriate screening schedule for your needs

### Choosing a treatment that's right for you

If you have been diagnosed with prostate cancer, there are numerous treatment options available. The main treatment approaches are surgery and radiation therapy, while more advanced options include hormone therapy, chemotherapy and immunotherapy.

Each treatment method is different and will have different effects on your body. Some potential side effects may include erectile dysfunction or incontinence. These side effects may be uncomfortable, and whether they are short-term or long-term, you can learn how to manage these conditions so you can continue to live an active life after treatment.

The great news is that many hospitals are offering advanced, minimally invasive treatments that may reduce the risk of urinary or sexual side effects, such as da Vinci® Surgical System and the CyberKnife® VSI™ Robotic Radiosurgery System. Talk to your doctor to see if you are a candidate for one of these new treatment methods.

As you carefully consider treatment options, including watchful waiting, make sure that you have an open conversation with your doctor about possible side effects, as well as any other concerns you may have. Also, don't be afraid to get a second or even third opinion, to make sure that you understand all of the possibilities available to you.

After all of your treatment options have been presented, talk with your loved ones, a spiritual advisor, counselor or your doctor about how to proceed. It is your body, so remember that the final decision belongs to you.

Source: <http://www.cancercenter.com/community/september-2012/prostate-cancer-increase-your-awareness/>

## Ask the Diet Doctor: Changing Your Diet With The Season

**Q:** *Should I change my diet as the seasons change?*

**A:** *Actually, yes. Your body undergoes changes as the seasons change. The differences of periods of light and darkness that occur have profound effects on our circadian rhythms. In fact, research shows that we have entire groups of genes that are impacted by circadian rhythms and many of these genes can impact body weight (causing either loss or gain) and hormones such as adiponectin, which increases insulin sensitivity and fat burning. So make these four easy changes to help your body adjust to the changing seasons.*

**1. Supplement with vitamin D.** Even during the summer, a majority of people don't get enough of the "sunshine vitamin." Supplementing with vitamin D won't cure your

winter blues, but it will help you maintain optimal blood levels when your body isn't converting much of the vitamin from sunlight. D is also very important for bone health, and maintaining optimal levels may help fight certain cancers, aid in weight loss, and boost immune function, which is extra important during cold and flu season.

**2. Stay committed to exercise.** When the weather is balmy and the sun is shining, it's easy to want to go for a run, but the colder, shorter days of fall and winter aren't quite as motivational. Still, you should squeeze into a workout for the sake of both your waistline (hello, holiday feasts!) and mood. A 2008 study published in PLoS One reported that seasonal changes in mood caused by the

## Ask the Diet Doctor: Changing Your Diet With The Season (cont.)

change in light cycles can greatly increase your risk for metabolic syndrome, but exercise during fall and winter seasons can offset that. Even more interesting (or scary): These negative effects of skipping your workout were as strong as the positive effects of exercise!

**3. Monitor weight changes from fall to spring.** Research from the National Institutes of Health shows that between September to October and February to March, people gain an average of one pound (some upwards of almost five pounds) each year. While one pound may seem insignificant, this extra pound (or five) can lead to slow and incremental weight gain over the years.

This can be further compounded by the fact that as we age, we can lose up to 1 percent of our lean body mass each year. Increasing body weight plus decreasing lean body mass equals a recipe for disaster! In order to prevent this, monitor your weight at least weekly throughout the year. Research

shows that people who weigh themselves more frequently are more successful at maintaining their weight. It will also help you stay on top of seasonal additions to your waistline, ensuring that they don't sneak up on you.

**4. Increase your carbohydrate intake.** As the days get darker, you may begin to suffer from a mild form of depression known as seasonal affective disorder. Adding more carbs to your day is one diet strategy that may be able to help pick you up out of your slump. A study from Biological Psychiatry found that a high-carb (but not a high-protein) meal boosted mood. This may be due to the ability of insulin (a hormone released by your body when you eat carbohydrates) to drive tryptophan into your brain where it gets converted to the feel-good neurotransmitter serotonin. The more serotonin your brain produces, the better you will feel.

Source: <http://www.shape.com/healthy-eating/diet-tips/ask-diet-doctor-changing-your-diet-season>

## Keens Steakhouse Prime Rib Hash



Chef Bill Rodgers of Manhattan's Keens Steakhouse says flank steak or chicken works as well as prime rib in this recipe.

Servings: 1

### Ingredients

- 1 large russet potato, peeled and cut into 1/2" pieces
- 2 tbsp. unsalted butter
- 1/2 small white onion, finely chopped
- 1 stalk celery, finely chopped
- 10 oz. cooked prime rib, cut into 1/2" pieces
- 1 tbsp. finely chopped flat-leaf parsley
- 1 tsp. finely chopped rosemary
- 2-3 tbsp. ketchup
- 1/2 tsp. hot sauce, such as Tabasco
- Kosher salt and freshly ground black pepper, to taste
- 1 sunny-side-up egg, for serving
- Chopped fresh chives, for garnish

### Directions:

Heat oven to 450°. Boil potatoes in a 2-qt. saucepan of salted water until tender, 5-10 minutes. Drain, transfer to a bowl, and mash slightly, leaving some diced pieces intact.

Heat butter in 8" nonstick skillet over medium-high heat. Add onions and celery; cook, for 2 minutes. Transfer to bowl with potatoes. Add beef, parsley, rosemary, ketchup, hot sauce, and salt and pepper; stir to combine. Return pan to medium-high heat; add potato mixture, and using spatula, form into a compact cake. Cook, without stirring, until browned, 2-3 minutes. Transfer to oven; cook until top is browned, 15-20 minutes more. Invert onto a plate. Garnish with egg and chives.

Source: <http://www.saveur.com/article/Recipes/Prime-Rib-Hash>

## Fact or Fiction

1. Eating red meat can reduce the risk of prostate cancer.  
Fact    Fiction
2. Chewing gum can greatly decrease your ability to recall and retain information.  
Fact    Fiction