



AviationHealth ASSOCIATION

AVIATION MEDICAL BULLETIN™

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11 Seconds

Ever feel like your doctor is in a rush

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Pink Pork

It's okay to cook pork to just 145 Degrees so that it stays juicy and pink in the middle.

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50 %

According to a 10 year study at the University of Western Ontario

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AVERAGE OFFICE WORKER

We're often told to limit the amount of screen time in our daily lives, but for many of us, we don't have much of a choice.

A new study finds the average office worker spends 1,700 hours in front of a computer screen over the course of a year — or about 6.5 hours per day.

Aside from the numerous health risks that stem from sitting for so long every day, 37% of the survey respondents said they have to squint regularly to see the text on their computer screen. The same number also complain of regular headaches from gazing into a monitor for so long. While many make the text on the screen larger so they can see it better, a quarter of respondents actually move the screen closer to their faces in order to see it better.

For millions now, staring at a screen all day is the norm. However, if you

look back just a few decades, far fewer of us would have spent the day looking into the same glowing rectangle, and when you add mobile phones into the mix, we're putting our eyes through a lot every day.

Despite the findings, workers don't seem to be too concerned about their eye health. One in five respondents hadn't visited an eye doctor in at least two years, and more than half say they pay less attention to the health of their eyes than any other organ.

ADD YEARS TO YOUR LIFE

A recent Harvard University study concluded that you could add 10 years to your life by following five habits:

- ✓ eating a healthy diet
- ✓ exercising 30 minutes or more a day
- ✓ maintaining a healthy weight — a body mass index between 18.5 and 24.9

- ✓ never smoking
- ✓ and drinking only a moderate amount of alcohol

In that study, the researchers analyzed 34 years of data. The authors predicted that women who adopted these five habits would see 14 more years of life, and men would add 12 years.

25% OF CHILDREN 6 AND UNDER OWN A SMARTPHONE

How young is too young when it comes to owning a smartphone? Believe it or not, 25% of children six and under actually own a mobile device. A third of parents made the purchase simply because their kids asked, while one in five bought it to keep the little ones entertained. What's worse, nearly half of those kids spent as much as 21 hours per week on the devices.



SAFE CIGARETTES

There's no such thing as a safe cigarette, despite what the color of the package may suggest. Two years ago the FDA banned the use of such terms as "light," "ultra light" and "mild," since these imply that the cigarettes cause fewer health problems (not true).

But, manufacturers have retained or introduced color-coding—gold, blue and light green for "light;" silver and orange for "ultra light"—to convey the same misleading message. For example, Marlboro Lights are now Marlboro Gold. The marketing ploy works: according to a recent study, about 20 percent of smokers believe some brands are less harmful, largely based on the package color.

THE GREAT INDOORS

The Snapchat generation doesn't seem to love the outdoors — at least not as much as doing other things. The average child between 6 and 16 years old spends only an hour a day outside, but play video games more than twice as long, a new study finds.

Today's children and teens, the survey found, prefer a whole host of activities over playing in the mud. These activities include gaming, watching TV, surfing the web, and listening to music. Believe it or not, some adolescents even preferred doing homework (10 percent) and completing chores (three percent) over enjoying the wilderness.

With games such as 'Fortnite' taking over the lives of many young children, they would rather stay indoors than kick a football around with friends or wander through the woods.

More shockers: four in ten adolescents have never gone camping; nearly half have never built a den or fort; and more than half have never climbed a tree.

11 SECONDS BEFORE INTERRUPTING

Ever feel like your doctor is in a rush to get you out the door when you come in for a visit? You're not just imagining things. A new study finds

physicians give a patient an average of **just 11 seconds** to describe their issue before cutting them off.

Researchers determined that for all the waiting we do after we arrive at a medical practitioner's office, it is the doctors who seem to have the least amount of patience. The study showed that just a third of physicians give patients adequate time to explain why they're there. A new study finds physicians give patients an average of just 11 seconds to describe their issue before cutting them off.

The team specifically analyzed the first few minutes of the consultations, looking to find out how frequently doctors let the patients dictate the conversation through inquiries such as "Tell me what brings you in today," or "What can I do for you today?" If patients were given the opportunity to set the agenda, the researchers then timed the responses to see how long they could speak before the doctor interrupted them.

The results showed that just 36% of doctors ask questions that allowed patients to set the agenda, but two-thirds (67%) of those patients were interrupted after responding. Researchers calculated the doctors cut patients off 11 seconds on average into a response.

MIDLIFE CRISIS? IT'S A MYTH

Beware midlife! You will be prone to sudden, disruptive upheaval. Around the age of 50, your productivity, creativity and adaptability begin their inexorable decline. With them, happiness ebbs. Your best years are behind you. Naturally, your job, marriage and shattered aspirations are to blame. If you or someone important in your life shows symptoms of midlife restlessness, be alarmed! The dashboard is flashing red.

Everything in the paragraph you just read is inaccurate. True, midlife is a tricky and vulnerable time. But, most of what people think they know about midlife crisis — beginning with the notion that it *is* a crisis — is based on harmful myths and outdated stereotypes. The truth is more interesting, and much more encouraging.

1. You're entering a danger zone

Actually, midlife is a time of transition. For most people, this is gradual, natural, manageable and healthy, albeit unpleasant. It is, in other words, the opposite of a crisis. The idea of the midlife crisis first appeared in an article in 1965 and soon caught on in popular culture. Psychologists found no such phenomenon when they investigated, but the idea of the midlife crisis refused to fade.

Then, about 15 years ago, economists made an unexpected finding: the U-shaped happiness curve. Other things being equal – that is, once conditions such as income, employment, health and marriage are factored out of the equation – life satisfaction declines from our early 20s until we hit our 50s. Then it turns around and rises, right through late adulthood. This pattern has been found in countries and cultures around the world.

We assume that ageing, in and of itself, has either no effect on happiness, or that it simply makes us miserable. But instead, it fights happiness until midlife, then switches sides. Of course, ageing is never the only thing going on. How satisfied you feel at any given time will depend on many things; but the independent effect of ageing is more than enough to make a noticeable difference, especially if the rest of your life is stable and smooth.

2. I must be unhappy about something

Not necessarily. Often, midlife malaise can be about nothing.

So what is the slump about? It seems to be the effect partly of natural changes in our values. We begin adulthood, in our 20s and 30s, ambitious and competitive, eager to put points on the scoreboard and accumulate social capital. In late adulthood, after midlife, we shift our priorities away from ambition and towards deepening our connection with the people and activities that matter most to us. In between, we often experience a grinding transition when the old values haven't brought the satisfaction we expected, but the new values haven't yet established themselves.

3. Midlife unhappiness is for low-achievers

Surely, if we are lucky enough to have put lots of points on the board by 40, achieving or surpassing our goals, malaise won't strike? Wrong again. The most perverse effect of midlife malaise is that high-achievers are especially vulnerable. The reason is what researchers call the hedonic treadmill. To motivate us, youthful ambition makes us unrealistically optimistic about how much satisfaction success will bring. Later, when we meet a goal, our desire for status and success moves the goalposts. Despite our objective accomplishments, we are not as satisfied as we expected. We wonder, "How come I'm not happier?" As this cycle of achievement and disappointment repeats over time, satisfaction comes to seem forever out of reach.

High-achievers are particularly vulnerable precisely because they set so much store by accomplishment, and because they have so much to be grateful for. They often experience their dissatisfaction as unjustified and irrational: a moral failing. That makes them still more dissatisfied. Now dissatisfaction is

bootstrapping itself, creating a self-propelled spiral.

None of this is to cast aspersions on building a business, earning a doctorate, having a family, or other admirable ambitions. Those things are well worth doing. Just remember that objective success provides no guarantee against subjective discontent and, indeed, can make it worse – until the aforementioned changes in our values make it easier for us to jump off the ambition treadmill.

4. At 50, my best years are behind me

This myth is one of the biggest causes of discontent, because we assume that if we are not fulfilled at 50, we never will be. In fact, the happiness curve shows that, other things being equal, the best in life is yet to come. As we traverse our 50s, 60s and 70s, ageing makes us more positive and equable, and less stressed and regretful. This so-called positivity effect even seems to provide some emotional armor against the negative effects of physical decline and ill-health. Contrary to the popular view that youth is the best time in life, the present findings suggest that the peak of emotional life may not occur until well into the seventh decade.

In the US, studies find that people aged 55-65 are more likely to start companies than those aged 20-34, and that older workers are just as productive as younger ones (and increase the productivity of those they work with).

START COLON CANCER SCREENING AT 45, NOT 50

Most people should start screening tests for colon and rectal cancers at age 45, rather than waiting for age 50, as long recommended by the American Cancer Society.

The group said the initial test does not have to be a colonoscopy, a procedure that typically requires a day off from work and an often-unpleasant bowel cleansing routine. Instead, it could be one of several other tests, including home stool tests available by prescription.

The shift by the cancer society is based on new information about the rise in colon and rectal cancer among younger adults.

Colon and rectal cancers have increased 51 percent among adults under age 50 since 1994, the cancer society said. Most of the nation's 140,000 annual cases and 50,000 deaths from colon and rectal cancer still occur among people over age 55. But the share of cases involving younger adults has risen to 29 percent for rectal cancer and 17 percent for colon cancer.

PROPER HAND WASHING

A study conducted by USDA found consumers fail to correctly wash their hands 97 percent of the time, with the most common mistake being not washing hands long enough.

The study, involved placing participants in test. The study revealed only 3 percent of participants followed all the necessary steps to properly wash their hands.

You can't see, smell or feel bacteria. By simply washing your hands properly, you can protect your family and prevent that bacteria from contaminating your food and key areas in your kitchen.

The most common mistake? Not washing with soap and water for the minimum 20 seconds. Other bad behaviors included not getting hands wet or failing to use soap.

OBSESITY LINKED TO 12 TYPES OF CANCER

Staying physically active and eating a healthy diet filled with whole grains, fruits and vegetables not only help lower weight but could cut your risk for cancer. The [report from World Cancer Research Fund](#) links 12 types of cancers to being overweight, including breast and colorectal cancer.

The report said an estimated 1.97 billion adults worldwide and more than 338 million children and teens were considered overweight or obese.

WCRF also revealed a series of updated recommendations to help people lower weight and decrease their cancer risk, including exercise, a healthy diet, limiting consumption of red or processed meats, and cutting back on fast food or other highly processed foods.

It's unlikely that there are 'magic bullet' specific foods or nutrients that in themselves cause or protect against cancer. Rather, different patterns of diet and physical activity combine to create a metabolic state that makes you more or less susceptible to cancer.

The ten other cancers cited are endometrial; gallbladder; kidney; liver; mouth, pharynx and larynx; esophageal; ovarian; pancreatic; prostate; stomach.

Obesity may be one reason for a rise in colon and rectal cancer rates among younger and middle-aged people. Last year, researchers from the American Cancer Society found poor diets; inactivity and weight gain may play a role in the rise in rates of these cancers.

PRESCRIPTIONS = DOCTOR SHORTHAND

They're no great secret — just a lot of Latin or Greek abbreviations. A prescription is merely an instruction to the pharmacist that: 1) identifies the medication; 2) explains when and how often it should be taken; 3) identifies the route of entry (oral, rectal, etc.); 4) indicates the quantity of pills or volume of liquid; and 5) denotes any refills.

Here's a typical prescription for an antibiotic: Amoxicillin 500mg tabs; 1 tablet po TID for 10 days; #30 c no refills. Here's what that means: The expression "po" means "by mouth" (per oral). (A similar abbreviation you may encounter when suppositories are prescribed is "pr", which means "per rectum").

The term "TID" means to take the medicine three times in a day. The conventional timing hospitals use for this is 9 a.m., 3 p.m. and 9 p.m.

"QID" means four times in one day (9 a.m., 1 p.m., 5 p.m. and 9 p.m.). The letter "c" means "with"; the letter "s" means "without."

There is another abbreviation you might encounter denoted by the letter "q." It means "every." Examples are: "qd" for "every day"; "qod" for "every other day"; "q6h" for "every 6 hours"; and "qhs" for "every bedtime" (or hour of sleep). Note that TID (9 a.m., 3 p.m., 9 p.m.) does not mean the same thing as q8h (every 8 hours). An abbreviation you'll likely see if prescribed a pain medication or sedative is "prn." It means "to take as needed."

PROPER WAY TO THAW MEAT

If you're in a hurry to thaw steaks, chops, chicken breast or fish, and don't like defrosting in the microwave, soak them in warm water for 10 to 15 minutes. For safety reasons, it's recommended that food be thawed in the refrigerator (which can take an entire day) or in cold water (which can still take an hour or more).

But, a USDA study recently showed that frozen plastic-wrapped inch-thick steaks could be thawed in circulating warm water (102°F) in 11 minutes, with no effect on safety, tenderness or taste. Cook immediately after thawing. Don't try this with thick pieces of meat such as roasts, since it would take much longer, giving bacteria more time to grow. It's also not a good idea for chopped meat, which is more prone to contamination.

CAREFUL WITH THAT SLEEPING PILL

If you take a sleeping pill, you're at increased risk for falling when you get up at night. In a recent study, most older people who were awakened two hours after taking zolpidem (Ambien) failed a balance test; one-quarter of younger people also failed. Memory was impaired as well.

PINK PORK

It's okay to cook pork to just 145°F (63°C) so that it stays juicy and pink in the middle, according to the USDA, which used to advise 160°F. That's the same guideline as for whole cuts of beef and lamb; ground meats should still be cooked to 160°F. Many people, worried about trichinosis in pigs, still think they have to cook pork to the consistency of shoe leather. But, this parasitic infection has been virtually eliminated in the U.S. In any case, the parasite is destroyed at the lower temperature. The leaner the meat, the more quickly it will cook.

CUTTING FRUIT

Before you cut into a melon, wash the rind with running water so that the knife doesn't transmit bacteria on the surface to the flesh inside.

Several outbreaks of *Salmonella* infections have been linked to melons. Unlike most fruit, melons are not acidic, so bacteria can thrive on them when they are cut up and not kept cold. Refrigerate melon within two to four hours of cutting. And if you buy pre-cut packaged melon, make sure it is refrigerated or covered in ice (not just sitting on top of ice) at the store

Even if you don't take a sleeping pill, being sleep-deprived or waking up from a sound sleep can diminish your sense of balance, but the pills worsen the impairment. Previous Even if you don't take a sleeping pill, being sleep-deprived or waking up from a sound sleep can diminish your sense of balance, but the pills worsen the impairment. Previous research has shown that grogginess can persist after waking the next morning.

GEN Y HIGH BLOOD PRESSURE

If you're in your twenties or thirties, don't think you're too young to have high blood pressure. One in five Americans age 24 to 32 has high blood pressure. While 11 percent of people this age reported that they had been told by their doctors that they had the disorder, 19 percent did not. All adults should have their blood pressure tested at least every two years.

A COOL AEROBIC WORKOUT

Reasons to try swimming:

1. It can improve your heart/lung capacity.
2. It works all major muscle groups.
3. It conditions your body with less stress on tendons, ligaments, and joints than many other endurance activities.
4. It supports your body (due to the water's buoyancy).
5. It's good for lower back and knee problems, and if you're overweight.
6. It conditions respiratory muscles.
7. Water aerobics classes can also be a social outing.

LOSE FAT BY EATING MORE

Eating small amounts of healthy fat throughout the day can suppress appetite, especially for women, new research found. Fat signals your brain that you're full. The scientists recommend these healthy fat sources: nuts, seeds, and olives. Use them to replace saturated fats and refined carbs.

YOUR BODY'S TALKING: LISTEN

There are a number of sophisticated scientific tests to measure how hard you are exercising. But, according to noted cardiologist and author George Sheehan, MD, studies show that "90 percent of us can rate our effort during exercise better than any test developed." What that means is simply this: Listen to your body. It will tell you whether you're exercising too hard or too easy. You can easily find that "comfort zone" where exercise is both pleasant and stimulating.

Says Sheehan, "Dial your body to comfortable" when you exercise.

EXERCISE: STICKING WITH IT

Exercise shouldn't be something you do only when you want to drop those 10 extra pounds or prepare for the charity road race. To be successful, it has to be thoroughly integrated into your lifestyle; it should be something you do as routinely as eating, sleeping, and taking your morning shower. Unfortunately, that can be difficult, as you may already know. The information below may help you stay on course when your motivation starts to flag:

(Continued)

Make it personal. Your first step on the lifelong path to healthy physical activity is to identify what works for you. Think about what kind of activities suit your lifestyle, time constraints, budget, physical condition, and likes and dislikes.

Make it fit. For most people, time constraints are a major problem to overcome. Start planning your exercise sessions by making a detailed schedule of your week. Look for ways you can work in blocks of exercise. Can you get up half an hour earlier every morning for a walk? Would this mean going to bed earlier? Be realistic. In addition to the time you schedule every day, look for ways to add bits of activity and recreational exercise—an extra lap around the mall when you're shopping or a Saturday morning bike ride. After the first week, adjust your schedule in places where it may not be working.

Set some goals. Set a long-term goal, and break it into weekly or monthly targets. For example, to drop 25 pounds in a year, you'll need to lose just over 2 pounds a month.

Reward your efforts. Meeting your exercise goals, even short-term ones, is cause for celebration. It reflects your commitment to improving your health. Find ways to pat yourself on the back; rewards that don't involve a high-calorie treat will make you feel best.

Getting back on track. Even the most dedicated exercisers sometimes go astray. Almost anything can knock you off track: a bad cold, an out-of-town trip, or a stretch of bad weather. That's why it's critical to learn how to reclaim your routine. If you've been away from your routine for two weeks or more, don't expect to start where you left off. Cut your workout in half for the first few days to give your body time to readjust.

The bigger challenge may come in getting yourself back in an exercise frame of mind. Try to keep confidence in yourself when you relapse. Instead of expending energy on feeling guilty and defeated, focus on what it'll take to get started again. Once you resume your program, you'll be amazed at how quickly it will begin to feel natural.

NEW RISK FACTOR

Most everybody knows the risk factors for heart disease, among them: high blood pressure; cigarette smoking; high fat diet; being overweight; lack of exercise. Now there's a new one, which some think may be the greatest of them all.

What could it possibly be? Would you believe ANGER?

Researchers have found that anger can be so damaging to the body that it is "a powerful risk factor for early death." According to Dr. Redford Williams, a researcher in behavioral medicine at Duke University Medical Center,

"Hostile, suspicious anger is right up there with any other health hazard."

Anger can express itself as a hostile, explosive fury or as suppressed rage. While hostile fury can be damaging to both sexes, women are also at risk when they suppress the rage they feel inside. "For many women, constant suppressed anger seems to be a stronger risk factor for early mortality than smoking," said Dr. Mara Julius, an epidemiologist with the University of Michigan.

When trying to pinpoint anger's physical effects on the body, scientists have concluded that some persons have predisposition to anger (defined as an overactive "flight or fight" response to stress.) Such persons not only generate excessive amounts of stress hormones in the body, they also don't produce sufficient quantities of the "calming-down" hormones which have a neutralizing effect.

Researchers say that while being anger-prone appears to be an inherited tendency, individuals can learn to change the way they react to stress. It requires, they say, making an intelligent rather than an irrational response to situations.

THE FACTS ABOUT STROKES

More than half of all strokes in this country (55%) occur in women, mostly in those past menopause. More women than men die from strokes: 60% of stroke fatalities are women.

A stroke can happen during a woman's reproductive years. It strikes more than 13,000 women under the age of 45 every year - sometimes in their 30s or even 20s. (That's 11% more strokes than in men in the same age group.) Black women are at greater risk of dying from a stroke than Caucasians. This is the case regardless of age.

Lowering your blood pressure can help lower your risk for a stroke and also lower your risk of accelerated brain aging and mental decline (impaired memory, thinking, judgment and the ability to learn).



WHY WATER?

Have you ever noticed how many diets recommend drinking 8 glasses of water a day? What is it about water that makes it the staple of dieting? It's not that water "fills you up," says George L. Blackburn, MD, PhD, or that it "flushes toxins from your system." Rather, it is that "it satisfies thirst." "Many people habitually misinterpret cravings for fluid as food cravings. The key to quenching such cravings with water lies not so much in the quantity you drink as in how frequently you drink it." He recommends small amounts (3 to 4 ounces) sipped frequently rather than 8 ounces downed at one time. His advice: "Next time you experience what you think is a food craving, try sipping a small cup of water." Blackburn points out that water means just that – water. Soft drinks, coffee, tea and fruit juices can have the opposite effect as they tend to stimulate the taste buds.

KEEP YOUR KIDS FROM STARTING

Concerned parents may have more influence over whether their children take up smoking than they think they do. In a recent study, teens who thought their parents would disapprove of them smoking were less than half as likely to smoke as those who thought their parents didn't care. This held true *regardless* of whether or not the parents were smokers themselves.

The CDC offers the following tips for parents to help them keep their kids smoke-free:

- Despite the impact of movies, music, and TV, *parents* can be the greatest influence in their kids' lives.
- Talk directly to your children about the risks of tobacco use. If friends or relatives suffer with or have died from tobacco-related illnesses, let your kids know. Explain that emphysema; heart attacks, poor circulation, chronic bronchitis, and many types of cancer are caused by tobacco. More immediate risks include asthma, poor lung function, and gum disease which can eventually lead to loss of teeth and chronic bad breath. It may also interest your children to know that most teens prefer to avoid dating smokers.
- If you use tobacco, you can still make a difference. Your best move, of course, is to try to quit. Meanwhile, don't use tobacco in your children's presence, don't offer it to them, and don't leave it where they can easily get it.
- Start talking about tobacco use when your children are 5 or 6 years old and continue through their high school years. Many kids start using tobacco by age 11, and many are addicted by age 14. Know if your kids' friends use tobacco. Talk about ways to refuse tobacco.
- Discuss with kids the false glamorization of tobacco on billboards, and in other media, such as movies, TV, and magazines.

If you are a smoker yourself and don't want your children to start, know that you probably won't have any less influence on your child's decision, and may even have more, because you've been there. You can speak to your child firsthand about:

- how you got started smoking and what you thought about it at the time
- how hard it is to quit
- what it costs you financially, socially, and in terms of your health

SHARE YOUR CHINESE FOOD

Studies have found that Chinese entrees are consistently huge - often a pound and a half each or more, enough for four "sensible" portions. That may make the food a good buy, but a caloric land mine if you eat one whole dish yourself.

Focus more on the vegetables and rice (preferably brown). If you're in a group, order at least one dish of steamed (not fried or sautéed) vegetables for sharing. If you're alone, order one plain vegetarian dish and another with meat or fish; combine part of both with rice, and save the rest for other meals.

BLAME YOUR MOTHER

The Claim: Male pattern baldness is inherited through the mother.

The Facts: Men who notice their hair vanishing prematurely have long been inclined to lay the blame squarely on their mothers, prompted by the old wives' tale that male pattern baldness is a trait passed down on the maternal side.

Much of the evidence for the claim was anecdotal, but now new research suggests that the finger-pointing may be warranted. Scientists have isolated a gene variation that turned up frequently in balding men during a study of families having at least two brothers with early hair loss.

The culprit is on the X chromosome, a gene which men get from their mothers (Y comes from fathers).

Scientists from the University of Bonn in Germany found that this gene increases the effects of testosterone and other male hormones, called androgens. High levels of androgens are known to cause baldness.

The Bottom Line: Male pattern baldness appears to be largely influenced by genes inherited from mothers.

50%

According to a 10 year study at the University of Western Ontario, that's how much you can cut your risk for diabetes and heart disease with exercise – even if you don't start until you're 55. All it takes is 30 to 45 minutes of walking, 3 days a week.

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