

Healthy Living Newsletter
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Healthy Habits= Healthy weight

Is your weight healthy?

Assess your Risk with your BMI. The Body Mass Index (BMI) helps you to determine if your weight falls within a healthy range. The BMI measures body fat and its potential impact on your health. It's a ratio of height and weight that allows for a range of weights to be associated with good health instead of just one ideal weight.

What your BMI means?

under 18.5	18.5 to 24.9	25 to 29.9	30 or more
This BMI is considered to be underweight and is linked to some health problems.	According to the World Health Organization standard, your weight is in the acceptable range.	A BMI measurement in this range is classified as overweight.	BMI measurements of more than 30 rank as obese, with 30 to 35 being moderately obese, 36 to 40 being severely obese and more than 40 considered very severe

Guidelines from the World Health Organization (WHO).

The BMI is accurate for almost everyone but should not be used for anyone under 18, pregnant or breastfeeding. Also keep in mind, that it may be less accurate for people who are extremely muscular, like competitive weightlifters.
 For person 65 and older the normal range may begin slightly above BMI over 18.5 and extend into the overweight range.

Be Smoke Free

It takes time to quit smoking! You just do not get up one morning and say « Now I stop smoking! » Unless you already thought about it and went through the different stages of Readiness. There are five all together.

- Stage IYou don't want to quit smoking.
- Stage II..... You are considering quitting.
- Stage III..... You are starting to prepare to quit.
- Stage IV..... You are ready to actually quit smoking.
- Stage V..... You have quit and want to stay smoke free.

You want to breathe clean without gaining weight?

Follow Nutrition tips for ex-smoker by visiting the Dietitians of Canada at www.dietitians.ca

Alcohol and your Health

What is alcohol?

Alcohol is a **drug** that slows down parts of your brain. Drinking alcohol can make you feel more relaxed. It can also make it harder to think clearly, make good decisions and do various tasks. Alcohol can be addictive. About one person in twenty who drinks is dependent on alcohol. Alcohol dependence can cause major problems with friends, family, school, work, emotional and mental health, the law and money.

Can alcohol be good for you?

You may have heard that alcohol is good for the heart. What you may not have heard is that the health benefits of alcohol apply mainly to people over the age of 45 years, and that in most cases, a drink every other day is enough. For **young people**, there are **no known benefits** from drinking alcohol.

People who don't drink now shouldn't start drinking to try to get health benefits. They are better off eating a healthy diet, exercising regularly and avoiding smoking.

What are the long-term effects of heavy drinking?

People who drink heavily for a long-time have more chance of

- brain and nerve damage
- diseases of the stomach, digestive system and pancreas
- low sex hormone levels
- breast cancer and throat cancer
- alcohol dependence
- liver disease
- damage to the fetus for pregnant women
- high blood pressure and strokes

Low Risk Drinking Guidelines (commonly referred to as the LRDGs)

If any, alcohol consumption should be limited to 1-2 drinks per day (less than 14 standard drinks /week for men and less than 9 standard drinks /week for women) These drinks can not be consumed all in one day. That is considered bingeing which is not recommended.

What is a standard drink?



12 oz (5% alc./vol.) Beer = 3



oz (18 % alc./vol.) Fortified Wine
(Sherry, Vermouth or Port)



5 oz (12%alc./vol.) Wine=



1.5 oz (40% alc./vol.) Shot of liquor
(Sometimes known as spirits e.g.
rye, rum, whisky, vodka)

The amounts of drinks suggested in these low risk guidelines are intended to help people cut back to safer levels. They are not to encourage people to increase the amount of alcohol they are drinking.

An average adult can eliminate from the body (mostly through urine) about two-thirds of one standard drink per hour. If that person has two standard drinks, it will take about three hours for

his or her body to be free of alcohol again. **If you get drunk, only time can make you sober again.** Drinking coffee, working up a sweat, or having a cold shower will not sober you up more quickly.

Fast Facts

About 6,700 Canadians die each year as a result of drinking alcohol-due to car crashes, other accidents, suicides and murders, and health problems related to alcohol use.

If you, a family member or a friend have a problem with substance use here are some places to look for help!

-Talk to someone you trust, such as your doctor, a health nurse, or a guidance or addiction counsellor.

-an addiction assessment centre

-a self-help group such as Alcoholics Anonymous (AA's)

-Centre for Addiction and Mental Health's Information Centre at 1-800-463-6273

-Ontario Drug and Alcohol Registry of treatment at 1-800-565-8603 or at www.dart.on.ca

Active Lifestyle

Get physical! The benefits are too great to ignore!

Getting back in shape won't happen overnight. SLOW AND STEADY is a winning combination for weight loss and physical fitness. It's also a strategy that will help you make permanent change. But remember if you haven't exercised in a while, talk to your doctor before starting any fitness plan.

Get Active your Way, Every Day- For Life!

Scientists say accumulate 60 minutes of light physical activity every day to stay healthy or improve your health. As you progress to moderate activities you can cut down to 30 minutes 4 days a week. Add-up your activities in periods of at least 10 minutes each. **Start slowly.....and build up. Every little bit count but more is even better!**

A copy of the Guide Handbook to Active Living can be obtained at 1-888-334-9769 or www.paguide.com.

The information in this Newsletter is from: Heart and Stroke Foundation,
Canadian Cancer Society
Canadian Addiction and Mental Health
Canada's Physical Activity Guide



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Healthy Living

Healthy Eating with Canadian Food Guide + Regular Physical Activity

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Healthy Weight

Measuring your waist circumference can indicate your risk of developing metabolic (diabetes) or cardiovascular (heart attack and stroke) complications.

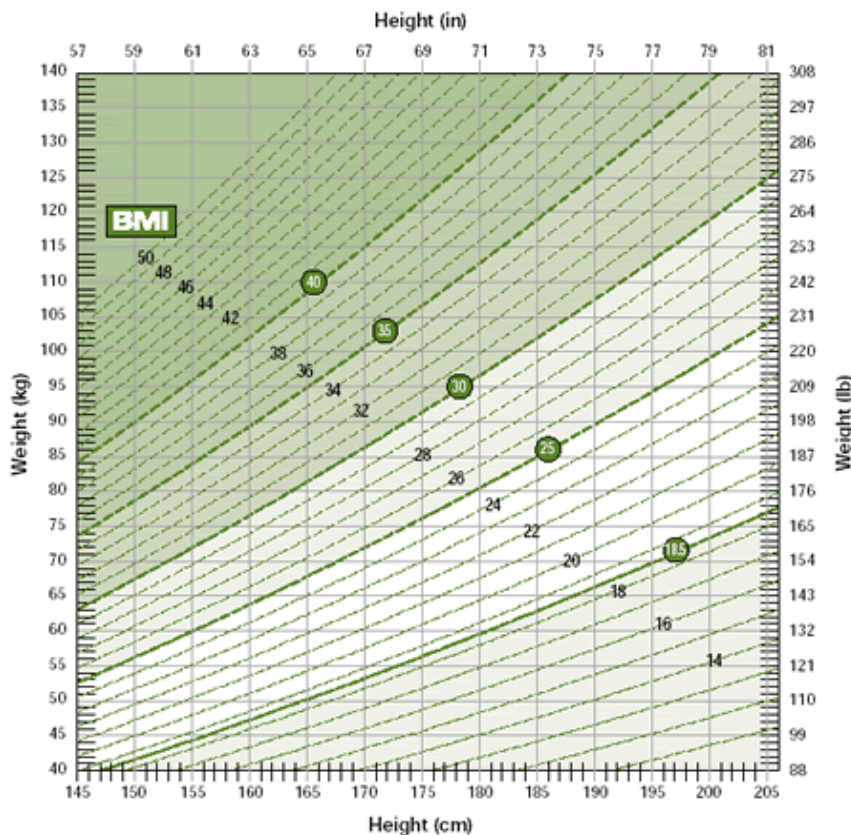
Abdominal Obesity is determined as the following waist circumference

Gender	Waist circumference (cm)	waist circumference (inches)
female	over 88cm	over 35"
male	over 102cm	over 40"

result from IDEA study highlighting the strong link between abdominal obesity and both cardiovascular and diabetes

Excess fat around your waist and the upper body (also described as 'apple' body shape) is associated with greater health risk than fat located more in the hip and thigh area (also described as 'pear' shape)

There is also a risk associated between BMI (body mass index) and risk of developing health problems.



The BMI is also calculated as follows:

BMI Calculator sites:

- <http://ww2.heartandstroke.ca/Page.asp?PageID=1208>
- <http://www.nhlbisupport.com/bmi/>