

Health

QUOTE OF NOTE

“It’s pretty clear that there are no major acute effects from cell phone use that are showing up immediately. People aren’t using their phones and dropping dead. So, the question is, what is happening from long-term use, in various ways?”



Frank S. Barnes, a professor in the department of electrical and computer engineering at the University of Colorado. Barnes’ report says not enough is known about the potential health risks associated with long-term exposure to radio frequency energy, especially in the cases of children and pregnant women. — healthday.com

Did you know? >>> Physical inactivity is more common among women than men, according to the CDC.



BETSY
WADLAND

Show me your hands

Mommy, I like to get dirty.” This little gem was passed along to me last week by one of my daughters.

Really? I hadn’t noticed. She comes home from kindergarten each day with hands that are completely covered in marker, glue, glitter and whatever other art supplies they’ve used that day. The before-dinner-hand-washing routine has taken on a whole new dimension in the last few months.

At home, I can send her back to wash again until her hands are clean, but what about when we’re out? Of course, I carry hand sanitizer in my purse, but is it really effective? The answer is: It depends.

Maureen Hafner, D.N.P., M.B.A., R.N., vice president of Clinical Operations for the Natick (Mass.) Visiting Nurse Association, says, “Nurses and other health-care professionals need to be obsessive hand-washers, washing their hands before and after treating each patient. Hand washing is the easiest and most effective way to reduce the spread of infection. We provide our staff with gel hand sanitizer for times when soap and water are not easily accessible. Both methods are effective, when used properly.”

The Centers for Disease Control and Prevention recommends the following steps for hand washing:

1. Wash your hands with hot running water and soap. Children should use warm running water.
2. Rub your hands together for at least 20 seconds (the time it takes to sing “Happy Birthday To You”).
3. Pay special attention to your wrists, the backs of your hands, between your fingers and under your fingernails.
4. Leave the water running while you dry your hands on a paper towel.
5. Use a dry paper towel as a barrier between the faucet and your clean hands when you turn off the water.

When soap and water are not available, hand sanitizers are alcohol-based gels that can be used instead. While they do not remove surface dirt from hands, hand sanitizers do kill germs that can spread disease. A 2005 study conducted by Children’s Hospital Boston showed that “families who used alcohol-based gels had a 59 percent lower rate of gastrointestinal illnesses ... spread from one family member to another.”

Betsy Wadland is director of development for the Natick (Mass.) VNA, a nonprofit health care organization providing home care to thousands of people throughout MetroWest each year. For information, call the VNA at 508-653-3081.



Personal trainer Danielle Bultron of Watertown, Mass., sporting a “Danielle’s Diehards” T-shirt, blogs about health, exercise and, of course, her daughter Shanise, who is an athlete in her own right. KATE FLOCK/GHNS

Staying on track

Trainer, blogger
does reps at the gym
and keyboard

JILLIAN FENNIMORE
GateHouse News Service

For the past five years, Danielle Bultron has used her body as the ultimate experiment. It all began with a couple of barbells, one medicine ball and a \$90 stationary bike from Sears.

Since then, the Watertown, Mass., resident and personal trainer has a completely new outlook on life, love and health — not to mention a completely new body.

You can’t help but notice Bultron, 37, has a certain glow about her. It may be the fact that she is getting married in spring, but it’s also her passion for fitness and nutrition that keeps her content.

Now she wants help others get on the right track for the rest of their lives.

“If all we had to do to take care of our body was to nourish and clean it, we’d all be doing it,” she said. “But it’s about the right foods, and it’s about exercise.”

For her, it all began five years ago, when she weighed more than 200 pounds and worked at an office job that left her stationary and restless.

Fear of a family history with dia-

Danielle’s 10 safe weight loss tips

1. Stop making excuses.
2. Make your body a priority.
3. Do 30 to 60 minutes of cardio, 4 to 6 times per week.
4. Do a total body strength workout, 2 to 3 times per week.
5. Journal food/calories daily.
6. Drink 1 gallon of water daily.
7. Consume 30 grams of fiber each day.
8. Minimize sodium and sugar intake.
9. Log exercise daily to track progress.
10. Jump on the scale once a week and take measurements (waist, hips, etc.)

From Danielle Bultron’s personal fitness journal at www.daniellebultron.blogspot.com.

betes kept her motivated, and one particular book helped changed her life, “Body for Life” by Bill Phillips.

Now Bultron is a certified personal trainer who has competed in bodybuilding shows with as little as 10 percent body fat.

“I wanted to see how far I could take my transformation,” she said.

An online daily nutrition and fit-

ness journal, “Danielle’s Diehards,” helps keep her on track and updates her training clients.

Bultron knows that for many who look to get fit, mistakes may be made along the way. The No. 1 misconception for most, she said, is that people don’t know how many calories they consume, and should maintain a journal to log them every day.

“If you want that bagel with cream cheese at Dunkin’ Donuts, that’s 500 calories you are eating,” she said. “You can find me ... reading labels every given day of the year.”

As for exercise, there is meaning behind every move. She helps clients concentrate on their “core,” and incorporates strength and cardio drills.

“We are supposed to be challenging ourselves,” Bultron said, noting that she even works out on vacation, and trains extra hard before imbibing a bit at a Patriots game.

She said people can stick to their resolutions, and she hopes to be an example of that.

“I want to find a way to educate and find the simplest ways to help,” Bultron said. “It’s all about dedication.”

Health watch

SENIOR HEALTH

Live longer

Vitamin D2 supplements may help reduce the risk of falls among high-risk elderly women, Australian researchers report. The researchers recruited women with blood vitamin D levels below the median for the area. All the 302 women in the study were aged between 70 and 90 and had a history of falling in the previous year. During the study period, 80 women (53 percent) in the vitamin D2 group and 95 women (62.9 percent) in the control group fell at least once. After accounting for other factors, the researchers concluded that taking vitamin D2 reduced the risk of having at least one fall by 19 percent.

— healthday.com

HEALTH TIP

Eat more broccoli



WIKIMEDIA COMMONS

University of Connecticut researchers report health benefits after studying broccoli and heart health in rats.

The scientists brewed a broccoli extract and fed it to rats for a month in addition to regular rat chow. For comparison, they fed other rats water instead of the broccoli extract in addition to their regular diet.

The rats that had eaten the broccoli extract had three heart advantages over the other rats: Better blood-pumping ability, less heart damage during oxygen deprivation and higher levels of heart-health chemicals during oxygen deprivation.

— WebMD

CHILDREN’S HEALTH

Safety gates

Safety gates are an important way to prevent injuries among children in the home. Here are guidelines for how to choose a safety gate, courtesy of the Nemours Foundation:

Choose a gate that is securely mounted to the doorframe with hardware, and that doesn’t leave any openings to pinch little fingers.

Be careful with gates that use pressure or tension to keep them secured in a doorway. Never place this type of gate in front of stairs, as it may be more easily removed by children.

Make sure that the bar on pressure gates is on the side away from the child’s access.

Leave no more than 2 inches at the bottom of the gate to prevent a child from trying to slide underneath.

Choose a gate that is difficult to climb on or over.

— healthday.com