

New Options for Wellness news



Stanford Linear Accelerator Center

Published by the SLAC Medical Department *March/April 2006*

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- Longevity facts

Wellness Activities

- **Volley Ball:** Nicolas Berger sets up the volleyball net on front lawn Tues. & Wed. 12-1:00 PM & Thurs. 5-6:00 PM. Call Nicolas Ext.3434 for more info.
- **Healthy Back Cross Training:** Taught by HIP instructor on site. 3/30-6/3/05 Wed. & Fri. 11-11:55 AM in Bldg. 27. STAP fund: Yes
- **Smoking Cessation:** A free consult by P. L. Sachs, M.D. Questions? Dr. Gherman Ext. 4382.
- **Body Sculpting & Step Aerobics:** Taught by Ziba Mahdavi, this stretching class is offered on Tues. & Thurs. 12-1PM in Bldg. 27. Questions? Please call Ext.4458 or 2281.
- **Pilates:** Taught by Kerry Spear & Mary O'Connell Mon. & Wed. 5:15-6:15PM in Bldg. 27 at SLAC. Classes run 3/28 – 6/15/05 Register at: <http://hip.stanford.edu>
- **Yoga:** Taught by Kim Tanzer Friday 12-1:00PM in Bldg. 27 at SLAC. Classes 4/17 – 6/17/05. <http://hip.stanford.edu>
- **Ballet/Lyrical Jazz:** Taught by Vicky Brey, Friday 5:15-6:30 PM in Bldg. 27. Questions? olga@SLAC.Stanford.EDU
- **Aerobics:** Taught by Cecilia Glower, Mon. & Wed. 12-1PM, Tues. & Thurs. 5-6 PM in Bldg. 27. Questions? Michelle Steger @ x.3011 or Bette Ferandin @ x 2601.
- **Stress Counseling:** Rosan Gomperts & Kevin Carr, Stanford Help Center counselors at SLAC on Tues. 10 -4 PM, Thurs. 8-11AM in the Medical Dept. Call Ext.2281 for an apt. at SLAC, or (650) 723-4577 for an apt. at the Stanford campus office.
- **Massage:** Mer Baldoza, CMT, is at SLAC medical Tues., Wed, Thurs., and Fri., 3:30 PM. Call Ext. 2009 to schedule an appointment.
- **Gym:** weights & equipment in NW corner of Bldg. 34. Call Diane Jenkins to join or for more info Ext. 2215.
- **Soccer:** On the front lawn Mon. & Thurs. at noon Call Rafael Miranda x 4471 or Tu Ly x 4442



Fish Oil Reduces Airway Inflammation Caused by Exercise- Induced Asthma

According to new research findings from Indiana University reported in January issue of the journal CHEST. The special diet reduced narrowing of the patient's airway and enabled the person to use less asthma medication, the study showed. These and related research findings by exercise physiologist Timothy D Mickleborough offer the prospect of combining dietary supplementation with reduced medication in a treatment that could be at least as beneficial as either in isolation. There would be fewer of the potential side effects from medication, such as reduced effectiveness from long-term use and toxicity from some medications. In exercise-induced asthma EIA, vigorous exercise triggers an acute narrowing of the airway afterward, making breathing difficult. Around 80 percent of people with asthma have this condition EIA. It also found in estimated 10 percent or more elite athletes and as much as 10 percent of the general population without asthma.

In the study, the post-exercise lung function of participants—adults with mild-to-moderate persistent asthma—improved by about 64 percent and their use of emergency inhalers decreased by 31 percent when they consumed a diet supplemented with fish oil for three weeks. The typical diet in Western societies includes 20 to 25 times more n6polysaturated fatty acids than n-3 PUFA and is considered pro-inflammatory. N-6 PUFA are found in such items as sunflower, safflower and corn oils. N-3 PUFA also are found in canola and flaxseed oils.

One of the key findings from the study was that, while on the diet supplemented with fish oil – airway pro-inflammatory cells and

markers, which are responsible for air way inflammation and subsequent airway obstruction, were reduced in sputum taken from the EIA subjects. The fish oil was pharmaceutical grade, meaning it was purified at a molecular level to remove metals and other harmful contaminants that can be present in fish oil products sold in retail stores, including health food stores.



What is avian influenza (bird flu)?

Avian influenza is caused by a virus that exists naturally in wild birds. Wild birds usually do not become sick, but they carry the virus and can pass it on to non-wild birds, such as chickens, turkeys, and ducks (fowl), which can become very sick and die.

How is the disease spread?

Certain water birds act as hosts to influenza viruses by carrying the virus in their intestines and shedding it in bodily fluids, such as saliva, nasal secretions, and feces. Other birds are infected when they come in contact with these fluids. Humans can become infected through contact with infected poultry or these contaminated fluids.

Do bird flu viruses infect people?

Bird flu viruses do not generally infect people, but there have been several instances of human infection from bird flu viruses since the first reported case in 1997. There are many different types, and only a few of them can make people sick, including the H5N1 strain recently seen in Asia.

What is the risk in the U.S. to people from the H5N1 virus overseas?

The H5N1 virus does not usually infect humans. There have been some cases of people becoming sick in Asia, but because all

influenza viruses have the ability to change, scientists are concerned that the H5N1 virus could one day be able to easily infect people and spread from person to person. If this happens and the influenza spreads around the world it would be called a pandemic.



Longevity Facts

- Women who eat soy daily after menopause – when bone loss is at height – appear to have fewer fractures, according to a study of women in Shanghai. Those who consumed 13 grams of protein each day (about 1 cup of soy milk) had 37 percentage lower risk of fracture than those who ate only 5 gm a day. Adding soy protein to your diet may help keep your bones strong.
- Promising new work from Australian scientists, reported in *Neurology*, suggests a way to predict a future stroke. 7 years study found that events in the small blood vessels of the eyes turned out to mirror events in the vessels of the brain. People who had small retinal hemorrhages at the beginning of the study were 70 percent more likely to have a stroke, independent of other risk factors such as age, hypertension, and smoking.



- Emptying your bowels is a necessary if uncomfortable part of the preparing for colonoscopy, but new research shows that adding a walk to your pre-colonoscopy regimen may help. During the study, one group drank a laxative at 10 min intervals and walked for at least 5 min between the drinks. The walkers ended up with better ratings for bowel cleanliness. Taking a short walk can also be a pleasant way to break up an otherwise trying day.
- Low fat milk may be a tool in the fight against hypertension, according to a new study.