All That Overtime Could Be Killing You

By Julie Davis, HealthDay Reporter

A 40-hour work week may sound like a vacation to those burning the midnight oil. But a study in the American Journal of Industrial Medicine shows that consistently surpassing this standard can be detrimental to your health.

Researchers said they found that working 61 to 70 hours a week increased the risk of coronary heart disease by 42 percent, and working 71 to 80 hours increased it by 63 percent. Heart disease is the leading cause of death worldwide, with more than half a million deaths each year in the United States alone, according to the U.S. Centers for Disease Control and Prevention.

Another study, published in The Lancet, found that employees who work long hours have a higher risk of stroke than those working standard hours.

Even more shocking is that putting in these extra hours may not even lead to increased productivity because long work spans can actually decrease your efficiency. week on the job.

Germany boasts the largest economy in Europe, yet the average worker there only spends 35.6 hours a week on the job.

Working less may not seem like an option at first, but here’s how to make it a reality.

First, get more sleep at night. This will give you the energy to be more productive during the day and get out of the office sooner. Create an organized list of tasks each day. Check off each item when completed to give yourself the motivation to get through your day more efficiently.

Working fewer hours will give you more free time in the short term and could decrease your risk of heart disease to give you a higher quality of life in the long term, according to the researchers.

Source: WebMD
Do you have sitting disease? Chances are you do. You’ve probably guessed the remedy — stand up. Move. But for how long, and what exactly do you need to do? A flurry of studies in recent years shows that we’re slowly killing ourselves by sitting too long. The number of health problems associated with prolonged sitting continues to grow, from too much belly fat to heart disease and even cancer. Now experts are telling us we should be on our feet at least two hours during the workday. But maybe as little as a 2-minute walk every hour is enough – at least according to a recent study that showed this minimal amount of walking decreased the chance of premature death by 33%.

Who’s right? Can’t experts just agree? Well, they do. If you’re a master desk jockey, then begin with a 2-minute hourly walk. Here’s a tip to help you remember to get up: drink enough water, so you have to get up at least every hour to use the bathroom. Staying well hydrated also helps keep your body running at top speed — even your metabolism. That 2-minute walk is a good start. But if health is a priority for you (I hope it is), then step it up a bit over time. Get up on your feet at least 2 hours a day. If you want even better health, work up to 4 hours. How healthy do you want to be? Do you want to maximize your chance of a long, healthy, vibrant life? Then capitalize on what we know. Standing up and moving around is good for you. Sitting isn’t.

Look for more opportunities to break up your day. Stand during meetings. Ask your employer for a sit-stand desk. Take a 5-minute walk every hour. Baby steps, and over time you’ll be the talk of the office (in a good way).

One important note … all this walking and standing doesn’t get you off the hook for exercise. If you really want your best health, throw in some moderate exercise — 30 minutes, 5 days a week. Yes, in addition to your newfound love of standing and walking at work.

Unless you were walking around reading this (I wouldn’t necessarily recommend that), now’s a good time to get started on your new health goal.

Source: By Michael W. Smith, MD WebMD Chief Medical Editor

Grilled Chipotle Lime Cauliflower Steaks

**Ingredients:**
- 2 large heads cauliflower
- 1/4 cup olive oil
- 2 limes, zested and juiced
- 2 cloves garlic, finely grated
- 1 teaspoon honey or agave syrup
- 2 tablespoons paprika
- 1 tablespoon chipotle powder
- 1 teaspoon salt
- 1/4 cup finely chopped cilantro leaves
- Lime wedges, to serve

**Directions:**
Remove the leaves on each cauliflower head and trim the stem end until you can set the cauliflower flat on the cutting board. Use a large, sharp knife to trim off the sides, then cut the cauliflower into 3 to 4 thick “steaks.” Reserve the florets that fall away for another recipe.
Whisk the olive oil with the lime juice in a small bowl. Whisk in the grated garlic and honey or agave syrup. In a separate bowl, mix the lime zest, paprika, chipotle, and salt.
Heat a gas or charcoal grill to medium. Brush one side of each cauliflower steak with the olive oil mixture and sprinkle generously with the chipotle powder mixture. Place the seasoned side down on the hot grill. Brush the tops with the olive oil mixture and season with the chipotle mix.
Cover the grill and cook for 5 to 6 minutes. Remove the lid and carefully flip the cauliflower. Cook covered for an additional 5 minutes or until done to your desired texture.
Sprinkle with chopped cilantro and serve immediately with lime wedges on the side.
We all use sunscreen to protect our skin, but don't forget to protect your eyes as well. Summertime means more time spent outdoors, and studies show that exposure to bright sunlight may increase the risk of developing cataracts and growths on the eye, including cancer. The same risk applies when using tanning beds, so be sure to protect your eyes from indoor UV light as well. Sunlight reflected off sand and water can cause photo keratitis, the condition responsible for snow blindness, so beach- and pool-goers take note.

"UV radiation, whether from natural sunlight or indoor artificial rays, can damage the eye's surface tissues as well as the cornea and lens," said Michael Kutryb, MD, an ophthalmologist in Edgewater, Fla., and clinical correspondent for the American Academy of Ophthalmology. "Unfortunately, many people are unaware of the dangers UV light can pose. By wearing UV-blocking sunglasses, you can enjoy the summer safely while lowering your risk for potentially blinding eye diseases and tumors." It is important to start wearing proper eye protection at an early age to protect your eyes from years of ultraviolet exposure.

According to a national Sun Safety Survey conducted by the American Academy of Ophthalmology, only about half of people who wear sunglasses say they check the UV rating before buying. The good news is that you can easily protect yourself. In order to be eye smart in the sun, the American Academy of Ophthalmology recommends the following:

**Wear sunglasses labeled “100% UV protection”:** Use only glasses that block both UV-A and UV-B rays and that are labeled either UV400 or 100% UV protection.

- Choose wraparound styles so that the sun's rays can't enter from the side.
- If you wear UV-blocking contact lenses, you'll still need sunglasses.

**Wear a hat** along with your sunglasses; broad-brimmed hats are best.

**Remember the kids:** It's best to keep children out of direct sunlight during the middle of the day. Make sure they wear sunglasses and hats whenever they are in the sun.

**Know that clouds don't block UV light:** The sun’s rays can pass through haze and clouds. Sun damage to the eyes can occur any time of year, not just in summer.

**Be extra careful in UV-intense conditions:** Sunlight is strongest mid-day to early afternoon, at higher altitudes, and when reflected off of water, ice or snow.

By embracing these simple tips you and your family can enjoy the summer sun safely while protecting your vision.

*Source: American Academy of Ophthalmology*
Every single food and drink we consume goes through our gastrointestinal tract (GI), which houses our microbiome, or house of microorganisms like good and bad bacteria. These bacteria help our immune system stay strong (70% of which lives in our gut!), help breakdown nutrients from food, and help produce the “feel good” neurotransmitter, serotonin.

If your gut becomes overcrowded with more bad bacteria than good bacteria, you may experience gas, bloating, diarrhea, skin issues, mood swings, etc. So what can you do to prevent bad bacterial overgrowth and keep your gut healthy?

**Ditch refined, processed foods:**
Replace them with more fruits, vegetables, and whole grains. For example, swap chips one day with carrots or whole grain crackers instead!

**Consume more prebiotics and probiotics:**
- **Prebiotics** are non-digestible components in food that can be fermented within one’s GI tract to feed the good bacteria living in your gut. You can incorporate more of these into your diet by eating more fruits such as bananas, vegetables such as garlic, onions, asparagus, and whole grains.
- **Probiotics** are live, good bacteria found within a food that help maintain the balance of good versus bad bacteria in one’s gut. They can also replenish the good bacteria population in your GI tract that may have been lost through recent antibiotic use. Probiotics can be purchased as a supplement at your local CVS, Walmart, etc. or you can purchase foods rich in probiotics! For example, kombucha, kimchi, miso, tempeh, kefir, yogurt, and cheese are all great sources that can be incorporated into your meals each day!

Pre- and probiotics work together and are often called the “dynamic duo” since prebiotics help feed probiotics, which leads to a healthy, happy gut.

**Antibiotics:**
If you need to take antibiotics per your doctor’s orders, try to eat more foods rich in probiotics or purchase a probiotic supplement. Antibiotics kill off the bad bacteria to make you feel better from the sickness you’re experiencing, but they also kill off good bacteria, which could lead to a bacterial imbalance.

Karen’s Korner, Karen Hensley, UR Dietician: A Healthy Gut is a Happy Gut

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