



FUN FAMILY ACTIVITIES
AUGUST '12

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**Doctor's Hospital
 Living Wills & Advanced Directives**

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Conference Room, Dowdeswell Street

This part of the lecture series will discuss living will and advanced directives. Facilitating will be Dr. Michael Darville and Michaela Budhi.

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What Your Hair & Scalp Say About Your Health

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Does Bad Hair Mean Bad Health?

Is your hair trying to tell you something about your health? Maybe. Some conditions and medications affect your body as well as your hair. In other cases, you may just need to take better care of your hair or scalp. Use this pictorial guide to see what separates myth from fact when it comes to your health and your hair.

White Flakes Pose No Health Risk

Dandruff isn't contagious. So how do you get it? Doctors aren't sure, but one theory is that it may be due to an overgrowth of a fungus. Other possible risk factors include oily skin, stress, obesity, cold, dry weather, and having eczema or psoriasis. Although it's embarrassing—and the itching can be bothersome—dandruff isn't harmful.

Continued Overleaf >>



The 30-minute Fitness Blitz

Think you don't have time to work out? You do. It's the intensity of your workout that's key. A short-burst, high-intensity workout boosts your metabolism and tones muscles. Get moving with this 30-minute "quickie" routine that includes cardio and resistance training.

If you're new to exercise, over 40, have a health problem, or take regular medication, check with your doctor before starting a fitness program.

Beginner Squats: For Thighs

If you're new at this, get started with a beginner version of squats using an exercise ball. Stand against a wall with the ball at your lower back, feet hip-width apart and out in front. Slowly lower your body by folding at the hips and bending the knees, dropping glutes toward the floor; slowly move back to the starting position. Your knees should remain over your heels. Perform 10 challenging repetitions.

Squats: For Thighs

Once you're ready, try squats without an exercise ball. For good form: Keep your feet shoulder-width apart and your back straight. Bend your knees and lower your rear as if you were sitting down, keeping your knees over your ankles. To target more muscle groups in less time, add an overhead press at the same time. With a dumbbell in each hand, rise from the squat position and push weights overhead, palms out. Perform 10 repetitions.

Forward Lunge: For Thighs

Standing with feet hip-width apart, take a big step forward with one leg, then lower your body toward the floor, front knee aligned with ankle, back knee pointing to the floor. Return to the starting position, and repeat by stepping forward with the other leg. For more challenge, hold a free weight in both hands and complete the lunge with a rotation in the torso, twisting the body toward the forward leg. Perform 10 repetitions on each side.

Romanian Deadlift: For Hamstrings

To perform a deadlift holding a body bar or free weights, stand up straight with feet hip-width apart. Fold at your hips, moving the hips backward as you lower your upper body parallel to the floor. Keep the legs straight without locking the knees, and keep the back level and the spine in neutral. Lower the weight to just below your knees, then slowly return to the starting position. Perform 10 repetitions.

The Bridge: For Hamstrings

The bridge works the glutes (butt), hamstrings, and core. Lying on your back with knees bent and feet hip-width apart, peel your spine off the floor, starting at the tailbone, forming a diagonal line from knees down to shoulders. Slowly return to the starting position. For an extra challenge: Target your triceps by holding light weights, lifting your arms ceilingward as you raise your hips, see right. Bend your elbows to lower the weights towards the floor. Perform 10 repetitions.



Hair...continued

Tips for Dandruff Treatment

To decrease the buildup of dandruff's dead skin cells, try using an antidandruff shampoo daily. Leave shampoo on for 5 minutes, then rinse well. You may need to try several dandruff shampoos to find one that works best for you. If one stops working, try another. If that doesn't help, call your doctor.

Yellow Dandruff

If the dandruff flakes you see are greasy and yellow, you may have seborrheic dermatitis. It's an inflammatory skin condition that can occur where there are lots of oil glands, like the scalp and face. Though seborrheic dermatitis is related to hormones, fungus, and even some neurological problems, it's treated the same as dandruff: with antidandruff shampoos. Severe cases may need a prescription steroid or antifungal medicine.

You May Shed More Than You Think

It's not a perfect measure, but some experts estimate that we may shed up to 100 or more hairs a day. That's not cause for alarm, nor does it mean you're going bald. About 90% of your 100,000 hair follicles are producing hair at any given time. The other 10% are in a resting (telogen) phase, and the hair falls out after about 2 to 3 months. It's replaced by new hair, and the growth cycle starts over again.

What Causes Telogen Effluvium?

A shock to your system —surgery, giving birth, some medications, crash diets, severe stress, thyroid problems —can push hair into its resting, or telogen, state. About two months later, you may see hair falling out and thinning—a condition called telogen effluvium, sometimes described as hair “coming out in handfuls.” In most cases, new hair starts growing right away.

An Attack on Hair Follicles

In alopecia areata, your immune system mistakenly attacks hair follicles, causing hair to fall out—often suddenly. Most people will have one or two bald patches, but in some cases all body hair falls out. Alopecia areata isn't harmful or contagious, but it can be tough psychologically. Hair may grow back on its own, and treatment may help it grow back more quickly. Unfortunately, some people may experience alopecia areata repeatedly.

Genes Cause 90% of Male Hair Loss

Though hereditary, the trait may be more influenced by your mother's family than your father's. So a look at your maternal grandfather's locks may give you a better clue about the future of yours. Male pattern baldness often starts with receding hair at the temples, then on the crown, leaving a horseshoe-shaped ring of hair around the sides of the head. Medications to slow hair loss include Rogaine (minoxidil) and Propecia (finasteride).

Female Pattern Baldness

Hair loss in women may mean hair thinning all over the head, but is usually most common on top of the head. Unlike men, women rarely go bald, and they tend to lose hair more slowly than men do. Contrary to popular belief, longer hair won't put a strain on the roots, causing more to fall out. Nor will shampooing pull hair out—it just gets the ones that were falling out already. Minoxidil may help hair growth and prevent thinning.

30-minute Workout continued



Push-Ups: For Chest and Core

Let's move to the upper body. Push-ups strengthen the chest, shoulders, triceps, and core muscles. Lying face-down, place hands a bit wider than your shoulders. Place toes on the floor, creating a smooth line from shoulders to feet. Keeping core muscles engaged, lower and lift your body by bending and straightening your elbows. Too hard? Place knees on the floor instead of toes. To boost the workout, add an exercise ball under the hips, knees, or feet. Perform 10 repetitions.

Chest Press: For the Chest

Instead of push-ups you can try the chest press with weights. Lie face-up on a bench, with knees bent or feet on the floor; spine relaxed. Press a body bar or free weights from your chest, see left, toward the ceiling. Extend your arms but don't lock the elbows, and move slowly in both directions, keeping shoulder blades on the bench. For an extra challenge, do the chest press with your head and upper back on an exercise ball. Perform 10 repetitions.

Bent-Over Row: For Back and Biceps

The bent-over row works all the major muscles of the upper back as well as the biceps. Begin the exercise in a bent-over position with your back flat, one knee and one hand on the same side of the body braced on a bench. Hold a free weight in the other hand with arm extended, see left. Lift the weight toward the hip until the upper arm is just beyond horizontal, see right. Then slowly lower weight to the starting position. Perform 10 repetitions.

Shoulder Press: For Shoulders

A shoulder press works the shoulder muscles and can be performed standing or seated. For extra back support, use a bench with a back rest. Begin with elbows bent and weights at shoulders, see left. Slowly reach toward the ceiling, keeping the elbows under the hands and the shoulders away from the ears; slowly lower back to the starting position. Perform 10 repetitions.

Cable Pull Down: For Upper Back

For the last upper body exercise, do the cable pull down, which works the upper back. Using a cable machine, sitting straight with a neutral spine, grasp the bar with arms extended, see left. Slowly pull the bar down past the face and toward the chest. Only go as far as you can without leaning back, and control the weight on the way back up. Perform 10 repetitions.

Bicycle Crunch: For Core & Abdominals

Lying on your back on the floor, fold knees toward the chest and curl the upper body off the floor. With hands behind head, slowly rotate upper body to the right while drawing the right knee in and reaching the left leg out. Then rotate left and pull the left knee in and extend right leg out. Focus on bringing the shoulder toward the hip (rather than the elbow to the knee), and keep the opposite shoulder off the floor. Perform 10 repetitions.

Side Plank: For Core & Abdominals

For another abdominal alternative, lie on your side with a bent elbow directly under your shoulder, and use your torso muscles to lift the body up into a side plank. Then lift the hips higher, then back to the plank, then lower. Do as many as you can with proper form, then repeat on the other side.

Have You Completed 20 Minutes?

Before moving on to the cardio portion of the workout, be sure you've completed 20 minutes of resistance training. If you have, now's a good time for a water break to keep your body well-hydrated. If you haven't, go back and start the circuit over again until you reach the 20 minute goal.

Cardiovascular Training

Vary the intensity during your cardio workout. Use intense intervals, taking about a minute to get from moderate speed to intense. Whether you're on the stair-stepper, the elliptical trainer, or the treadmill, do:

- 30 seconds of the highest speed you can tolerate, then 30 seconds of normal speed.
- Then 30 seconds of the stiffest resistance you can handle, then 30 seconds of normal.

Keep moving back and forth between speed and resistance until you've completed 10 minutes.

Continued Overleaf >>



Hair...continued

Avoid Sun Damage to Hair

Too much sun can turn your hair into a brittle, dry mop that breaks and splits easily. And if you already have thinning hair, you risk a sunburn on your scalp. Choosing hair care products with sunscreen provides some protection, although it can be hard to coat your hair evenly. That's why it's a good idea to wear a hat when you're out in the sun—especially if your scalp is exposed.

Luscious Locks Need Nutrients

Could a crash diet cost you your hair? In extreme cases, it could. Your hair needs protein and iron to stay healthy, along with omega-3 fatty acids, zinc, and vitamin A, but not too much—which can promote hair loss. Very low-cal diets are often lacking in sufficient nutrients and can stunt hair growth or leave hair dull and limp. If the nutritional deficiency is big enough—like for someone with an eating disorder—hair can fall out.

A Hair- and Heart-Healthy Diet

Help keep hair shiny by eating salmon and walnuts for omega-3 fatty acids; spinach and carrots for vitamin A; brazil nuts for selenium; and oysters and cashews for zinc. All help maintain scalp and hair health, as do low-fat dairy, whole grains, and vegetables. Double the results: foods good for your hair are also good for your heart.

Premature Gray Hair is Genetic

Going gray isn't always related to aging. If you're not yet 40 and see more than a few gray hairs, chances are it runs in your family. Gray usually isn't a sign of poor health, though anemia, thyroid issues, vitamin B-12 deficiency, and vitiligo can cause premature graying. You can highlight or color hair to cover the gray, but beware: some people are sensitive to the dye's chemicals. The result could be an itchy, burning scalp.

Traction Alopecia Damages Follicles

Pulling hair too tight—as can happen with ponytails, braids, and cornrows—can damage hair follicles and cause hair to break or fall out. Hair extensions and hairpieces can sometimes cause traction alopecia, too, because their extra weight pulls on existing hair. Changing your hairstyle usually lets hair grow back. Pulling hair back tightly for a long time, though, can lead to permanent hair loss.

Overstyling Weakens Your Hair

Blow drying, using a flat iron, coloring, bleaching, even over-brushing—all can damage the outer layer (cuticle) of your hair. When the inner core of hair is exposed, your locks become dry and dull. Although it doesn't cause any permanent health damage, you can overstyle to the point that your only option for healthy hair is to cut it off and start over. When it comes to your hair, doing less leads to healthier tresses.

A Surprising Side Effect

Among the medications that list hair loss as a side effect are anticlotting drugs, cholesterol-lowering drugs, antidepressants, non-steroidal anti-inflammatory drugs (NSAIDs), and drugs for menopause, birth control, and antibiotics. Usually, hair grows back when the medication is stopped, but may not in some cases.

30-minute Workout continued



Frequency of Workout

Perform this 30-minute workout routine every other day, or do it two days in a row if that better suits your schedule. These are not hardcore bodybuilding-style routines where the high degree of muscular overload requires full rest to recover. For a healthy body, work out regularly and eat a healthy diet.



Grilled Pork Tenderloin with Aquavit Seasonings

(*Snapse Krydret Svine Mørbrad*)
www.webMD.com recipe

The seasonings traditionally used to make aquavit—a Northern European distilled spirit—vary with every recipe, but they usually include pork-friendly seasonings like caraway, cumin and fennel—so why not combine the two? This easy, pretty dish is great hot off the grill or made ahead and chilled.

Ingredients

- 2 tspns caraway seeds
- 2 tspns coriander seeds
- 2 tspns fennel seeds
- 1 tspns cumin seeds
- 1/2 bay leaf
- 1/2 tspn salt
- 1/2 tspn freshly ground pepper
- 2 Tbspn chopped fresh dill
- 2 1-pound pork tenderloins, trimmed

Directions

Combine caraway, coriander, fennel, cumin and bay leaf in a spice grinder or clean coffee grinder; process to a fine powder. Add salt and pepper.

Place 2 tablespoons of the spice rub in a small bowl. Combine the remaining rub with dill in another small bowl.

Place 1 tenderloin on a piece of plastic wrap. To butterfly it, hold your knife parallel to the cutting board and slice through the meat to within a half inch of the opposite side. Open like a book. Cover with more plastic wrap and gently pound with a mallet or heavy skillet to 1/2-inch thickness. Repeat with the second tenderloin.

Spread half of the dill-spice mixture down the center of each flattened tenderloin. Roll the pork, jelly-roll style, to create 2 long cylinders; tie kitchen string around each in several spots to keep them rolled. Rub all over with the reserved (no-dill) spice rub. Cover with plastic wrap and refrigerate for at least 30 minutes or up to 6 hours.

Preheat grill to medium-high or preheat the broiler.

Oil the grill rack (see Tip) (if broiling, line a broiler pan with foil and oil the foil). Grill or broil the tenderloins, turning several times, until just cooked through and an instant-read thermometer inserted into the center registers 145°F, 14 to 18 minutes.

Transfer the tenderloins to a clean cutting board, tent with foil and let rest for 5 minutes before carving into 1/2-inch slices.