



Brain Foods That Help You Concentrate

Listen to the buzz about foods and dietary supplements and you'll believe they can do everything from sharpen focus and concentration, to enhance memory, attention span, and brain function.

But do they really work? There's no denying that as we age chronologically, our body ages right along with us. The good news is that you can increase your chances of maintaining a healthy brain -- if you add "smart" foods and beverages to your diet.

FUN FAMILY ACTIVITIES SEPTEMBER

SATURDAY, SEPTEMBER 10 National Trust's 'Da Market'

Retreat Gardens, Village Road
 8:00 AM to 1:00 PM

SUNDAY, SEPTEMBER 18 Cruise to the Cure

Doctor's Hospital, (DH), the Friends of Distinction Riders Club (FODRC) and the Antique Auto Club of the Bahamas (AACB) host the Cruise to the Cure with an aim to increase awareness of cancer among men, in particular prostate cancer. This event is a car and motorcycle solidarity tour around New Providence with many vintage and collectible vehicles on display. Participants will meet at the Kelly's Home Centre entrance at the Mall at Marathon.

Kelly's Home Centre, Mall at Marathon
 Register 9:00 AM; Tour Leaves 12:30 PM

SUNDAY, SEPTEMBER 25 UWC Triathlon Bahamas

Hosted by United World Colleges Bahamas.
 Swim: 750m; Bike: 20km; Run: 5km
 contact@paradisetri.com

Clifton Heritage Park
 7:00 AM (Ages 15+)

ONGOING

Teaching Service for Kids with Disabilities

Teach Me How Learning Centre specialises in teaching children with developmental, autistic or learning difficulties how to become more independent. Topics include: cooking, fine and gross motor skills and independence skills.

Tel. 341-3437 or 448-8161

Caffeine Can Make You More Alert

There's no magic bullet to boost IQ or make you smarter -- but certain substances, like caffeine, can energize and help you focus and concentrate. Found in coffee, chocolate, energy drinks, and some medications, caffeine gives you that unmistakable wake-up buzz -- though the effects are short term. And more is often less: Overdo it on caffeine and it can make you jittery and uncomfortable.

Sugar Can Enhance Alertness

Sugar is your brain's preferred fuel source -- not table sugar, but glucose, which your body metabolizes from the sugars and carbohydrates you eat. That's why a glass of something sweet to drink can offer a short-term boost to memory, thinking processes, and mental ability.

Consume too much, however, and memory can be impaired -- along with the rest of you. Go easy on the sugar so it can enhance memory, without packing on the pounds.

Eat Breakfast to Fuel Your Brain

Tempted to skip breakfast? Studies have found that eating breakfast may improve short-term memory and attention. Students who eat breakfast tend to perform significantly better than those who don't. Foods at the top of researchers' brain fuel list include high-fiber whole grains, dairy, and fruits. Just don't overeat; researchers also found high-calorie breakfasts appear to hinder concentration.

Fish Really is Brain Food

A protein source associated with a great brain boost is fish -- rich in omega 3 fatty acids, essential for brain function and development. These healthy fats have amazing brain power:

higher dietary omega 3 fatty acids are linked to lower dementia and stroke risks; slower mental decline; and may play a vital role in enhancing memory, especially as we get older.

For brain and heart health, eat two servings of fish weekly.

Add a Daily Dose of Nuts and Chocolate

Nuts and seeds are good sources of the antioxidant vitamin E, which is associated with less cognitive decline as you age. Dark chocolate also has other powerful antioxidant properties. And it contains natural stimulants like caffeine, which can enhance focus and concentration.

Enjoy up to an ounce a day of nuts and dark chocolate to provide all the benefits you need without excess calories, fat, or sugar.

Add Avocados and Whole Grains

Every organ in the body depends on blood flow, especially the heart and brain. Eating a diet high in whole grains and fruits like avocados can reduce the risk of cardiovascular disease and lower bad cholesterol. This reduces your risk of plaque buildup and enhances blood flow, offering a simple, tasty way to fire up brain cells.

Whole grains, like popcorn and whole wheat, also contribute dietary fiber and vitamin E. Though avocados have fat, it's the good-for-you, monounsaturated fat that contributes to healthy blood flow.

Blueberries Are Super Nutritious

Research in animals shows that blueberries may help protect the brain from the damage caused



Brain Foods That Help You Concentrate *continued*

by free radicals and may reduce the effects of age-related conditions such as Alzheimer's disease or dementia. Studies also show that diets rich in blueberries significantly improved both the learning and muscle function of aging rats, making them mentally equivalent to much younger rats.

Benefits of a Healthy Diet

It may sound trite but it's true: If your diet lacks essential nutrients, it can decrease your ability to concentrate. Eating too much or too little can also interfere with your ability to focus. A heavy meal may make you feel lethargic, while too few calories can result in distracting hunger pangs.

Benefit your brain: Strive for a well-balanced diet full of a wide variety of healthy, wholesome foods.

Vitamins, Minerals & Supplements

Store shelves groan with supplements claiming to boost health. Although many of the reports on the brain-boosting power of supplements like vitamins B, C, E, beta-carotene, and magnesium are promising, a supplement is only useful to people whose diets are lacking in that specific nutrient.

Researchers are cautiously optimistic about ginseng, ginkgo, and vitamin, mineral, and herb combinations and their impact on the brain.

Check with your doctor.

Get Ready for a Big Day

Want to power up your ability to concentrate? Start with a meal of 100% fruit juice, a whole grain bagel with salmon, and a cup of coffee. In addition to eating a well-balanced meal, experts also advise:

- Get a good night's sleep.
- Stay hydrated.
- Exercise to help sharpen thinking.
- Meditate to clear thinking and relax.



DENGUE FEVER STILL A MAJOR THREAT

You've heard it mentioned in the media, but what is it?

Dengue Hemorrhagic Fever

Dengue hemorrhagic fever (DHF) is a specific syndrome that tends to affect children under 10 years of age. It causes abdominal pain, hemorrhage (bleeding), and circulatory collapse (shock). DHF is also called Philippine, Thai, or Southeast Asian hemorrhagic fever and dengue shock syndrome.

DHF starts abruptly with high continuous fever and headache. There are respiratory and intestinal symptoms with sore throat, cough, nausea, vomiting, and abdominal pain. Shock occurs two to six days after the start of symptoms with sudden collapse, cool, clammy extremities (the trunk is often warm), weak pulse, and blueness around the mouth (circumoral cyanosis).

In DHF, there is bleeding with easy bruising, blood spots in the skin (petechiae), spitting up blood (hematemesis), blood in the stool (melena), bleeding gums, and nosebleeds (epistaxis). Pneumonia is common, and inflammation of the heart (myocarditis) may be present.

Patients with DHF must be monitored closely for the first few days since shock may occur or recur precipitously (dengue shock syndrome). Cyanotic (bluish) patients are given oxygen. Vascular collapse (shock) requires immediate fluid replacement. Blood transfusions may be needed to control bleeding.

The mortality (death) rate with DHF is significant. It ranges from 6%–30%. Most deaths occur in children. Infants under a year of age are especially at risk of dying from DHF.



TO PROTECT YOURSELF:

- Stay away from heavily populated residential areas, if possible.
- Use mosquito repellents, even indoors.
- When outdoors, wear long-sleeved shirts and long pants tucked into socks.
- When indoors, use air conditioning if available.
- Make sure window and door screens are secure and free of holes. If sleeping areas are not screened or air conditioned, use mosquito nets.
- If you have symptoms of dengue, speak to your doctor.

To reduce the mosquito population, get rid of places where mosquitoes can breed. These include old tires, cans, or flower pots that collect rain. Regularly change the water in outdoor bird baths and pets' water dishes.

If someone in your home gets dengue fever, be especially vigilant about efforts to protect yourself and other family members from mosquitoes. Mosquitoes that bite the infected family member could spread the infection to others in your home.

OCTOBER BREAST CANCER AWARENESS MONTH

October's issue will provide valuable information and support for everyone affected by breast cancer.

Stay tuned for more...

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NEW!