



Do-It-Yourself
HEALTHY CHECK UP



Healthy Check Up

Self Health Care Online



Healthy
CHECK Up



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HealthyLife[®] Letter

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August

Wine confusion: healthy or not?



Wine has been making the headlines in recent months as a “healthy” choice. Some studies suggest the compounds and antioxidants in wine can reduce your risk of heart disease, cancer, and more.

This can be confusing if you’ve been told that alcohol isn’t good for you. Should you drink wine to get healthier, or skip it?

There is no perfect answer for everyone. It’s important to note that these studies are promising, but they’re not enough to say that wine is a healthy choice. Many of these studies were done in labs, on mice, or were done with supplements instead of real wine. And for some, the possible benefits of wine wouldn’t be worth the risk. Wine is also high in calories and sugar. This can add to obesity and affect blood sugar, especially in diabetics. In addition, wine and alcohol can interact with certain medicines.

Many people can enjoy alcohol in small amounts without problems. But if you have a history of alcoholism or your doctor has told you not to drink, you should not drink wine or any alcoholic beverage.

The Centers for Disease Control and Prevention (CDC) says that drinking too much alcohol, even wine, can harm your health. So if you decide to drink, be sure you do it in moderation.

So what is “moderation”? According to the Dietary Guidelines for Americans, moderation is up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age.

THE BOTTOM LINE:

If you already have a drink once in a while, switching to red wine may be healthier than other choices such as beer or spirits. But the health benefits of red wine are not fully understood. So, experts do not recommend it as a daily drink for everyone.



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Choosing a family pet



Pets aren't just for kids. Owning a pet can improve your family's health in many ways, according to the Centers for Disease and Prevention (CDC). Pets can lower blood pressure and cholesterol, and offer companionship to all members of your household. Before you choose one, think about these factors.

All pets need daily care. They need attention, food, and a place to sleep. Dogs need to be walked and taken outside daily. Cats need a clean litter box. Veterinary visits and vaccines are important. Look into the pet you want, and make sure you're ready to do everything it takes to keep the pet healthy. It's a daily commitment that you'll need to stick with for many years.

Make sure everyone in the family is ready. Caring for a pet is best done with everyone's help. Are your kids ready to help feed a dog and walk it? Are the parents ready for veterinary costs, cleaning up after the pet, and arranging for pet care during vacations?



With certain reptiles, small animals and birds, proper hygiene is very important. Some pets, such as birds, reptiles and amphibians, can spread illness to humans. Visit www.cdc.gov/healthypets for information about preventing illness.

As long as you carefully consider all the care your pet will need, you can make an informed choice about your next furry friend.

Source: American Humane Association

Americans love pets

Percentage of American households with pets:	
Dogs	36.5
Cats	30.4
Birds	3.1
Horses	1.5

Source: American Veterinary Medical Association

A HEART FOR DOGS

One study looked at 421 adults who'd had heart attacks. A year later, dog owners were much more likely to still be alive than were those who did not own dogs, regardless of the severity of the heart attack.

Source: National Institutes of Health

