

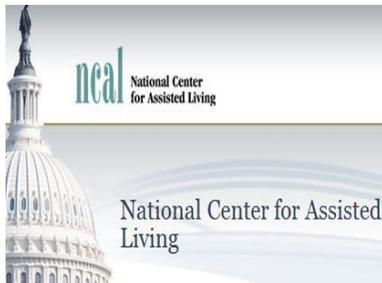


August 2010 Newsletter

California Firm Recalls Frozen Ground Beef Products

Valley Meat Company, a Modesto, Calif. establishment, is recalling approximately one million pounds of frozen ground beef patties and bulk ground beef products that may be contaminated with *E. coli* O157:H7, the U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS) announced

[More information from USDA](#)



National Assisted Living Week: September 12 – 18, 2010

This Year's Theme: Living Life. Living life means participating in activities that you enjoy and pursuing your passions, whatever they may be... Assisted living communities around the country are giving their residents the environment and tools they need to reach their goals. We celebrate their efforts...

[Plan your celebration with these ideas](#)

F as in Fat: How Obesity Threatens America's Future 2010

Adult obesity rates increased in 28 states in the past year, and declined only in the District of Columbia (D.C.)... More than two-thirds of states (38) have adult obesity rates above 25 percent.

[View state maps and reports](#)

Make End of Life More Humane

Dr. Atul Gawande began researching hospice and end-of-life care options because he says he didn't know how to broach the subject of death with his terminally ill patients. The surgeon and New Yorker staff writer writes about the difficulties faced by medical professionals who must decide when to stop medical interventions and focus on improving the final days of life in his article "Letting Go" in the Aug. 2 New Yorker.

[Read/Listen to the story on NPR](#)



Celiac Disease Awareness from NIH

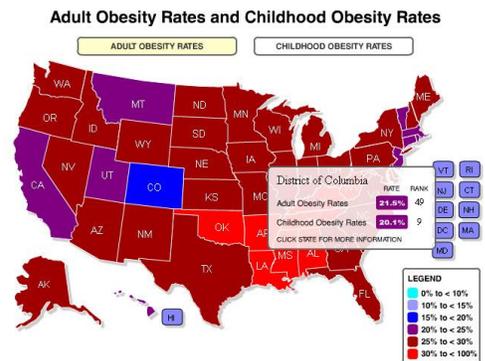
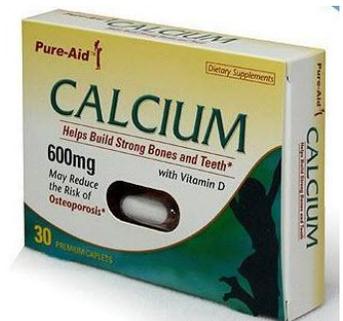
Celiac disease is an immune reaction to gluten, a protein found in wheat, rye, and barley. The Awareness Campaign provides current, comprehensive, science-based information about the symptoms, diagnosis, and treatment of celiac disease...

[Visit NIH for more information](#)

Effect of Calcium Supplements on Risk of MI and C-V Events: Meta-analysis

Objective: To investigate whether calcium supplements increase the risk of cardiovascular events. Design: Patient level and trial level meta-analyses... Conclusions: Calcium supplements (without coadministered vitamin D) are associated with an increased risk of myocardial infarction...

[Read the abstract from BMJ](#)





This Month's Top News Stories – August 2010

Feeding Dementia Patients with Dignity

First Alzheimer's disease stole Rosemary DeFelice's speech, mobility and independence. Then, at 75, she lost the ability to eat. She would chew away at her food, coughing and sputtering and spitting up but swallowing very little, said her daughter, Cyndy Viveiros. And like many relatives caring for patients with advanced dementia, Ms. Viveiros had to decide whether or not to have a gastric feeding tube inserted.

From The New York Times

http://www.nytimes.com/2010/08/03/health/03feed.html?_r=1&nl=health&emc=healthupdateema8

Person-Centered Care in Assisted Living-An Informational Guide

A 49 page downloadable document from Center for Excellence in Assisted Living (CEAL), June 2010

[View downloadable document](#)



Produce, Vendors Come to Western Baptist

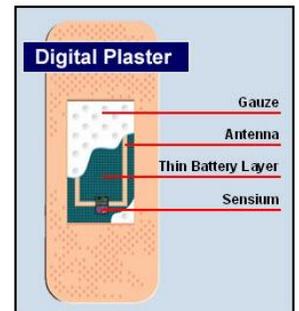
Health care workers at Western Baptist Hospital — and the general public — can enjoy fresh produce, baked goods and locally produced foods at a farmers' market in the hospital cafeteria.

[From the Paducah Sun](#)

High-Tech 'Band-Aids' Call Doctors

Band-Aids aren't just for cuts anymore. There's a new generation of wireless medical sensors mounted on an adhesive strip. The so-called smart Band-Aid can call a doctor and transmit all kinds of physiological information when it detects a problem. All this may eventually save lots of money, and lives.

[Read/Listen to this story from NPR](#)



"Get Moving" Can be Vital Advice for Seniors

A birthday card...meant to be humorous, shows a vulture on a tree branch, with the admonition to "Keep moving." Though some might find the humor unsettling, the blunt message is right on target: It's never too late to start exercise, and any amount is better than none, exercise experts say. Yet they also agree that getting older adults to get moving and stay moving can be a challenge...

[From HealthDay](#)

The Secrets of Long Life

What if I said you could add up to ten years to your life? A long healthy life is no accident. It begins with good genes, but it also depends on good habits. If you adopt the right lifestyle, experts say, chances are you may live up to a decade longer. So what's the formula for success? In recent years researchers have fanned out across the globe to find the secrets to long life. Funded in part by the U.S. National Institute on Aging, scientists have focused on several regions where people live significantly longer.

[From National Geographic](#)