



Kennebunk Healthy Times

A Quarterly E-Newsletter

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www.kennebunkmaine.us/healthykennebunk

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Spring Into Fitness Summary



134 participants registered for Healthy Kennebunk's latest walking competition [Spring Into Fitness](#). The program began on March 21st and ended on May 29th. During the ten-week program, 66,868,818 steps were taken. That is the equivalent of walking 32,608 miles. New to this program was the team competition. Sixteen teams participated which included: "Keep Moving" representing Berkshire Hathaway; "Bookin' It" representing Kennebunk Free Library; "The A Team" representing Kennebunkport Town Hall; "VC Alumni Association" representing Video Creations; "H2GO" representing Kennebunk Water; "Live United Way" representing United Way of York County; "Library Ladies" representing The Louis T. Graves Memorial Library; "Sassy Seniors" representing The Senior Center; "KSB-LV" representing Kennebunk Savings Bank Lower Village Branch; "The Stars" representing York County Coast Star; "Castaways" representing Castaways at Compass Point; "Counting With Camden National" representing Camden National Bank; "#Go Kennebunks" representing Kennebunk Chamber of Commerce; "The Bricksters" representing Brick Store Museum; "The Nightingales of KPORT Public Health" representing Kennebunkport Public Health; and "Coverage Kings" representing Smithwick & Mariners Insurance. Many residents participated too. The team that took the most steps throughout the ten-week program won the grand prize. Congratulations to the "Keep Moving" Team from Berkshire Hathaway for being the grand prize winner! They took 7,371,130 steps! Guest speaker [Aline Potvin, ND](#), came to their business to speak about health, nutrition, and other related topics. A runner up team was determined via random drawing. They received Farmer's Market vouchers. Congratulations to "The Bricksters" Team!

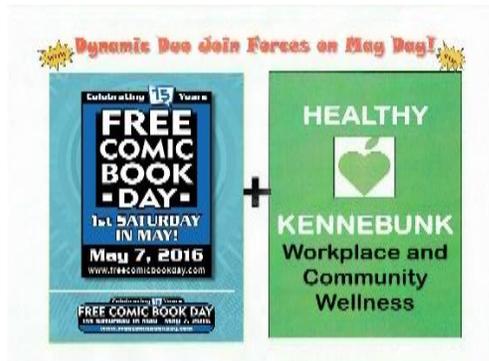
Sign up for "Fun In The Sun" NOW!

Healthy Kennebunk's newest walking program [Fun in the Sun](#) begins on June 20th, 2016 and ends on Sunday August 28th 2016. [View](#) program flyer for details.



This is a fun contest supporting your health fitness goals with chances to win great prizes that support our local businesses! Participate in your own or create a team with family, friends and/or co-workers! The more the merrier!

Healthy Kennebunk at May Day!



On Saturday, May 7th, [Healthy Kennebunk](#) joined forces with [Time Out For Comics!](#) to bring health and awareness at Kennebunk's May Day event! We gave out over 200 individual comic books to those who came to visit the Healthy Kennebunk booth! The comics were suitable for all ages and Healthy Kennebunk had inserts that brought awareness about the danger of second hand smoke and benefits of eating healthy. Handouts were also

available that promoted our Pick your Path walking maps, what vegetables are available by season, as well as other health related ideas! Thanks to all who stopped by our booth!



The 5 Labs Everyone Should Be Asking for: By Aline Potvin

As an ND, I frequently have new patients in my office that have gone to every other provider possible before coming to me. That means, by the time we begin working together, we are way out of the realm of preventative care. We are now in no-joke zone. It's the phase where everything is harder to return to balance, but also the phase where you can see the most dramatic results from dietary changes, moderate fitness, and correcting deficiencies. Epic changes, in some cases.

I'll be honest, as gratifying as it is to see chronic disease reversal, it's exactly the kind of case I don't want to see. Why?

Because chronic disease is devastatingly traumatic. It ruins families, zaps resources, puts people into depression and anxiety.

No one should ever have to be there.

My greater interest lays in keeping families from ever getting there in the first place.

There is a lot I can tell about a person just from looking at them, speaking with them, and doing a thorough physical exam. I also make a concerted effort to understand their social relationships and family dynamics and how that influences their health; Because it always does.

We can get incredible insight, as well, by using technology and lab analysis. While in a

primary care setting we use these as investigative tools to determine diagnosis and reduce risk of a condition worsening, it is infrequently used as a primary prevention tool.

A few words on the pluses and minuses of labs: Firstly, while labs can be diagnostic, they are also just a snapshot in time. They are not meant to be used in isolation from good case history taking and physical exam. Labs are also not perfect, as they can show us false positives and negatives; meaning: they may tell you you're sick when you aren't, and tell you you're not sick when you are. Again, this is why physical exam and history is just as important. Lab ranges are also based on levels found in sick populations, meaning they don't always account for how your individual body may do at a certain value. For example: TSH, the pituitary hormone that tells your thyroid to produce its own hormone, has a lab range of 0.3-4 in most labs. If TSH goes high above that, that means you are in a hypothyroid state. Essentially, your pituitary is shouting at your thyroid to produce more of its own hormone. In a larger population, people can have a TSH of 3.0 without having any symptoms of hypothyroidism. But clinically, I've seen people exhibit symptoms of hypothyroidism when their TSH was between 2.0-2.5, which is well within "normal range."

So what I end up seeing is that certain lab investigations don't happen soon enough, and lab evaluations that may require attention aren't treated because they are within "normal range." It's true, a lot of this influenced by what will or will not be covered by insurances and benefits. However, what results is the loss of golden opportunities to prevent illness and ultimately save insurance companies money in the long run. Below I'm going to highlight some of the labs I like to use as screening tools early on and why. If people's insurance won't cover it because of their age, risk factors, or lack of "diagnosis," I say that if you can, be a radical and pay out of pocket. Some of these are not expensive tests, and may save you a world of hurt later.

1) Fasting Blood Sugar and Insulin: This is hands down one of the most important combos I test in almost all age groups. Why? Because with these two values, you can calculate a rough estimate of a person's level of insulin resistance. Now, it's an estimate, but it can give you a world of insight into how your diet, exercise regimen, and stress levels may be influencing your blood sugar long before you would be characterized as "diabetic." Even if you are never given a diagnoses of diabetes, insulin-resistance over a long period of time is just as dangerous as it increases your risk for obesity, heart disease, certain cancers, Alzheimer's disease, etc. We typically don't test these until someone is showing signs of pre-diabetes or diabetes, or they are obese and have high cholesterol/high blood pressure. But insulin resistance can be present in thin people, and it typically comes long before weight gain becomes persistent.

2) Thyroid Hormones: Like I mentioned before, while we test TSH often, we don't always consider the whole picture when interpreting the results. Granted, it can be tough for most primary care doctors to justify a "clinical" diagnosis not based entirely on objective findings. However, evidence based decision making does have to also include clinician experience. Sometimes, if TSH comes back "normal," it's difficult to justify actually testing the thyroid hormone itself. In clinical practice I have certainly seen TSH results come back normal, but the amount of free, active thyroid hormone has been low and out of range. What does that mean, usually? If this is consistent in retesting, it tells us your body is not able to activate thyroid hormone, or there is something blocking its availability in your tissues. However, your brain hasn't quite picked up on that yet, so it doesn't feel inclined to "shout" at your thyroid with TSH. How you normalize the

activation and use of thyroid hormone usually up to nutrition and managing stress levels, so for a lifestyle doctor like me, it's important information to have.

3) Cortisol levels: Stress. We tend to overlook the symptoms of long-term stress. So much, in fact, that I have a really hard time getting patients to just "stop," unless they see objective reasons for doing so. If their blood sugar isn't already dysregulated, their cortisol usually is, which is what keeps them wired at night and exhausted in the morning. What's most important, though, is running tests that show tissue levels of cortisol (saliva), and making sure you test multiple times during the day. This helps me assess whether a naturally fluctuating hormone like cortisol is rising and falling at the right time of day. Testing a single blood test doesn't give you that information. Unfortunately, this is one test that isn't typically covered by insurance, but it can give you really valuable information about why nagging, ambiguous symptoms may be occurring, like fatigue, weight gain, insomnia, etc. It is also often at the route of blood sugar issues and many cases of hypothyroidism.

4) Vitamin D: You'd think that here in North America, particularly the Northeast, this would be a standard test. Unfortunately, despite the fact that Vitamin D deficiency is correlated with depression, diabetes, autoimmune conditions like MS, etc, we still don't consistently screen for it when we see these issues arise. To be fair, correcting the deficiency wouldn't be the only intervention needed to address such conditions. However, clinically I see deficiency in most that I test, and improvement in several symptoms with supplementation, particularly muscle and joint pain, fatigue, and low mood.

These are just a few tests I wish were explored more frequently, but again, lab tests aren't worth as much without looking at a person, their life, and their relationships. Get out there and ask whether these may be the missing piece to your wellness puzzle.



Daryl Conant's
Fitness Nut House™
Where We Are Crazy 'bout Exercise...

Hormones and Aging By Daryl Conant, M.Ed.

Much research has been conducted on the loss of hormones in aging. It is now known that four key hormones are reduced as a person ages. These hormones are testosterone, 7-keto-dehydroepiandrosterone (7 keto-DHEA), pregnenolone, and melatonin. While testosterone is a banned substance, available only through prescription, 7keto-DHEA, pregnenolone, and melatonin are available over the counter. I would like to address the use of these three hormones by older athletes. If you are over the age of 40, I recommend you try these hormones.

7keto DHEA is the most abundant steroid in humans. It is secreted by the adrenal cortex, but also synthesized by the brain and skin. Until just recently, 7keto-DHEA was considered to be only important as an intermediate in the synthesis of sex steroids. It is now clear that 7keto-DHEA has profound physiologic and biologic actions all its own. 7keto-DHEA declines with age so that a man age 40 produces half that of a man in his twenties. A man in his eighties may produce only 10-20% of what was made in his twenties.

7keto-DHEA stimulates the immune system response, affects nervous system function, increases testosterone, reduces body fat, and improves cell energetics making the growth

process more efficient. It also buffers the catabolic action of corticosteroids like cortisol.

There is a good chance you will benefit from 7keto-DHEA in many ways, including the ability to build and maintain dense muscle mass well into your later years, due to 7keto-DHEA's anabolic and anticatabolic actions. Because 7keto-DHEA is a neurosteroid it may also reduce fatigue during hard training cycles, and makes you feel more energetic throughout the day. I recommend a dosage of 25-50 milligrams daily, taken in the morning.

By age sixty, nighttime levels of melatonin decrease by 50% of the peak level during youth. Melatonin is produced in the pineal gland of the brain. Research has shown that a low level of melatonin may be responsible for accelerating the aging process. By bringing melatonin levels back to the amount you had in your teens, you may be able to enhance your immune system, fight viruses, block the damage caused by cortisol, improve sleep, enhance sexual vitality, and recover from training faster. If your age is 40-45, I recommend you take between .5mg and 1 mg of melatonin about a half hour before bedtime. At age 45-55 take 1 to 2 mg age 55-65 take 2-3 mg, age 65-75 plus take 4-5 mg, just before bedtime.

Pregnenolone is the third and final hormone I want to discuss. It is a super hormone for the brain, regarded by many researchers as the most potent memory enhancer of all time. By the time you are seventy-five, you are probably making 60 percent less pregnenolone than you did in your thirties. I recommend you take 50mg of pregnenolone daily, in the morning. You can stack with 7keto-DHEA.

Daryl Conant, M.Ed.

Hope Cemetery Trails

Did you know that there are beautiful nature trails right within downtown Kennebunk? The 120-acre Hope Cemetery and Woods is a park-like setting, green space in downtown Kennebunk to be enjoyed by locals and visitors. More than half of Hope Cemetery's property is undeveloped, with trails that have existed for many years. In the past few years, volunteers have been working to improve existing trails, create new ones, and mark them so that the public can more easily enjoy them. With generous assistance from Kennebunk Sewer District and their intern Jordan Heath, a map of the trails was created using GPS technology.

This map is available on the Healthy Kennebunk [website](#) and also can be downloaded from the Hope Cemetery and Woods [website](#)



May 2016

Employer Success Story: Making Wellness Work During Tax Season

At **Austin Associates, P.A.** in Auburn, tax season is the busiest time of the year. It is not uncommon for employees to spend 60 or more hours each week at the office working to meet important deadlines. These pressures can cause a lot of stress, impacting sleep and eating schedules.

To change employee habits during this time of year, the wellness program at Austin Associates developed the Flash Fitness Challenge. This program was designed to engage employees in healthy activities that don't take focus away from work. The tasks for the challenge are easy and fun, and employees are encouraged and offered incentives to participate.

Some of the tasks employees have done in the past for this challenge include:

- Multiple laps around the office
- Stair climbing
- One minute exercise challenges such as squats, jog/march in place and push ups
- The H2O (water) Challenge

This is in the third year doing this challenge and the company reports great success. Here's what some employees have said about the program:

"The Flash Fitness Challenge is a great reminder to get up and move throughout the day. It also serves as a little pick-me-up which helps me stay focused for the rest of the day."

"The Flash Fitness Challenge comes in very handy this time of year when I tend to be sitting for many hours at a time. It encourages me to get up and get moving, even if it is only a minute of my time, I always feel better after I complete the challenge."

"This annual challenge is really fun. It almost becomes a competition among all the participants and friendly encouraging banter can be heard all around the office on the days of the challenges. I think it's great for everyone to remember to get up and move."

Know Your Numbers for a Healthy Heart

You live your life by numbers: phone numbers, PIN numbers, the numbers on the clock and others. But do you know what the important numbers are for a healthy heart? Blood pressure, cholesterol and blood glucose are important numbers for anyone to know since it indicates a person's risk for serious illness. By knowing these numbers, you can make changes to improve your health and reduce your risk of developing serious illnesses such as heart disease and diabetes. What should the target numbers be?

Blood Pressure- 120/80 mmHG or less

High blood pressure, also known as hypertension, increases your risk of heart attack, stroke and kidney disease. Anyone can have high blood pressure and many people do not have symptoms.

Cholesterol- less than 180 mg/dL

Cholesterol is a fatty substance that our bodies need to function. When there is too much of it in our blood, it can build up and block blood flow in your arteries. It increases the risk of heart disease and stroke.

Blood Glucose- less than 130 mg/dL

When an employer conducts a non-fasting blood glucose screening, any employee (without a Diabetes diagnosis) with a result greater than 130 mg/dL needs to follow up with their primary care doctor for additional consultation and further testing. Glucose is sugar stored in your blood as the body's main source of energy. If your blood sugar is too high or too low, you may have diabetes. Left untreated, diabetes can lead to heart disease, kidney disease and other complications.

What can employers do?

Examples of what employers can do to promote heart health in the workplace:

- Partner with state or local health departments and community organizations to develop policies and working conditions that include employee screening and follow-up

- Provide health insurance coverage with no or low out-of-pocket costs for medications that help to control high blood pressure and high cholesterol
- Encourage employees to “Know Their Numbers” and talk with their doctor
- Have a written policy banning tobacco use in the workplace
- Increase availability of lower sodium, healthy foods
- Provide physical activity programs for employees (walking or stretching programs, group exercise, weight training)
- Provide resources for high blood pressure, prehypertension, high cholesterol, diabetes, signs and symptoms of a heart attack and stroke, tobacco cessation, healthy eating and physical activity

For more information visit www.MaineHeartHealth.org

Promoting Walking and Walkable Communities

Physical activity is one of the most important things a person can do to improve their health. According to U.S. Surgeon General, walking is currently the most commonly reported form of physical activity among U.S. adults and it can be done almost anywhere. Encouraging the addition of walking to the daily routine has enormous long-term health benefits.

However, there can be barriers that prevent a person from walking out their front door and being physically active in their neighborhood. Important places such as shops, schools, parks or senior centers may not be close enough to reach. There may also be no sidewalks or there may be concerns about safety.

Worksites can offer employees access to opportunities and support for walking and physical activity making it easier for employees to integrate it into their daily lives. Employers can promote walking, walkable communities and other forms of physical activity through the following strategies:

- Promote worksite programs and policies that support physical activity, walking and walkability
- Provide access to facilities, locations and programs to support physical activity
- Use policies and incentives to encourage physical activity such as flex time, paid activity breaks or discounts for off-site exercise facilities
- Establish walking clubs or competitions that encourage and motivate employees to meet individual or team goals
- Engage community planning efforts to make the communities around worksite more walkable and physical activity friendly

Educate people about the benefits of safe walking and raise awareness of places to walk

- Provide employees with tailored messages about walking in and around the worksite
- Provide signs and maps to help people find safe places to walk and provide information on accessibility for people with mobility or other limitations

For more information:

[Surgeon General's Call to Action to Promote Walking and Walkable Communities](#)

[STEP IT UP! A Partners Guide to Promote Walking and Walkable Communities](#)

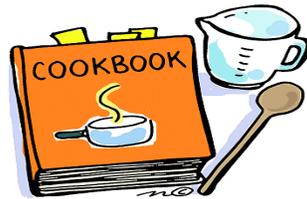
[Bicycle Coalition of Maine- Community Spokes Toolkit](#)

May Health Observances

- [Mental Health Month](#)
- [National Asthma and Allergy Awareness Month](#)
- [National Stroke Awareness Month](#)

June Health Observances

- [Men's Health Month](#)
- [National Safety Month](#)

**RECIPE CORNER**

Courtesy of Bethanie ZS Cardner

Tomato and Red Pepper Gazpacho

Prep Time: 15 Min Cook Time: 30 Min Total Time: 45 Min

Serves 4

Ingredients

2 lb ripe and chopped tomatoes
1 large cucumber, peeled and chopped
2 large red bell peppers, deseeded and chopped
2 garlic cloves, minced
1tbsp. (15 ml) lemon juice
4 tbsp. (60 ml) olive oil
salt, pepper to taste

For Garnishing

2 tbsp. chopped tomato
2 tbsp. chopped cucumber
 olive oil for drizzling
 basil leaves for decoration, optional

Instructions

In a blender place the tomatoes, cucumber, garlic and red pepper. Blend until smooth. Add the olive oil and lemon juice. Season with salt and pepper to taste. Blend again to combine. Pour the gazpacho into a pitcher and place the pitcher in a fridge to cool for at least half an hour.



**WATERHOUSE CENTER:
A HEALTHY DESTINATION FOR ALL!**

Creating Healthy Opportunities for Youth and their Families

Have you attended events and activities at the Waterhouse Center? If not, it's time you do. There are many fun, healthy and educational programs for families, all-ages, all year long! From ice-skating to now roller skating, from demonstrations by world-renown professional skateboarders to live presentations by the Portland Symphony Orchestra Concert! The Waterhouse Center is an incredible venue right in Downtown Kennebunk. Stay informed at: www.kennebunkmaine.us/wcfun or subscribe to the [Waterhouse and Events calendars](#) to be notified via text or email of upcoming events.

*In memory of Geraldine Waterhouse
Read about her [legacy](#)*

Thanks for reading our newsletter!