



Healthy Aging in Neighborhoods of Diversity across the Life Span

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The Healthy Journey

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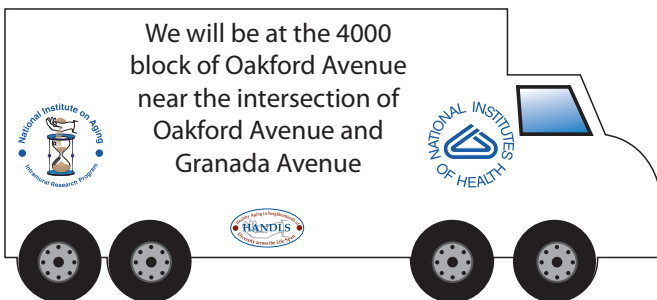
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WHAT IS *THE HEALTHY JOURNEY*?

For our new readers, we want to take a moment to tell you about our newsletter *The Healthy Journey*. *The Healthy Journey* is our way of connecting with people who are participating in the HANDLS study. Four times a year we assemble information that we think will interest our participants. We tell you what neighborhoods we are visiting, feature HANDLS staff and participants, and pass along helpful health tips. Some of the topics we have covered already include high blood pressure, diabetes, and depression. You have made an investment by taking the time to be part of our study. One way we want to express our gratitude is to provide additional information to you about health issues. Look for us at neighborhood association meetings, health fairs, and other community gatherings.

MOVING ON

Every 3 months we move the HANDLS Medical Research Vehicles to a new location. In the beginning of October we will move to the communities surrounding Forest Park. We will park the mobile Medical Research Vehicles at the 4000 block of Oakford Avenue near the intersection of Oakford Avenue and Granada Avenue.



CONTENTS

What Is <i>The Healthy Journey</i> ?	1
Moving On.....	1
HANDLS in Govans Area	2
Focus on the HANDLS staff	3
Dietary Supplements for Adults	3
HANDLS Participants.....	7
Our next move	7

HANDLS IN GOVANS AREA

We have been in the Govans area since mid-May at the Alameda Market Place. We are grateful for the warm reception that we have received from the community. Our experience has been very positive. We thank everyone who has agreed to take part in the study when our field staff

knocked on your door. Our weekend hours have been so successful we are open every Saturday. We hope that everyone can participate even if they are available only on weekends. It has been a pleasure working in the communities surrounding Govans. We look forward to seeing you when we return to your neighborhood in approximately 3 years.



FOCUS ON THE HANDLS STAFF

Marie Kuczmarski, PhD, RD, LD
Professor of Nutrition
Department of Health, Nutrition & Exercise
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University of Delaware

I enjoy eating food and learning about the kinds of foods people eat. So, it is no surprise that I am the nutritionist on the HANDLS team. I joined the staff when we were planning the study. I recommended that we do two dietary interviews. Now that HANDLS has begun, my responsibilities include training interviewers how to gather information about the foods Baltimore residents eat. Once the interviewers record this information, my staff and I can estimate the calorie, protein, fat, carbohydrate, vitamin, and mineral levels in your diets. I feel fortunate to be part of the HANDLS study because I want to help improve the quality of life for people as they grow older.



Marie Kuczmarski, PhD, RD, LD

I have a doctoral degree in nutrition. I am also a Registered Dietitian. I have been a researcher and educator for about 25 years. My research focuses on nutrition for older adults. Currently, I teach students in the dietetics program at the University of Delaware. Although I will not meet you personally, I will provide nutrition information in *The Healthy Journey* and answer questions about the dietary interview if you call.

DIETARY SUPPLEMENTS FOR ADULTS

What is a dietary supplement?

A dietary supplement is a product that contains one or more dietary ingredients (including vitamins, minerals, and herbs) that you may take in addition to food. Usually it is a pill, capsule, tablet, or liquid, energy bar, powder or drink. Dietary supplements add nutrients to your diet. They do not cure, prevent, or treat diseases. They do not replace the variety of foods important to a healthful diet.

Do you take a dietary supplement?

The use of dietary supplements and herbal medicines has grown in the United States over the past several years. A national survey, the third National Health and Nutrition Examination Survey (NHANES III), showed that almost one half of the people in the United States aged 2 months or older reported using dietary supplements. Middle-aged and older men and women were more likely to use supplements than other age groups. Women were more likely to use supplements than men.

There are many reasons why people take supplements. Some reasons are to improve nutrition, to make up for nutrients not in the diet, to decrease the risk of getting a disease, or to increase energy and improve performance. You may use dietary supplements if your body does not have enough of a nutrient.

Dietary supplements add nutrients to your diet. They do not cure, prevent, or treat diseases. They do not replace foods important to a healthful diet.

Common dietary supplements

At times, it can be difficult to tell the difference between a food, dietary supplement, and over-the-counter (OTC) medicine. Some dietary supplements have facts about the supplement on the label. They

may be labeled as “dietary supplements” on their packaging.

It is hard to determine the quality of a dietary supplement from its label. The quality can be different depending on the manufacturers and products. Unlike drugs, the government does not pre-approve supplements for safety or effectiveness before you can buy them.

Multivitamins and multiminerals are the supplements most people use. These contain small amounts of most or all vitamins and minerals necessary to the body. Check the label for instructions on how to take each supplement. When you take the multivitamin according to the label, there are few to no risks to taking a multivitamin. See the charts below for information on some other commonly used dietary supplements. The chart describes what the

Example of Supplement Facts Label	
Serving Size 1 Tablet	
Each Tablet Contains	% DV
Vitamin A 3500 IU (29% as Beta Carotene)	70%
Vitamin C 60 mg	100%
Vitamin D 400 IU	100%
Vitamin E 60 IU	200%
Thiamin 1.5 mg	100%
Riboflavin 1.7 mg	100%
Niacin 20 mg	100%
Vitamin B6 4 mg	200%
Folic Acid 400 mcg	100%
Vitamin B12 6 mcg	100%
Calcium 162 mg	16%
Iron 18 mg	100%
Zinc 15 mg	100%
Potassium 80 mg	2%
INGREDIENTS: Dibasic Calcium Phosphate, Magnesium Oxide, Potassium Chloride, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), Ferrous Fumarate, Calcium Carbonate, Gelatin, dl-Alpha Tocopheryl Acetate (Vit. E).	
SUGGESTED USE: Adults - One tablet daily with food. Not formulated for use in children.	
WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.	
IMPORTANT INFORMATION: Long-term intake of high levels of vitamin A (excluding that sourced from beta-carotene) may increase the risk of osteoporosis in postmenopausal women. Do not take this product if taking other vitamin A supplements.	

- Serving size-** the amount of supplement that is considered **one** serving
- List of dietary ingredients-** (see bracket) lists all nutrients and dietary ingredient in the supplement
- Amount per serving size-** the amount of each dietary ingredients (by weight) provided in each serving
- Percent of Daily Value (%DV)-** the percent of required nutrients provided in one serving (based on 2,000 calories); **use caution when taking supplements that provide more than 100% of the Daily Value for nutrients**
- Other ingredients list-** lists all other ingredients used in making the supplement
- Suggested use-** instructions on how to take the supplement
- Warning-** check the packaging for any warnings or important information about taking the supplement

Vitamins and minerals	Functions	Levels not to exceed for adults	Risks if maximum levels are exceeded
Vitamin C	Antioxidant (protects cells against free radicals that may cause cancer)	2,000 mg/ day	May cause headache and diarrhea; May increase risk for developing kidney stones
Iron	Carries oxygen to cells which prevents fatigue	45 mg/ day	Iron toxicity or even death
Vitamin E	Antioxidant (protects cells against free radicals that may cause cancer)	1,000 mg/ day	May increase the risk of bleeding problems
Calcium	Helps maintain strong teeth and bones; Plays a role in muscle and blood vessel contraction	2,500 mg/ day	Hypercalcemia (high levels in the blood); Impaired kidney function; Decreased absorption of other minerals
Zinc	Promotes wound healing; Important for taste and smell	40 mg/ day	Nausea and vomiting; Reduced immune function; Decreased absorption of other minerals

Use with caution! These herbals may interact with your other medications.

Herbs and supplements	Uses	Scientific evidence	Health risks
Echinacea	Relieves cold or flu symptoms; prevents upper respiratory infections; increase immune function; wound healing	Not always proven to be effective in clinical studies	Dry skin; do not use if you are pregnant, have tuberculosis, multiple sclerosis or collagen disease
Ginkgo Biloba	Alzheimer’s disease, dementia, memory and concentration, peripheral vascular disease	Interacts with several medications. Check with you doctor before use	Diarrhea; headache; nausea; restlessness. Do not use if you have had a stroke
Evening Primrose	Menopausal symptoms, diabetes, skin disorders rheumatoid arthritis	Has not been proven effective through clinical studies	Upset stomach; headaches; rashes
St. Johns Wort	Reduce depression; relieve anxiety	May be useful for treating mild to moderate depression. Is not beneficial in treating major depression. Has been shown to interact with blood thinning medications	Upset stomach; abnormal skin color. Do not use if you are taking other antidepressive medication; may cause sensitivity to light
Garlic	High cholesterol, high blood pressure, cancer, infection	Interacts with several medications. Check with you doctor before use	Nausea; increases white blood cells; low blood pressure; skin irritation

supplement is used for, its risks, and the maximum amounts that you should take each day.

While they may be beneficial to some, there may be times when supplements can be harmful to your

Safe! Stick to the recommended doses for these herbals.

Herbs and supplements	Uses	Scientific evidence	Health Risks	Suggested Dose
Flaxseed oil	Cardiovascular disease, cancer, rheumatoid arthritis	Supported by scientific evidence	None are expected	Up to 1,000 mg/ day
Green tea	Contains antioxidants that may protect against heart disease, several types of cancer, and skin damage	Several studies support the use but evidence is not conclusive.	Irritability; insomnia; nervousness; increased heart beat; Contains caffeine	2 to 3 cups/ day

health. Do not be fooled – just because a supplement is called “natural” does not always mean that a product is safe. **It is important to question people who are recommending supplements with no formal training in nutrition, botanicals, or medicine.**

In addition, be wary of products claiming a “quick fix.” **If something sounds too good to be true, it probably is!** Other false claims to watch for include saying a product is quick and effective, can treat or cure disease, are completely safe, and have no side effects.

Supplement Safety

- Before taking a supplement, talk with your doctor or other health care provider, especially if you have a disease or medical condition, take any medications, are pregnant or nursing, or are planning to have an operation.
- Supplements may have side effects, just like drugs. They may interact with some medications and can be dangerous.
- If you have any reactions to a supplement that you do not expect, inform your doctor or healthcare provider.

Do you know your supplement?

Information about supplements can be confusing. It is very important to talk with a doctor, pharmacist, or dietitian to get the facts straight.

You should report effects of dietary supplements that you do not expect to the Food and Drug

Questions to ask:	Yes	No
Is taking a dietary supplement a necessary part of my total diet?	<input type="checkbox"/>	<input type="checkbox"/>
Are there any precautions or warnings I should know about (is there an amount or “upper limit” I should not go above)?	<input type="checkbox"/>	<input type="checkbox"/>
Are there any known side effects (loss of appetite, nausea, headaches, etc.)? Do they apply to me?	<input type="checkbox"/>	<input type="checkbox"/>
Are there any foods, medicines (prescription or over-the-counter), or other supplements I should avoid while taking this product?	<input type="checkbox"/>	<input type="checkbox"/>
If I am scheduled for surgery, should I be concerned about the dietary supplements I am taking?	<input type="checkbox"/>	<input type="checkbox"/>

Administration’s MedWatch Program. You can contact them by phone at 1-800-FDA-1088 or on the web at www.fda.gov/medwatch/how.htm.

Additional resources

Food and Drug Administration, DHHS:
 Center for Food Safety and Applied Nutrition
<http://www.cfsan.fda.gov/~dms/supplmnt.html>
<http://www.cfsan.fda.gov/~dms/ds-savvy.html>
<http://www.cfsan.fda.gov/label.html>

National Institutes of Health, DHHS:
 Office of Dietary Supplements:
<http://dietary-supplements.info.nih.gov>

National Center for Complementary and Alternative Medicine:
<http://nccam.nih.gov>
 1-800-624-6226

HANDLS PARTICIPANTS

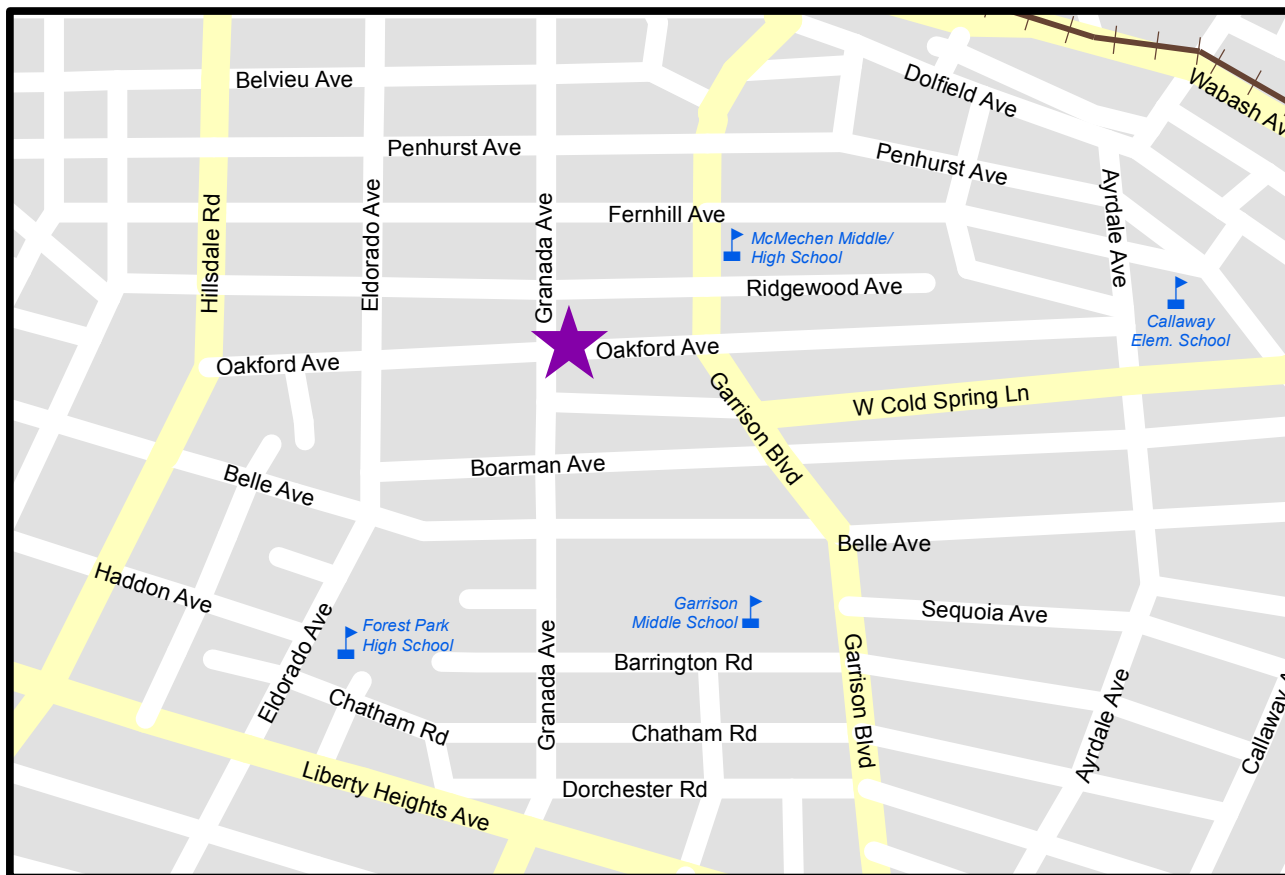
Have you moved? Are you planning to move?

You will notice we have included a change of address card with this newsletter. It is very important to us that we know exactly how to contact our participants. HANDLS is a longitudinal study. We will examine the same participants

approximately every 3 years over the next 20 years. Therefore, we ask that you remove the card from the newsletter and put it away so that if you do move, you can send us the post-card and we will know how to reach you. You may also call us toll-free at 1-866-207-8363, press option 7, and we will take your change of address information over the phone. Thank you so much for taking care to let us know how to stay in touch with you.

OUR NEXT MOVE

We will be at the 4000 block of Oakford Avenue near the intersection of Oakford Avenue and Granada Avenue



The Quarterly Newsletter for the HANDLS Community Healthy Aging in Neighborhoods of Diversity across the Life Span

The purpose of this study is to learn about changes in health over time. Using our medical research vehicles, we want to study as many people with different backgrounds as we can. We want this study to help us understand healthy aging by examining the affects of different backgrounds on changes in health over time. The information that we gather will help improve health and prevent disabilities. We want to do this for people from all backgrounds, particularly those in poor and minority communities.

For information about our study call 1-866-207-8363
or visit our website hands.nih.gov



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