

JORDAN DYNAMICS,
INC

**HEALTH
TIP:**

If you're trying to lose weight, set out a plate of this before each meal: apple wedges.

Eating a bit of high-fiber fruit—like a small apple or pear -- before each meal is a proven weight-loss booster.

www.realage.com

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JDI PROSPECTIVE

JORDAN DYNAMICS, INC

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The High Cost of Diabetes

A study reveals costs have climbed 32% since 2002. Diabetes is costing Americans \$174 billion annually, a figure that has increased by 32 percent since 2002, according to a study commissioned by the American Diabetes Association (ADA). The ADA, leaders from the Congressional Diabetes Caucus, and diabetes experts discussed the economic impact of this compelling new data. The study shows that the direct economic costs associated with diabetes have reached unprecedented levels. The cost of medical of care for people with diabetes are estimated to be \$116 billion, with a disproportionate percentage of the costs resulting from treatment and hospitalization of people with diabetes-related complications. The findings also suggest that 1 out of every 5 health care dollars is spent caring for someone with diagnosed diabetes. According to Ann L. Albright, PhD, RD, President, Health Care & Education, ADA, "The findings re-affirm that diabetes is a public health crisis and its implications are painful and far reaching. This underscores the im-



Diabetes cost Americans \$174 billion annually.

portance of early diagnosis and treatment. Diabetes becomes much more costly in financial and human terms when the disease is not properly treated." The study also assessed the economic impact of indirect costs, estimated to be \$58 billion when accounting for reduced productivity of both those in the labor force and unpaid workers, unemployment from disease-related disability, and increased absenteeism.

The estimated costs of diabetes are available by state and congressional district, and can be found at the website: www.diabetes.org/cost

. Last year alone, diabetes claimed more than 284,000 lives. Considering that an additional 6 million more people are believed to have diabetes but have not yet been diagnosed, the study estimates that the actual cost of diabetes may greatly exceed \$174 billion. Diabetes plagues more than just the individual with the dis-

ease. It is common, it is costly, it creates numerous complications, and there is no cure. Until we start reversing current trends, through increased awareness, prevention and aggressive disease management, diabetes will continue to have an adverse impact on our society as a whole," said R. Stewart Perry, Chairman of the Board, ADA. American Diabetes



Decaf coffee may reduce sugar levels in diabetics...

"If you have any medical condition, don't try yoga without consulting your doctor first."

Men may benefit from a weekly dose of aspirin.



Coffee & Diabetics

That daily cup of java might spell blood sugar trouble for diabetics. New research suggests that there's reason to believe that caffeine consumption may be harmful to people with type 2 diabetes and make it more difficult for them to keep their glucose levels under control, according to study author James Lane, a professor of medical psychology at Duke University. While some research has suggested that the antioxidants in coffee could

prevent diabetes in women, laboratory tests have questioned whether caffeine disrupts the body's ability to process blood sugar. "We want to demonstrate that what we've seen in the lab takes place in the real world when people are living their normal lives," Lane said. What to do? Keep coffee consumption under control, Lane suggested. "It would be worthwhile for people with diabetes who drink coffee to try quitting for a

time and see if their glucose improves," Lane said. "It's a simple thing that might make their diabetes better." Decaf may also do the trick. Rob van Dam, a research scientist at Harvard School of Public Health, states that a previous study, decaffeinated coffee actually reduced spikes in glucose levels after people ate sugary food, so it might be useful for persons with diabetes to try switching from caffeinated to decaffeinated coffee.

Be Safe if You Practice Yoga...

HealthDay News -

While yoga is a relatively safe form of exercise, you should take precautions, especially if you're just beginning. The American Academy of Orthopedic Surgeons offers these recommendations to prac-

tice yoga safely:

1. If you have any medical condition, don't try yoga without consulting your doctor first.
2. Learn the proper technique from a certified yoga instructor.
3. Drink plenty of fluids.

4. Be sure to warm up before starting your yoga routine.

5. Start out slowly, making sure that you are performing each move and position correctly.

6. Stop if you start to feel uncomfortable or notice pain.

Aspirin Fights Colon Cancer

If you're a man and take at least two standard 325 milligram (mg) aspirin tablets weekly, you may be able to reduce your chances of getting colon cancer by more than 20 percent, the New York Times reports.

They reported that a study in the January 2008 issue of the journal *Gastroenterology* said that the latest study, led by Harvard assistant professor of medicine Dr. Howard T. Chan, confirmed earlier randomized studies indicating prolonged aspirin use can act as a deterrent to colorectal cancer. Two

cautions: aspirin can be very difficult on some stomachs and can even cause intestinal bleeding. Also, the results were measured on a test group of 47,000 men over a very long time -- 18 years. The effectiveness of aspirin use occurs only after continuous use for five years or more.

Pain Relievers Can Be Dangerous for Children



Pain relievers may be dangerous for children with asthma.

Giving your child medications, even over-the-counter medicines, should always be carefully monitored by your doctor. The American Academy of Family Physicians offers these suggestions before you give any pain medication to your child: If a person younger than age 18 has the flu or chickenpox, never give the person aspirin, which could lead to a rare but deadly condition called Reye's Syn-

drome. Acetaminophen (the active ingredient in Tylenol) is a generally safe painkiller for young children. Be careful about giving ibuprofen to children who are allergic to aspirin, as they may also be allergic to ibuprofen. Pain relievers may be dangerous for children with asthma, so don't administer them without a doctor's consent. Be careful not to give your child too much of the same medication. Sometimes the same active ingredient can be found in more than one medication.

"Consume (oatmeal) and vitamin c together and they'll stabilize LDL cholesterol at twice the level..."

Have a Glass of OJ with that Oatmeal!

When you drink a glass of OJ with your oatmeal, you help elevate your breakfast to superfood status. The nutrients in oatmeal and OJ work together to provide double the benefits you'd get from simply adding their powers together. The phenols in oatmeal and the vitamin C in OJ both help make LDL cholesterol

more stable, which is a good thing, because the more stable LDL is, the less likely it is to rupture, stick to artery walls, and cause a heart attack. But consume the phenols and vitamin C together and they'll stabilize LDL at twice the level expected from adding their effects together. How can you take advantage of

more food synergies? The best way is to eat a varied diet rich in colorful fruits and veggies, healthy fats, different kinds of whole grains, and few or no processed foods. This gives nutrients the best shot at meeting up in your body and working together as they guard against disease. (www.realage.com)

Smoking and the 21st Century

Tobacco use killed 100 million people worldwide in the 20th century, according to the World Health Organization. The WHO Report on the Global Tobacco Epidemic 2008 calls on all countries to dramatically increase efforts to prevent young people from starting to smoke, help

smokers quit and protect non-smokers from exposure to second hand smoke. It urges governments to adopt policies to help stop the trend. Dr. Douglas Bettcher, director of WHO's Tobacco Free Initiative, said WHO estimates 5.4 million smoking-related deaths a year, rising to more than 8 million a year by

2030 if nothing is done. That adds up to 175 million between 2005 and 2030. Beyond that, he said, deaths will continue to rise and statistical projections put the death toll at near 1 billion by the end of the century.



It is estimated there may be up to 8 million deaths annually



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