

The

# Liker Health Report



Keeping People Focused on Staying Fit & Healthy

Summer 2017

## Summertime Food Safety

Foodborne Illness Peaks in the Summer, but Common Sense Precautions Reduce Your Risk

Every season has its share of unique health problems -- colds and flu in Fall; hypothermia in Winter; allergies in Spring; and food poisoning in Summer. The incidence of foodborne illness is more prevalent in the warm/hot summer months because the illness-causing bacteria grow and multiply much more quickly in warm temperatures. Bacteria are everywhere in the environment, including air, water, soil, and the gut microbiomes of people and animals, and can easily spread to people and between people. The ideal outdoor temperature range of 90 °F to 110 °F is when foodborne bacteria are most successful at replicating themselves. These bacteria also require moisture, and so the combination of heat and humidity is advantageous to their survival.

Another reason foodborne illness peaks in the summer is that more food preparation is done outdoors without consistent refrigeration, thermostat-controlled cooking, or adequate hand washing. Therefore, anything you can do to improve these conditions, the less likely you'll become infected with a foodborne bacteria. Unclean hands are a significant source of foodborne illness, so be sure to wash your hands thoroughly, particularly after going to the bathroom, changing diapers, or playing with pets. If you don't have access to clean water for hand washing, keep disposable moist towelettes or hand sanitizer readily available. Cross-contamination from raw meat juices is also risky, so wash cutting surfaces and utensils before using on cooked or ready-to-eat food. Cook all meat to a minimum internal temperature -- 165 °F for poultry; 160 °F for ground meats; and 145 °F for steaks, chops, and roasts. Avoid pre-cooking meat or poultry at home, as partial cooking allows bacteria to grow and subsequent cooking cannot kill them. To further protect yourself, keep the hot foods hot and the cold foods cold and refrigerate any leftovers promptly. Taking precautions to protect your G.I. health against the sun helps ensure an enjoyable summer outing, but don't forget your skin. It needs protection, too. (*See tips below.*)

### Staying Skin-Safe in the Summer Sun

Use a broad spectrum sunscreen (UVA and UVB protection) with an SPF of 15 or greater.

Reapply sunscreen every 2 hours or every 40-80 minutes if sweating or swimming.

Avoid or limit your sun exposure between 10 a.m. and 2 p.m. when the sun is most intense.

Wear sunglasses with a UVA/UVB rating of 100% to protect your eyes.

Wear protective clothing and a wide-brimmed hat.

Stay in the shade or under an umbrella.

Avoid spray-on tanning products which do not provide UV protection.

Stay well-hydrated, even when not in direct sun.

### RESEARCH PEARLS:

#### Hypertension Meds & Type 2 Diabetes Risk

Non-diabetic patients with high blood pressure who took one or more blood pressure-lowering medications at bedtime had better blood pressure control both at night and during the following day as well as a lower risk of new-onset type 2 diabetes than patients who took their BP meds in the morning. Improvements and reduced risk were observed in patients who took angiotensin receptor blockers, ACE inhibitors, or beta blockers. A few years prior, the same research team found that taking BP meds at bedtime also reduced the risk of cardiovascular events.

Diabetologia. 2016 Feb;59(2):255-65.  
Am Soc Nephrol. 2011 Dec;22(12):2313-21.



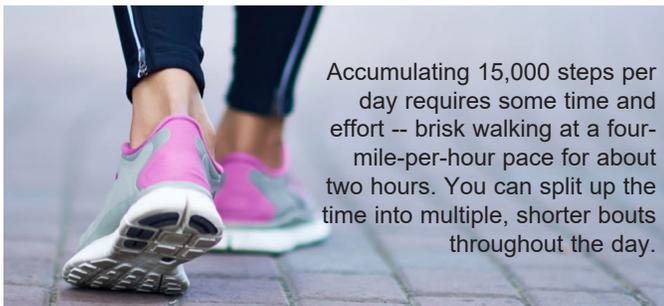
## New Exercise Target

Are 15,000 Steps Daily Better Than 10,000?

The old recommendation of 10,000 steps per day for good health might soon be replaced with a more ambitious goal of 15,000 steps. A new study of Scottish postal workers suggests that the more time a person spends in a sedentary position, the greater the risk of coronary heart disease (CHD), a larger waist circumference, and less than ideal blood glucose and cholesterol levels. Individuals who walked greater than 15,000 steps per day or spent more than seven hours per day in an upright position had the lowest CHD risk.

The study, published in the *International Journal of Obesity*, examined male and female postal service workers between the ages of forty and sixty who did not currently have heart disease. Both mail carriers, who typically walked about seven miles daily, and office personnel, who sat for most of the day, were studied. The amount of waking hours spent on foot or spent seated in addition to the actual number of steps was calculated during work and at home, including weekends. Although the results varied greatly among the participants, nearly any amount of standing and walking reduced the risk of developing CHD. Similarly, for every extra hour after the first five hours that a worker sat each day, they increased their likelihood of developing CHD by approximately two-tenths of a percentage point. The mail carriers who walked for more than three hours daily had essentially no increase in cardiac disease risk.

The study had its limitations, but like its predecessor, the London Transit Workers Study (LTWS) seventy years earlier, it demonstrated the positive effect of physical activity. In that study, the conductors who walked the bus aisles during their workday had a lower risk of developing CHD than the drivers who sat most of their workday. Since the LTWS, many studies have substantiated the idea that moving or not moving can significantly impact one's heart health.



Accumulating 15,000 steps per day requires some time and effort -- brisk walking at a four-mile-per-hour pace for about two hours. You can split up the time into multiple, shorter bouts throughout the day.

***An early-morning walk is a blessing  
for the whole day.***

**Henry David Thoreau**

## Dear Dr. Liker...

*My orthopedic doctor recommended WALANT surgery. What is it and what are the advantages?*



WALANT surgery stands for **Wide Awake, Local Anesthesia, No Tourniquet**. This type of procedure allows your surgeon to complete the procedure without administering drugs for sedation or anesthesia. WALANT has numerous advantages which will positively impact your health and recovery. Foremost, the overall surgery risk will be lower because no sedation or anesthesia medications will be given. You can feel confident that you'll be in full control of your faculties before, during, and after the surgery.

Additionally, your surgeon will be able to talk with you during the procedure; this allows him/her to ask you questions, direct you to move an extremity, and keep you informed of what is going on during the procedure. Other advantages include being able to eat and drink prior to the surgery; not needing extra time to wake up after the surgery; requiring fewer or no pre-operative tests; and having a lower financial cost due to no anesthesiologist services and/or pre-op tests. WALANT surgery is becoming more widely utilized because of its success and high patient satisfaction.

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