



FDA moves to reduce trans fats in processed foods

June 28, 2010—The U.S. Food and Drug Administration (FDA) is taking steps to remove industry-added trans fats from the American diet.

The FDA has decided that partially hydrogenated oil—the main kind of artificial trans fat in the American diet—is not safe and should not be used in food.

For now, the decision is preliminary. The FDA has opened a 60-day comment period, asking food companies to weigh in on how long reformulating their products would take.

“While consumption of potentially harmful artificial trans fat has declined over the last two decades in the United States, current intake remains a significant public health concern,” said FDA Commissioner Margaret A. Hamburg, MD. “The FDA’s action today is an important step toward protecting more Americans from the potential dangers of trans fat. Further reduction in the amount of trans fat in the American diet could prevent an additional 20,000 heart attacks and 7,000 deaths from heart disease each year—a critical step in the protection of Americans’ health.”

Both the American Heart Association (AHA) and Academy of Nutrition and Dietetics support the effort. It’s a “tremendous step forward in the fight against heart disease,” according to the AHA.

The proposed rule affects artificial trans fats. It does not affect trans fats that occur naturally in meat and some dairy products.

If the decision gets final approval, partially hydrogenated oils could not be used in food unless allowed by regulation.

Partially hydrogenated oils are fats that are made by injecting hydrogen into vegetable oil to make it solid. Companies started using them in the 1950s to give processed foods a longer shelf life and better flavor.

In 2002, a federal report linked trans fat consumption to unhealthy levels of low-density lipoprotein (LDL, or “bad” cholesterol) and higher risk of heart disease.

Americans started to want products without trans fats, and companies voluntarily reformulated many of their products. Today, many products boast “0 grams trans fats” in bold letters on the front of their packaging.

Americans are eating less trans fats too. Consumption fell from 4.6 grams a day in 2003 to about 1 gram per day in 2012, according to the FDA.

Trying to quit smoking? Talk to your doctor

If you’re planning to quit smoking, there’s at least one thing that can really help: teamwork.

Some people quit cold turkey. But honestly, that can be really tough. While no method of quitting is easy, turning to your doctor for assistance may boost your chances for success—perhaps significantly.

In some cases, even brief advice delivered during an office visit can make a difference. In others, your doctor may direct you to specific resources such as medication, counseling, support groups, and/or smoking cessation services. Talk with your doctor today.

Calendar of Events

July 2010

Infant and Child CPR

Learn what to do for an infant or child who is choking or having respiratory or cardiac arrest.

When: Thursday, July 21, 2010 - from 6:30 PM to 9:00 PM.

Adult Fitness Program

The Adult Fitness Program was created for individuals who want to enjoy safe, effective exercise and maintain good health.

When: Every week on Monday, Tuesday, Wednesday, Thursday and Friday from 6:30 AM to 7:00 PM.

Strong Women - Morning

12 week strength training class for women.

When: Every week on Wednesday and Friday from 9:00 AM to 10:00 AM.

Yoga for Health

Yoga for Health is designed for individuals with chronic health conditions.

When: Every week on Monday, Wednesday and Friday from 10:30 AM to 12:00 PM.

AHA Advanced Cardiac Life Support Update

The ACLS course builds on the foundation of lifesaving Basic Life Support (BLS) for Healthcare Providers skills, emphasizing the importance of continuous, high-quality CPR.

This advanced course highlights the importance of team dynamics, communication, systems of care, and immediate post-cardiac arrest care.

When: Tuesday, July 26, 2010 - from 3:00 PM to 11:00 PM.

A Big Welcome

Dr. Richard Bryan



CRMC is excited to announce the addition of Dr. Richard Bryan, rheumatology, to the Center for Rheumatology. Dr. Bryan received his medical degree from State University of New York Downstate Medical Center. He completed a fellowship in rheumatology and a residency in internal medicine at Yale-New Haven Hospital, Connecticut.

Dr. Bryan is board certified in rheumatology and internal medicine.

Gift Shop

Wishes & Whatnots Gift Shop

Brighten someone's day by ordering one of our special gifts. Whether searching for that perfect unique gift or looking for a fun balloon arrangement, look no further than CRMC's Wishes & Whatnots Gift Shop. Located on the Main Level of the hospital, Wishes & Whatnots is open Monday through Friday from 9 a.m. to 7 p.m. and Saturdays 11 a.m. until 3 p.m. and offers a variety of quality and tasteful items sure to meet any occasion. In addition, Wishes & Whatnots has opened a new satellite shop, Cafe Gifts, conveniently located in the new Outpatient Center. Hours are 8 a.m. until 4 p.m. Monday through Friday.

Both Wishes & Whatnots and Cafe Gifts feature unique and one-of-a-kind items including handmade jewelry, scented lotions and soft, fuzzy stuffed animals, just to name a few. Our card and stationery department has a card for every occasion including Holidays, Get well, Birthday and Baby. Books, balloons, candy and notions are also available to cheer patients and staff.

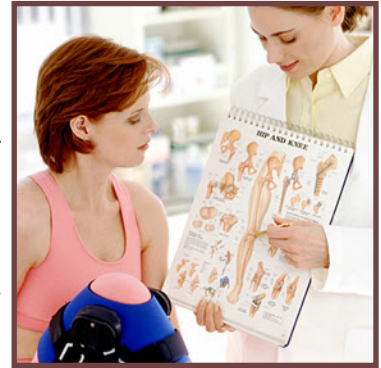
Gift wrapping is free with \$10 purchase. Phone orders are welcome and we are happy to deliver gifts and flowers to patients and staff within the hospital. We accept Visa, MasterCard and Discover credit cards.



Save Your Hips and Knees

On average, one in five Americans 60 and older has experienced significant knee pain over the last six weeks, and one in seven reports significant hip pain. As the largest joints in the human body, it is important for individuals to learn how they can reduce their pain through various exercises and stretches in order to preserve their joints. These joints support an work in coordination with one

Two experts from the Human will present a free seminar "Knees," on Thursday, p.m. in the Private Dining Room Swanson, fellowship-trained CRMC Orthopedics & Sports informative discussion on how injury to your hips and knees. Frank Layman, PT, DPT, Ed.D., MTC, with CRMC Orthopedics & Sports Medicine, will offer tips and hints on saving your hips and knees.



This free event is open to the public and registration is preferred. It is one of CRMC's community education events that is offered throughout the year on a variety of health-related topics. For more information, please call the Community Events Desk at CRMC at (724) 633-7788. You can also register by [clicking here](#).

Sun Protection 101

It's July, and it is sunny and hot! Daily sun protection is recommended for every one, but especially important for children. Because children spend more time playing outdoors, a significant amount of lifetime sun exposure occurs before the age of 18.

There is overwhelming evidence that chronic sun exposure and sunburns (particularly in childhood) increase an individual's lifetime risk of all forms of skin cancer, including melanoma. More than 1 million new cases of skin cancer are diagnosed each year in the United States and roughly 1 in 5 Americans will develop some form of skin cancer during their lifetime. In 2009, more than 8,000 Americans died from melanoma.



Proper photoprotection has several components:

- Avoid deliberate sun bathing and indoor tanning.
- Seek shade whenever possible (especially between 10 a.m. and 4 p.m.)
- Wear protective gear, including clothing, a wind brimmed hat and UV protective sunglasses.
- Use broad spectrum sunscreen.

When purchasing sunscreen, look for a product with SPF (sun protection factor) of at least 30.