

ASHBY ADVISOR

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Body Mass Index (BMI) alone is not always a good predictor of high risk health problems such as Type II Diabetes. Researchers looked at over 11, 000 people aged 52-85 (only non-Hispanic whites in this longitudinal study). They found 16% of American men had Type II Diabetes vs. 11% of British men. Females – American women 14% vs. 7% British. BMI obesity rates for women were the same for British women and American women, but there was double the rate of Diabetes (The male rates of obesity correlated to Diabetes). The researches said BMI alone is not a good way to predict diabetes. Waist size was a better predictor of risk because of the location of the fat, deposited around the organs. Fat cells in this area of the body are different from those found in other areas of the body. These fat cells are more proinflammatory and work harder on the liver to contribute to insulin resistance leading to diabetes.

So if your belt is expanding so is your risk for diabetes.

This in from the Journal of Epidemiology and Community Health 2010.....

Celiac Disease (Gluten/wheat intolerance) May be increasing, especially in the elderly. An online report in the Annals of Medicine (September 27th, 1010) revealed that you are never too old to develop Celiac Disease. This study showed that environmental factors cause a person's immune system to lose tolerance to gluten (when all genetic factors were eliminated) over time in some individuals. The exact causes are not known yet.

An online report September 28th, 2010 in the Archives of Disease in Childhood showed that children who were breast feed exclusively for at least 6 months had fewer common infections and fewer hospitalizations. Partial breast feeding had no effect.

Even as we spend more and more on Healthcare in the United States we've fallen behind 12 comparison countries for 15 year survival rate for people aged 45-65 during the past 30 years. The trend studied the years 1975 to 2005. During that time the United States position declined with both men and women with women having the greatest decline.

The Authors compared ethnic diversity, smoking rates, obesity rates, accidents and homicides, but these did not show any positive correlation to the findings. They speculated that the healthcare system itself may be part of the problem.

Quote of the email: Take good care of your future because that's where you're going to spend the rest of your life."