



Fit For Sisters
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Columnist

Bones and weight loss

Recently, the *New York Times* published an article in the Science section (always a good read!) about how the bones may influence a person’s propensity to add or lose weight. The article was another affirmation that weight loss, body size, and metabolism compose a far more complex system than previously thought. It is amazing how many variables there are — with more to be discovered.

The study exposed how receptors called osteocytes inside the bones can affect our body’s regulatory weight system. Osteocytes measure the forces placed upon the skeletal system and communicate accordingly. The discovery was that these receptors have an impact on body weight. The theory was that if they sense a higher amount of force constantly, they’ll direct adaptations to the body-weight setpoint. It will do this with metabolism, hunger hormones, and non-exercise-related expenditure.

This theory was proved when the scientists

implanted a weight inside mice. The mice lost weight to compensate for the artificial mass, tricking the bones to believe that the mass was bodyweight. They even removed the artificial weight and found that the mice went back to baseline weight. Further, the research then bred mice with low levels of osteocytes. Remarkably, they found that there was no response to the added weight when the receptors in the bone were not as abundant.

There are several implications for humans.

First: sitting. When someone uses a structure to support their body for hours on end without pressure on the skeleton it may be fooling the osteocytes to think weight is low and a good idea is to add body weight back.

Speculation is that a developing skeleton in adolescence may develop a setpoint for body weight. This might make it hard for someone later in life to lose weight. Their receptors recognize what is normal, and when a person begins losing weight, it is hard to keep the progress going. Another implication may shed some truth on the old wives tale of being “big boned” or having a “small frame.” While these body types are real, the bones themselves may actually be influencing whether a person is slim or stocky.

There is still much to learn about the machine which is the human body. Every bodily system seems to be connected, dynamic, and influential across many dimensions of health. This is just another lesson in how living a fit and healthy lifestyle holistically improves the body.

Immigrant to go on transplant list

PORTLAND (AP) — Oregon Health & Science University reversed course and will put an immigrant living in the U.S. illegally on its waiting list for a liver transplant.

The Portland hospital informed 46-year-old Silvia Lesama-Santos on Monday that she was ineligible because she lacked “lawful permanent residence or immigration documentation.”

The hospital changed its decision Tuesday night after the American Civil Liberties Union of Oregon publicized the woman’s plight and started an online petition.

In a statement, OHSU said its leaders had been unaware of the “archaic” policy, and it has been terminated.

The ACLU says Lesama-Santos has lived in the Portland area for three decades. The mother of four has health insurance through her husband’s employer.

LETTERS

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getting on in years, like all baby boomers. It, too, was born in the 1950s and 60s. We need a new 21st-century infrastructure that is modern and safe and supports our big community along with all the small communities within it.

President Trump has finally come up with an infrastructure plan, which was one of his major campaign promises. He calls it a “\$1 trillion dollar” plan. But who pays for it? Federal funding will cover only 20 percent of all those dollars. The rest will come from the states, including Oregon, through tax increases. The federal portion will come out of the Highway Trust Fund, which is already underfunded. In fact, President Trump has said he will NOT invest new federal revenues into our over-the-hill infrastructure.

The administration’s plan will try to push state and local governments into using private equity financing through public-private partnerships. This kind of financing is a lot more expensive (generally three to five times more expensive) than municipal bond financing, adding hugely to the cost of new projects. Replacing low-cost bond financing with high-cost equity capital will make it harder for states to repay debt for new projects.

In the end, this is a massive handout to Wall Street hedge funds.

The White House plan also favors mega-projects that reward Wall Street with the highest profits instead of helping small, rural communities with the repairs they really need to their roads, bridges, schools, affordable housing, water systems, and electric grids. The plan will likely roll back environmental protections in the name of “streamlining,” leading to dirtier air and water.

House Congressional Resolution 63 lays out the principles of a good infrastructure bill. You can read it here: <https://www.congress.gov/bill/115th-congress/house-concurrent-resolution/63>.

Please urge Greg Walden to support this resolution by calling 541-389-4408.

Paula Surmann

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DON'T MISS OUT

on this week’s inserts in the Nugget:

Ray’s Food Place: What’s the nutrient-dense food with nearly 20 vitamins and minerals? Rich in monounsaturated fat, and with more potassium than a banana, the **Hass Avocado** can now be found at Ray’s Food Place, priced at just **\$5 for 3**. Pick up a bunch!

Bi-Mart: A new year is the perfect time to get organized. And **Sterilite Clear Storage Boxes** are now on sale at **25% to 44% Off** in sizes 16- to 56-quart, just **\$2.99 to \$4.99** (regularly \$3.99 to \$8.99).

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