

HEALTH MATTERS

Calorie-laden Menus Persist

Laws haven't stopped unhealthy eating

Laws requiring U.S. restaurant chains to list calorie counts have not stopped them from offering unhealthy meals that pack in calories, fat and salt, a group that encourages healthy food has found in a new report.

A pancake breakfast providing 1,380 calories, a single-serve pizza that packs two days' worth of sodium and a pasta dish swimming in four day's worth of fat top a list published by the Center for Science in the Public Interest.

The group, which "outs" the calorie, fat and sodium counts of America's favorite foods every year, said it looked for evidence that res-



A menu for fried chicken and French fries is displayed on a wall at a fast food restaurant in New York.

taurants are trimming back their offerings in the face of new laws and political pressure.

They found little.

"One might think that chains like Outback Steakhouse and The

Cheesecake Factory might want to lighten up their meals now that calories will be required on their menus, courtesy of the health care reform law signed in March," Michael Jacobson, executive director of the non-profit group said.

"But these chains don't promote moderation. They practice caloric extremism, and they're help-

ing make modern-day Americans become the most obese people ever to walk the Earth," he said in a statement.

More than two-thirds of Americans are overweight or obese.

The U.S. Institute of Medicine says the average American needs about 2,000 calories a day, 1,500 mg of salt and no more than 20 grams of saturated fat. Most get far more than this.

The food and restaurant industry has been lobbying for self-regulation, arguing that Americans need to control their own eating habits. But the Institute of Medicine says the U.S. Food and Drug Administration should start regulating the food industry to help remove salt from food.

New York City, which has banned smoking and artificial trans-fats in restaurants, has pledged to coordinate a nationwide effort to reduce salt in restaurant and packaged foods by 25 percent over five years.

U.S. healthcare reform legislation passed in March requires large chain restaurants to give calorie counts on menus.



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

THE SPINA COLUMN™

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Part 4. Stress: How Chiropractic can help ease life's day-to-day pressures.

Q: I hear a lot about stress these days. Just how serious is it?

A: Stress causes high blood pressure, which in turn is a major cause of strokes and heart disease. It can lead to asthma, arthritis, insomnia and migraines. It impairs the immune system and is estimated to cost the nation over \$100 billion each year in lost productivity, absenteeism and health care costs. That's pretty serious.

Q: I have a very stressful job. How can Chiropractic help me?

A: Modern Chiropractic care can help de-stress your body. By helping your nervous system work more smoothly, Chiropractic helps assure that all your body functions (including the ones negatively affected by stress) are working prop-

erly. What's more, today's Chiropractors can also help you with natural relaxation techniques such as yoga, massage and visualization. For less stress, or more answers to any questions you might have about your health, you'll find that Chiropractic is often the answer. Call us for an appointment today.

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Knee replacement surgery is one of the top 10 surgeries to acquire life-threatening infections.

Report on Infections

A new report by the Oregon Health Authority finds that the state is doing better than the national average in preventing two out of three healthcare acquired infections.

Oregon is one of 10 states in the country that requires hospitals to report the three of the most common acquired infections during medical treatment: central line-associated bloodstream infections, those that occur after knee replacement surgery, and those connected with coronary bypass grafts.

In 2009, there were 199 reported infections from 50 Oregon hospitals. Preventing healthcare acquired infections is a key way to reduce costs of medical care. They are one of the top 10 leading causes of death and cost \$33 billion a year nationally. In Oregon, they increase the cost of a hospital stay by \$32,000.

The healthcare reform bill will require all hospitals to begin tracking such infections beginning next year.