

JOEL FUHRMAN, MD

Salt: More than high blood pressure

Sodium is an important mineral that is essential for proper functioning of the human body — however, the American diet contains dangerously high amounts of sodium, almost 80 percent of which comes from processed and restaurant foods.

For most of human history, our food did not contain any added salt — only the sodium present in natural foods, adding up to about 750 mg sodium per day. The dietary intake of sodium in the U.S. today is about 3500 mg/day — much more than the human body needs.

Excess dietary salt is most notorious for increasing blood pressure. Americans have a 90 percent lifetime probability of developing high blood pressure. Elevated blood pressure accounts for 62 percent of strokes and 49 percent of coronary heart disease.

Even if you eat an otherwise healthy diet, and your arteries are free of plaque, hypertension late in life damages the delicate blood vessels of the brain, increasing the risk of hemorrhagic stroke.

The American Heart Association, recognizing the significant risks of high blood pressure, have dropped their recommended maximum sodium intake from 2300 mg to 1500 mg.

Salt also has several potentially dangerous effects that are not related to blood pressure.

Damage to the cardiovascular system: it was found that the relationship between salt intake and death from stroke was stronger than the relationship between blood pressure and death from stroke; this suggested that salt had damaging effects on the cardiovascular system other than elevating blood pressure.

Further research confirmed this observation, showing that long-term excess dietary sodium leads to stiffening of the arteries. Also, more recent research found that blood vessel function is suppressed within a mere 30 minutes following a high salt meal.

Damage to the kidneys: Hypertension is an important risk factor for kidney disease,

but dietary sodium has other damaging effects on the kidneys. High salt intake leads to oxidative stress in kidney tissue, and is associated with a decline in kidney function.

Calcium loss from bone. High salt intake is a risk factor for osteoporosis because excess dietary sodium promotes urinary calcium loss, leading to calcium loss from bone and therefore decreased bone density. Even in the presence of a high calcium diet, high salt intake results in net calcium loss from bone.

Ulcers and stomach cancer: Salt is the strongest factor relating to stomach cancer. A high salt diet also increases growth of the ulcer-promoting bacteria *H. pylori* in the stomach, which is also a risk factor for gastric cancer.

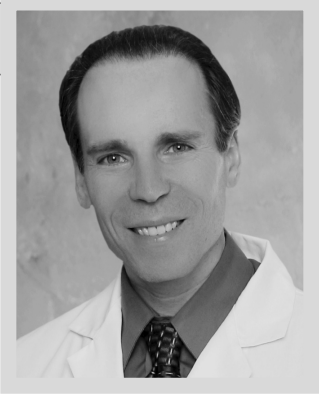
Asthma: In asthma patients, high dietary sodium may increase severity of the disease.

Avoid added salt! Reducing dietary salt is not only important for those who already have elevated blood pressure — limiting added salt is essential for all of us to remain in good health.

It is also important to note that expensive and exotic sea salts are still salt. All salt originates from the sea. Sea salts may contain small amounts of trace minerals, but the amounts are insignificant compared to those in natural plant foods.

A high-nutrient, vegetable-based diet with plenty of G-BOMBS (greens, beans, onions, mushrooms, berries and seeds) and little or no added salt is ideal.

Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine. Visit his website at Dr. Fuhrman.com, or submit questions and comments to newsquestionsdrfuhrman.com.



Low-cost spay, neuter clinics return to FAHS

Dr. Ron Titterington of Eugene is spaying and neutering cats and dogs at Florence Area Humane Society.

According to Shelter Manager Barb Hall, low-cost Spay and Neuter Clinics are now held every Wednesday.

Call the shelter, 541-997-4277, to make an appointment.

Spay surgery for a female cat costs \$65 and neuter surgery for males is \$50. Spay and neuter surgeries for dogs range between \$150 and \$200.

Vaccinations and micro-chipping are available for surgical patients.

Economic Development Committee seeks volunteers

The City of Florence is currently recruiting for vacancies for a potential new Economic Development Committee.

These positions will offer business owners/managers, public officials and citizens the opportunity to volunteer their services to assist the City in:

- The creation of a business retention/expansion program
- The creation of a business marketing/recruitment program
- Research and review of alternatives for potential structures for the city's future economic development efforts.

Committee member contributions are invaluable to Mayor Joe Henry and the Florence City Council, as well as the city, and offer citizens an opportunity to have their voices heard on these important issues.

Review of the committee makeup and tasks will be on the City Council meeting agenda for the May 18 Florence City Council meeting.

Applying for a position is easy. Applications are available at Florence City Hall and can be downloaded from the city's website at www.ci.florence.or.us.

City Hall is open Monday through Friday, 8 a.m. to noon, and 1 to 5 p.m.

All qualified persons are encouraged to apply. The deadline to apply is May 22.

For details regarding the duties and responsibilities of

this body, residency requirements of applicants, term lengths or any other questions, contact City Recorder and Economic Development Coordinator Kelli Weese at kelli.weese@ci.florence.or.us or call 541-997-3437.



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Read for the Need set for Memorial Day weekend

Read for the Need, a fundraising event for Florence Food Share, will be held at the Florence Events Center Friday, May 22, from 10 a.m. to 4 p.m., and Saturday, May 23, from 9 a.m. to 4 p.m.

There will be story times throughout both days.

Children will be able to choose books for themselves after each story time.

Contact Florence Food Share at 541-997-9110 for donation locations.

2750 KINGWOOD

FLORENCE DENTAL CLINIC
BRIAN G. HOLMES, D.M.D, JUSTIN H. LINTON D.D.S.



DR. HOLMES, AND DR. LINTON WOULD LIKE TO THANK THE STAFF AT SIUSLAW ELEMENTARY SCHOOL AND MAPLETON ELEMENTARY SCHOOL FOR HELPING WITH ANOTHER SUCCESSFUL YEAR OF PROVIDING FREE URGENT & PREVENTATIVE DENTAL NEEDS TO THE CHILDREN IN OUR COMMUNITY. THE MEDICAL TEAMS INTERNATIONAL DENTAL VAN WAS PARKED IN MAPLETON, MAY 13, FLORENCE MAY 11 & 12. THANKS FROM THE FLORENCE DENTAL STAFF, SCHOOL VOLUNTEERS, AND THE COMMUNITY FOR MAKING THIS HAPPEN FOR THE 14TH CONSECUTIVE YEAR.

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MONDAY-FRIDAY
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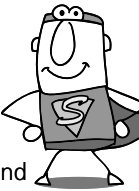


Dr. John Bachmann and his certified Veterinary Technician Elizabeth

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Spruce Point Assisted Living presents:

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THURSDAY, MAY 21, 2015, 2:00 PM

Falls Are Preventable
THURSDAY, JUNE 25, 2015, 2:00 PM

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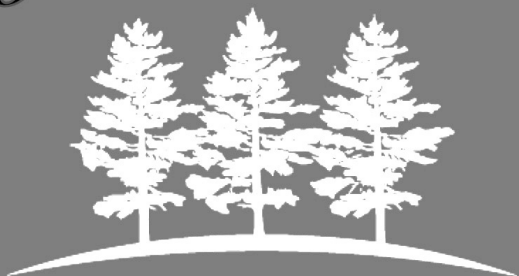
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