

HEALTHY grilling tips

With Labor Day behind us, the autumn tailgate/cookout season is here. HealthDay offers some helpful tips to keep your burgers, pork chops and barbecued chicken healthy.

"It's fine to grill meat," Catherine Carpenter, a professor of clinical nutrition at UCLA, tells HealthDay. "You just need to be aware of what parts of it increase cancer risk, and then make lifestyle changes not only that you can live with, but that you can live with for a long time."

Carpenter offers these four tips to help reduce cancer risk from grilled meats:

■ **Be indirect.** Cook the meat on a part of the grill that doesn't have any direct flame.

■ **Flip it.** If meat has to be exposed to direct flame, turn it over frequently to reduce exposure to harmful chemicals.

■ **Trim it.** If part of the grilled meat gets charred, remove that part before serving.

■ **Add color.** Make sure to serve fruits and vegetables along with grilled meat items. Fruits and vegetables contain antioxidants that counteract the effects of cancer-causing chemicals that can be created by grilling meat.

Read more at **consumer.healthday.com**.



Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.



Care for the caregivers

BY MICHELLE GIBEAULT TRAUB

If you are caring for a loved one, you are not alone. More than 41 million Americans provide unpaid elder care, according to the latest figures reported by the Bureau of Labor Statistics. Additionally, 8.7 million are not just caring for the elderly; these members of the "sandwich generation" are also raising and caring for children. The health of this army of caregivers is incredibly important, as the emotional, mental and physical burdens of caregiving increase the risks of depression, heart disease and dementia. In short, caregivers need care, too.

Unpaid caregivers save the U.S. economy \$470 billion in health-care costs, according to research released by AARP in 2015. Given these statistics, along with an aging population that will need more and more care, the importance of caregivers can't be underestimated.

Caregiving entails numerous responsibilities, including managing finances, navigating the health-care system, addressing legal issues (i.e., a living will and medical power of attorney), and planning for end-of-life (hospice) arrangements. One person is not capable of handling all these responsibilities on his or her own.

Fortunately, many support services are available. Community professionals, such as a trusted family physician, can offer reliable medical information. Religious communities and social service agencies like area senior centers can provide support networks. In addition, hospitals have support groups and education available. Simply visiting the "Events" page of a local hospital's website can lead you to a list of support groups and seminars.

Likewise, several government and nonprofit agencies provide free services and resources. The VA Caregiver Support Program is a great place to start. Its hotline number and website – **1-855-260-3274**, **www.caregiver.va.gov** – offer online and in-person support services based on location. AARP's Family Caregiving Hotline is available Monday through Friday, 7 a.m. to 11 p.m. Eastern, at **1-877-333-5885**.

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Stand up for health

A growing body of research reveals connections between a sedentary lifestyle and undesirable health outcomes, as *Healthy Living Made Simple (HLMS)* reports.

Citing a study of some 8,000 adults 45 and older, *HLMS* notes that participants who sat for more than the recommended time were at a higher risk of early death than their peers who sat for less than the recommended amount. Research shows that 11.5 hours of sitting per day can increase the risk. In addition, “adults who sit for one to two hours at a time have a higher risk than those who spread out their sitting time.”

You don’t have to run marathons to fight the ill effects of sitting. *HLMS* offers these tips:

- Pouring a small glass of water instead of a large one will force you to make more trips to fill it up, which means you will get out of your chair more frequently.
- Walk to your co-workers’ offices to have a conversation instead of sending emails or calling them.
- When you receive phone calls, stand up and walk around.
- Choose a printer on the other side of the office to force you to walk more during the day.
- Stand up during conference calls or other times you don’t have to be in front of your PC.

Read more online at healthylivingmadesimple.com.



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Go to AARP’s website, www.aarp.org/caregiving, for assistance with elder care. In addition, United Way’s 2-1-1 Program has support services across the country. Calling **211** or visiting **211.org** will lead to a list of local health-care resources.

Caregivers should consider other people in their lives as allies. Friends, family members, colleagues and neighbors often want to help but might not know how. Being clear with requests, like asking for assistance with running errands or cooking meals, offers concrete ways for people to be of service.

Many caregivers report feeling guilt, which is an unhelpful and draining emotion. Support groups or online forums can help alleviate this feeling by reminding them that everyone struggles with self-doubt that can occasionally become overwhelming. Reciting an affirmation regularly, such as “I am doing my best,” can be a powerful reminder of your limitations. A practice called mindfulness, in which one focuses his or her attention solely on the present moment, is also helpful in keeping the mind from dwelling on thoughts of guilt, fear or anxiety.

Devising a respite care plan, whereby the caregiver is able to take breaks, is also vital. Adult day care centers and senior centers often offer programs for this purpose. Hiring a trusted caregiver also provides great peace of mind. It may take several tries to find the right fit, but it’s worth the effort.

Taking time for daily self-care is crucial for caregivers. Even the simplest activities can help relieve stress. Listening to soothing music, drinking herbal tea, spending time in nature, taking short walks, taking a salt bath with lavender oil and practicing deep breathing are all helpful. Additionally, meditation and yoga are proven stress relievers. There are free phone apps and websites for learning more about these tools.

Our nation depends on caregivers. If you are serving in that role, be sure to care for yourself, too.

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ADDITIONAL RESOURCES FOR CAREGIVERS

- Family Caregiver Alliance, www.caregiver.org
- National Alliance for Caregiving, www.caregiving.org
- Caregiver Action Network, www.caregiveraction.org
- Eldercare Locator, eldercare.acl.gov
- CaringInfo, www.caringinfo.org



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