

Look & Feel Your Best

Your Exclusive Monthly Newsletter Filled With Tips On How To Look Good & Feel Great At Every Age!

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448 N San Mateo Drive San Mateo, CA 94401 650.340.7546

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“An investment in knowledge always pays the best interest.” ~ Author unknown, commonly attributed to Benjamin Franklin

Back to School: Staying Healthy in School and Home



Back-to-school time means back to classrooms, buses and cafeterias filled with germs. According to experts, an average of 10 million bacteria lurk on each school desk surface. With dirty hands sharing scissors, toys and books, one thing is clear--germs are everywhere.

The Centers for Disease Control and Prevention reports that children miss 22 million days of school each year. And once kids bring germs home, it's not long before they spread throughout the household. Here are some tips to help keep your kids healthy this school season:

- ✓ **Teach kids healthy habits:** Teach kids to contain germs by coughing and sneezing into their elbows, not their hands. Be sure they wash their hands with soap and warm water for 30 seconds. You can make it fun by purchasing their favorite soaps and tissue boxes. By practicing these healthy habits at home, they will likely do the same at school.
- ✓ **Get healthy amounts of rest:** A proper night's sleep is important for your kids to be fully prepared for every school day. School-age children need between 9 and 12 hours of sleep each night. Not getting enough sleep can reduce the effectiveness of the immune system by up to 50 percent. So it's important to enforce a strict bedtime routine so that children can relax and fall asleep.

Kids can keep germs at bay by practicing healthy habits, such as washing after they sneeze or use the bathroom, both at home and in school.

3 Ways Childhood Obesity Can Affect Learning

A study out of the Medical University of South Carolina found a link between adolescent obesity and decreased learning. And because adolescents are still in the developing stage, losing weight may be able to at least stop the trend and even possibly reverse it to some extent.

One decrease in learning, as evidenced by IQ test scores, is due to a condition known as *adolescent sleep apnea*. Just like in adults, obese children with this condition actually stop breathing while sleeping. While each episode may only last up to 10 seconds, it can occur hundreds of times each night in a child with this condition.

Studies have found the decrease in learning is due to two results from breathing cessation: lack of oxygen to the brain and lack of quality sleep. When the child is not breathing, oxygen is not getting in the lungs, entering the blood stream and being distributed to the brain. With a lack of oxygen over time, injury to existing brain tissue can



occur along with affecting further development of the brain. One cause of sleep apnea may be excess fat in the throat or enlarged tonsils that cuts off the airway.

When a child is waking up hundreds of times each night, they are not getting quality sleep even though they may be getting the correct number of hours of sleep. This further affects their learning performance because they go to school tired the next day and can't focus on learning.

And then there is the *emotional side of learning*. Social distress also affects learning in obese adolescents. Because obese children "don't fit in", normal weight children tend to tease, make fun of or even bully them. This constant taunting causes immeasurable emotional issues; decreased learning is just one. With low self-esteem and self-worth constantly haunting them, concentrating on learning in school is the farthest thing on their mind. Many can't take the peer ostracizing anymore and end up taking their own life.

Researchers found the decrease in learning can start as early as kindergarten and seems to be more prevalent in girls than boys. They also found that obese adolescents are less likely to attend any type of post-secondary education. And it all starts with being an obese child.

If you have an obese adolescent, help them get back to learning again by seeking an approved diet and exercise program from your child's healthcare professional. Be a part of ending the emotional strain and bad grades caused by your child's obesity. Get them back to actively learning again.

Look & Feel Your Best® Tips of the Month...

Choose Healthier Options for Your Kids When Eating Out



Getting your kids to eat healthy when dining out can be a struggle. When hungry, their natural tendency is to want hit the first fast food restaurant they see. However, you can help them both learn how to make healthy choices in food and still enjoy eating it.

First if you have the time, choose a sit-down venue instead of fast food. Usually eateries serving Asian cuisine, seafood or offering a salad bar are better healthy options over fast food. If you have to stop for fast food, look for options on the menu that are grilled instead of fried. Chicken is usually a better option than beef as it is generally lower in saturated fat.

Other healthy options are ordering a side salad with grilled chicken (with a low-fat dressing on the side), Forgo topping it with bacon, cheese and a high-fat dressing.

Or try smaller portion of fries instead of super-sizing it. Avoid ordering batter-dipped, breaded or creamy items, as they will be higher in unhealthy fats and sodium.

Grilled chicken strips are a healthier choice than chicken nuggets or a hamburger. Many fast food places now offer healthier choices on their kids' menu that include fruit slices, yogurt and a variety of fat-free or low-fat milk in addition to the main entree. These meals are not only lower in saturated fat, but they offer higher nutritional value.

If you know where you will be eating, go to the restaurant's website and review the menu with your child and assist them in making smart choices on what they will order. It's an opportunity to teach how to make healthy choices in a non-rushed setting, and prevents the impulse ordering of unhealthy food. You are a role model to your kids. Set the example by ordering healthy also.

Because we eat out more frequently now than even our parents did, teaching your child how to make healthy decisions when dining out is a life-skill that will serve them well throughout their life. Don't pass up this opportunity now only to wish you had done it later.

Cholesterol Testing Recommended for Children

The National Heart, Lung and Blood Institute now recommends that children ages 9 and 11 should have their first cholesterol check. The test should be repeated between ages 17 and 21.

The recommendations come as growing biological evidence shows conditions that result in heart attacks, diabetes, high blood pressure and other diseases begin in childhood, though they might not be evident until middle age.

Because one in three children are considered to be overweight, and 17 % are obese, knowing a child's cholesterol level will be helpful for the child's doctor. The American Academy of Pediatrics endorses the recommendations.

In most cases, high cholesterol is addressed with improving diets and increasing daily exercise. Less than 1 % of children diagnosed with high cholesterol would take a statin.



Does Obesity Run in Families?

Is obesity hereditary? Are you going to be large, overweight and suffer the afflictions and diseases associated with being obese if your parents or grandparents were? Unfortunately, in many cases obesity is a family affair. Incredibly, obesity is common in friendships and other close personal relationships as well. Let's take a closer look at just how your ancestry affects your body weight, and see if there is anything you can do about it.

DNA and Chocolate Cake – Understanding the Obesity/Genetic Link

Countless studies have shown that there is a definite link between your risk of becoming obese and having overweight or obese parents. The way your body stores fat and burns calories when you eat chocolate cake or any other food is closely related to your genetic ancestry. How your body converts food into energy is also a process which can be a result of your DNA.

The Family Lifestyle Impact

Even if genetics played little to no role in deciding your body weight, your family's



lifestyle certainly does. If your parents lead a sedentary life, suffer from poor nutrition and do not put a big priority on exercise, you will grow up in inherently learning those lessons. The simple fact is that families tend to enjoy similar lifestyle habits, including exercise and nutrition. **Can Your Fat Friends Make You Obese As Well?**

Aside from an increased risk of obesity through family relationships, your sedentary friends can have a negative impact on your health as well. Studies have shown that people with a few obese friends are much more likely to be obese themselves. This could be because obese friends were each raised by overweight parents, and naturally tended to bond because of similar interests and social factors as they were growing up.

Can The Genetic/Obesity Relationship Be Defeated?

The Mayo Clinic reports that, ultimately, environmental and personal factors are responsible for you being obese, overweight or at a healthy body weight. Their research shows that even with a “genetic predisposition” towards obesity, your lifestyle will eventually be the determining factor in whether or not you are healthy and fit.

This is because, for most people, nutrition determines from 50% to 60% of their level of physical fitness and health. That is how incredibly important eating right is, especially if you are battling a hereditary obesity history. Drink lots of water, and exercise 2.5 hours each week. Walk instead of sitting whenever you have the opportunity. Choose fresh fruits, vegetables, whole grains, fish and non-processed foods over sugar-filled, salty, processed fast foods, drinks and sweets. Proper diet and exercise can keep you slim and trim, fit and healthy, even if everyone in your family is overweight or obese.

If you tried diet and exercise but are unable to reach your healthy weight, give us a call to see if you are a candidate for HCG Fat Reduction Plan.

Ask the Doctor...

2017 Body & Face Makeover Series:

Creative Ways To Help Children Stay In Shape

It's important that children take steps to stay active and healthy. Yet the U.S. Department of Health and Human Services reports that the percent of American children who are overweight has more than doubled since 1980. In fact, it's estimated that about 15 % of all children in the U.S. today are overweight-and carrying those extra pounds can lead to a number of health problems, including type 2 diabetes and heart disease.

How can you help your kids fight the battle of the bulge-or avoid becoming overweight in the first place?

Get creative, try these tips:

Eat Smart

Involve your kids in the meals you eat, every step of the way. Start by taking them grocery shopping. Discuss smart food choices and the importance of eating plenty of fruits and vegetables every day. Let kids pick out some healthy side dishes for dinners and teach them to look at labels before they make a choice. Also, point out that there are a number of foods out there that taste good and are good for them. They shouldn't associate healthful foods with bad taste. Then, when you get home, have your kids help prepare a healthful dinner.

Watch Smart

Odds are, your children like watching TV, so you might as well have them get a little exercise while they do it. Kids can tune in and dance along with shows that feature dancing and have dance competitions that show teens and tweens bringing their best dance moves to the show and viewers are encouraged to get off the couch and join in the fun. Also fun for kids are video games that encourage moving along with competing with the game.

Be Smart

Parents who are overweight are more likely to have children who are overweight. So you may want to think about leading by example. Make smart lifestyle decisions and explain to your children the reasons you do the things you do. For instance, the next time you drive to the mall with your children, park far away from the entrance. Tell your kids you parked far away because you like to take walks during the day and that exercise helps keep you healthy and happy. It may sound simple, but a little effort can go a long way.

Refer A Friend Rewards...

My staff and I would like to say thanks and give recognition to the following patients and readers of this newsletter for their kind referrals:

Tracey S. from Daly City and Nikki K. from San Mateo

As a way of saying thank you for entrusting your family, friends and loved ones to our practice come in before the end of the month and receive a \$25 referral credit

Until next time, Live your life to the fullest
Dr. Susan Lin MD

Susan Lin MD

MD Laser & Cosmetics

448 N. San Mateo Drive

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Call for Consultation

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After



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