

# ask the doctor

## NUTRITION QUIZ – ANSWER TRUE OR FALSE TO EACH QUESTION

1. Packaged foods are generally low in sodium.  
FALSE. Most processed foods are high in sodium. Some times the claim “low salt” is on the label but when you read the list of ingredients you find that the food contains other sodium compounds, such as **sodium** nitrate, or mono-**sodium** glutamate. Watch out for this.

2. The only people who need calcium supplements to help prevent osteoporosis (thinning of the bones) are older women.

FALSE. Not only do women of **all** ages need an adequate supply of calcium, but so do older men. Men start to lose bone minerals at about the same time as women, but at half the rate, and most of them start off with a larger, stronger skeleton than women. So the longer men live, the more their risk of osteoporosis increases. Exercise helps keep bones strong. Smoking weakens bones, as do carbonated drinks.

3. Eating too much sugar causes diabetes.

FALSE. Eating too much sugar does not *directly* cause diabetes, although it will cause weight gain and has no nutritional benefit. Since there is a higher incidence of diabetes in overweight people it is wise to cut down on,

or better cut out, sugar and products containing sugar, for example, soft drinks and many processed foods.

4. Good company and enjoyment of food helps the digestion.

TRUE. Many research studies have shown that a happy, positive attitude and a willingness to be involved with, and enjoy other people, helps digestion and has protective effects, even against some diseases.

5. Avoiding food with high acid content such as tomatoes and oranges can prevent arthritis.

FALSE. There is no proved relationship between diet and arthritis, though some people are convinced that certain foods make their arthritis worse. If that is the case, these foods should be avoided, but, a high quality, well-balanced diet is advisable.

### Now is your opportunity

to “Ask the Doctor.” If there is a subject that you would like to have a physician’s perspective on, e-mail your questions to: [askthedoctor@famcaregiver.com](mailto:askthedoctor@famcaregiver.com)



[AskTheDoctor@famcaregiver.com](mailto:AskTheDoctor@famcaregiver.com)

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# caring corner

## Wish you could ask someone about a particular caregiving problem?

Karen Twichell, author of *A Caregiver’s Journey—Finding Your Way*, will respond directly to your e-mail questions and share her answers in future issues for the benefit of others.

### **Q. Dear Karen,**

My mother lives alone in Missouri and I live in California. She needs some assistance daily and my sister provides that care. I visit as often as I can trying to give my sister a break and also to help however I can. My sister, rather than appreciating my effort, seems offended every time I visit. Where am I going wrong?

— **Sad in St. Louis**

### **A. Dear Sad,**

There is often conflict between siblings when it comes to caregiving. I suspect that because you aren’t there so often, your mother glorifies your visits to your sister making her feel unappreciated for her day-to-day effort. Try having more open communication with your sister prior to your visits, thus making you more of a team. Take a look at <http://www.caringfromadistance.com/>. It has some very useful information for caregivers in your situation.

— **Karen**

E-mail Karen at [Karen@famcaregiver.com](mailto:Karen@famcaregiver.com). She’s waiting to hear from you!

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*A Caregiver’s Journey ~ Finding Your Way*  
*A Caregiver’s Journey ~ Medical Journal Workbook*

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