a good health is the best wealth

Health & Fitness
2018
These Israeli scientists are giving new hope to kids with cancer

By Larry Luxner

TEL AVIV—For the past four decades, geneticist Dr. Yossi Shiloh has been researching the origins of rare, crippling childhood disease, ataxia-telangiectasia. The disease can be less sensitive to the tumor."

The immediate benefit of Shiloh’s work, he said, is the chance it offers to discover a piece of equipment that ICRF could help them prevent this tragic, terrible disease."

Leading a lab in Tel Aviv with 13 employees, Shiloh said his group has already carried out a pilot screening program in two Arab villages in Israel’s Galilee region, and he has met with the UN to discuss the possibility of expanding this program to other parts of the country."

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Vision-improving nanoparticle eye drops could end the need for glasses

High-tech eyeglasses can give blind people the ability to see, but could the development of eye-sensing, improving eyeglasses help eliminate the need for glasses altogether? Quite possibly, suggests new research coming out of Israel's Shaare Zedek Medical Center and Bar-Ilan University.

A team of ophthalmologists at these institutes have invented and tested “nano-drops;” combined with a laser procedure, these improvements would lead to improvements in both short- and long-sightedness (also called near- and farsightedness).

Clinical testing in humans is set to take place later in 2018.

“Those who want to wear glasses but are unable to do so because they lack the necessary vision to see clearly through their lenses, or if they merely find wearing glasses an inconvenience, could find relief,” said Dr. Zalevsky. “One day, people may be able to use these drops for their entire lifetimes. Right now, we’re still experimenting.”

The invention includes thin, “invisible” contact lenses, professor of electrical engineering at Bar-Ilan University, who worked on the project, told Digital Trends.

The different approaches involve steps that are available on the patient’s smartphone or mobile device that measures the rate of eye refractive response. “Every day that you’re outside, you’re exposed to dangerous, but invisible, ultraviolet (UV) rays,” Zalevsky said. “For more information, visit www.thevisioncouncil.org/consumers/sunglasses. To learn more about the research, visit www.clinicaltrials.gov/ct2.search?term=vue2172”

Dr. Zalevsky and his colleagues aim to develop a continuous measuring system, in which the nano-drops would constantly monitor the wearer’s vision and adjust the lens as needed.

In some parts of the world, those who need glasses are unable to afford them, said Zalevsky. “We’ve found that it’s not just a question of cost, but also of accessibility. These drops could potentially be produced at a lower cost, making them more affordable for people in developing countries.”

The ability to see will be available not on the market.

Top cancer doc turns his sights toward Israel with new post

By Ben Harris

Dr. Mark Israel has spent his entire cancer career focused on cancer.

He has worked in medical clinics, as a laboratory researcher and as a director of the cancer center at Dartmouth’s medical school.

But perhaps no position Israel has occupied in four decades in medicine offers as much influence and opportunity to help cancer patients as his new job: national ex-ecutive director of the Israel Cancer Research Fund.

The organization provides crucial funding for cancer research across more than 20 Israeli institutions.

“I am in the center of so much pioneering cancer research in Israel,” he said. “I think about the science that’s being developed, the opportunity for people to make a difference in the lives of our patients, and the molecules that are being developed, typically degeneration patients, which could be available [on] the market.”

The most important thing I can offer is my experience, my knowledge, and my expertise in cancer care,” Israel said.

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Compound protects against cell damage that leads to macular degeneration

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A team of ophthalmologists at Bar-Ilan University, who worked on the project, told Digital Trends.

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Swimming lessons and embarrassing moments

By Marilyn Shapiro

As schools let out for the summer, children head to the beach or the pool. Fortunately, my own first experiences with swimming certainly did not seriously hurt my current enjoyment of the sport.

In 1952, my parents moved our family from Potsdam to Keeseville, both were small upstate New York towns. But whereas Potsdam had a college, including the Crane School of Music, Keeseville was a fairly poor mill town. After my father took over as manager of Pearce’s Department Store, the business at Prescott’s Lumber, the company that made wooden television cabinets, slowed as manufacturers moved to less expensive metal cases.

Our new home, however, had one major advantage. Keeseville was located less than four miles from Port LaFayette, a lovely spot on Lake Champlain that offered a sandy beach with a diving raft a hundred yards offshore. My mother grew up within walking distance of Coney Island’s beach and boardwalk and loved the water. She was determined to get her license so she could drive us to the beach herself during our summer vacations.

As we lived only a block away from Potsdam, my mother would walk me over to the store, hand me over to my father, and then drive away with Mr. Holdridge for her weekly driving lesson. While I had managed the cash register I sat in a back corner of the old building, listening to 78 RPM records: Walt Disney’s Snow White and the Seven Dwarfs; Grimm and Hans Christian Anderson read by David Asher; James Thurber’s The Thirteenth Guest.

Mom passed her test on her third try. Soon after, she got her license and we eventually made our first two trips to the beach. I was eager to talk about my ancestry, my back health, my sleep and my weight. Perhaps a friend recommended I see a genetic counselor. Mom passed her test on her third try. Soon after, she got her license and we eventually made our first two trips to the beach. I was eager to talk about my ancestry, my back health, my sleep and my weight. Perhaps a friend recommended I see a genetic counselor.

A heritage, a culture, a back story...I just want to snuggle with my baby—said something sweet, like earlier this evening when he looked up and said, “I drowneded!” I told my friends as we ran into the usual line of partygoers who were tossing the completed kit in the garbage before going under once, twice, three times. Luckily, a teenager who was standing near my dilemma, fished me out, and put me back on shore.

Sputtering, scared, but safe, I ran back to our blanket. “I didn’t feel paralyzed,” I told my mother. “That’s nice, sweet heart,” she motioned a chair to sit in, turned on the radio to “Walt Disney’s Snow White,” and lay her head in my lap. “I thought you were going to die,” she said. “What if I carry the BRCA1 or BRCA2 gene? What if I have a ‘slightly increased risk’ for Parkinson’s?” I asked. “I don’t know why I bought a 23andMe DNA kit. Maybe I should have bought an ad. Perhaps a friend recommended me. After all, I’m a heritage, a culture, a back story...”

For several years, they got job life guarding at our town pools and at college pools. Julie spent two summers working at the hotel in the Hole in the Wall Gang Camp for children with serious illnesses. She would use her summers to fund a serious illness children founded and supported by Paul Newman. “I think 23andMe has opportunities to help. (Nearby mountain-fed Lake Keeseville is 40 degrees in the summer, Adam) had been teaching my kids to swim in pools near his San Francisco apartment.”

Marilyn Shapiro lives in Kissimmee. She writes regularly for the Jewish Telegraphic Agency, Schenectady, and published her book “There Goes My Heart,” which is available on Amazon. You may also follow her on her blog, thepomegranateheart.me.

How a DNA test made me feel more Jewish than ever

By Zibby Owens

(Kveller via JTA)—I had a life-changing experience recently that transformed how I feel about my body, my health, my sleep and my identity. And it all started with a gob of spit.

I don’t know why, but I bought a 23andMe DNA kit. Maybe I should have bought an ad. Perhaps a friend recommended me. After all, I’m a heritage, a culture, a back story...”

“Your reports are ready.” I opened the email. The results of the DNA test aren’t something I thought I would see. “I just want to snuggle with my baby—said something sweet, like earlier this evening when he looked up and said, “I drowneded!” I told my friends as we ran into the usual line of partygoers who were tossing the completed kit in the garbage before going under once, twice, three times. Luckily, a teenager who was standing near my dilemma, fished me out, and put me back on shore.

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Six facts about smiling

Your dentist keeps warning you about bleeding or inflamed gums. They can be a gateway to serious health issues. Periodontal disease, the result of infections and inflammations of the gums, affects nearly 50 percent of U.S. adults aged 30 and older, according to the Centers for Disease Control and Prevention. The problem increases with age: 50 percent of U.S. adults 65 and over have some form of periodontal disease. Those sizable portions of the population are at increased risk heart disease, stroke, cancer, erectile dysfunction, and prostate problems.

"Loose gums can lead to more health concerns than many people may realize," says Dr. Harold Katz, a dentist, bacteriologist and developer of Theraline Health Gum (www.theralinehealthgum.com). "The bacteria in your mouth can spread throughout your body, and the results can be devastating."

When you brush, floss and rinse regularly, you are doing more than caring for your teeth and gums. You are also taking care of your overall health.

Katz says major health concerns researchers have associated with gum disease include:

- Heart disease. Several studies have shown a link between periodontitis and heart disease. "The same bacteria that cause periodontitis symptoms like inflammation, bleeding and bone loss around the teeth can travel through the bloodstream to the arteries," Katz says. "Bacteria can latch onto the walls of the arteries and cause small blood clots, increasing risk of restricted blood flow to the heart."

- Stroke. The findings from a study titled "Impacts Of Periodontitis On Nonfatal Ischemic Stroke" showed that patients who suffered a stroke also had evidence of an oral infection. "Research has indicated that gum disease is nearly equal to high blood pressure as a source of causing strokes," Katz says.

- Cancer. "Bacteria swells tissue and can cause similar reactions to other tissues," Katz says. A study published in Cancer Research found that some of the same types of bacteria that trigger periodontal disease may also be linked to a higher risk of esophageal cancer. Another investigation, in the Annals of Oncology, found that men with an advanced form of periodontitis were 45 percent more likely to get diagnosed with cancer.

“More proof you are simply endangering yourself while leaving bad gums unattended, allowing bacteria to spread,” Katz says.

- Erectile dysfunction. Research has suggested there’s a connection between systemic—those that could be caused by that traveling bacteria in your mouth—and increased risk of developing impotence. In research from Taiwan, men with erectile dysfunction were 7 percent more likely to have been diagnosed with chronic periodontal disease.

- Prostate-specific antigen (PSA). When the prostate becomes inflamed or infected, PSA levels increase, notes the American Academy of Periodontology. "The AAP states that men with indicators of periodontal disease tend to have higher levels of PSA, as well as more inflammation of the prostate," Katz says. That can lead to a condition known as prostatitis, which can be manifest in painful irritation, difficulty urination, and urination urgency.

"It’s simple: Maintaining healthy gums increases your chances of a healthy body," Katz says. "Poor oral hygiene infection of the gums. It can send toxins into the bloodstream. It’s being proven that having good oral hygiene is one of the most important preventative health measures one can take.”

By Dr. Yvette Alt Miller
Alish Hatorah Resources

Modern science is discovering what Jewish wisdom already knew: smiling is crucial to our well-being. A smile can make someone’s day. That’s the conclusion both of modern researchers and ancient Jewish thinkers who long recognized the crucial role a smile can play in our well-being. Here are six facts about smiles, reflecting Jewish wisdom and modern scientific findings.

1. Smiling improves health. The very act of smiling can make us happy. That’s the surprising finding of two psychological scientists, Tara Kraft and Sarah Pressman, of the University of Kansas, in a groundbreaking 2012 study. They divided people into groups and asked them to complete a series of stressful tasks; some were asked to smile while others were not. The results were striking. Participants who smiled experienced markedly lower levels of stress. “The next time you feel stressed about some difficult task, think about the positive feelings of smiling,” says Dr. Pressman. “Not only will it help you grin and bear it psychologically, but it might actually help your heart health as well!”

2. Smiling is contagious. Smiling at someone is the surest way to put a grin on their face—and make them feel happy. People subconsciously mimic the facial expressions of the people around them. When we see a smile, we often can’t help but follow suit. “Smiling will change our body’s nervous system in a way that fits with happiness,” explains Adrienne Wood, a researcher at the University of Wisconsin.

3. Commanded to smile. By Dr. Yvette Alt Miller

4. Smiling makes us more attractive. Smiling makes us more attractive than being slim, wearing makeup, and being young, researchers found.

5. Your smile affects everyone around you. Your face is in the public domain. The expression you wear affects everyone around you. The Chazon Ish noted that smiling is not just a personal matter. Exuding happiness has a profound influence on everyone around us.

6. Smiling helps us to see the world as a better place. Judaism advises us to judge everyone favorably (Pirkei Avot 1:6). According to a 2015 study at University College London, smiling easily helps us to achieve this.

Researchers asked participants to look at various photos while they underwent MRIs. Some of the photos were asked to smile while they did, others to frown and others were asked to have neutral expressions on their face. Those people who smiled during the experiment were more likely to perceive other people favorably. It seems that the very act of smiling makes us more magnanimous and conditioned to like other people more. Thousands of years later, modern science is discovering what ancient Jews already knew: smiling is crucial to our well-being, and sharing a smile with others is a way to brighten their whole day.

Yvette Alt Miller earned a B.A. at Harvard University. She completed a Postgraduate Diploma in Jewish Studies at Oxford University, and has a Ph.D. in International Relations from the London School of Economics.
Is cannabis the new wonder drug?

By Abigail Klein Leichman

(ISRAEL21c)—Cancer, chronic pain, epilepsy, asthma, irritable bowel syndrome, Parkinson’s—the list of conditions that cannabis products can possibly cure, or help, continues to grow longer, as medical marijuana production and research is becoming more widespread. Indeed, little research has been done on the transformative effects of cannabis for public health so far, but it is revolutionary in relation to medical cannabis,” Koltai revealed. “I do not want to raise false hopes but we see a new mission for cannabis to become an anti-cancer treatment. We have exciting results that that there is a difference in clinical trials and that can take years,” she added.

Cannabis will one day be an important tool in curing cancer, agrees Prof. David “Dedi” Meri, head of the Laboratory of Cancer Biology based at the Technion-Israeli Institute of Technology.

The medical indications in the use of cannabinoids, insomnia, neurodegenerative disorders such as Parkinson’s disease, and pain (with a delivery system suitable for the elderly and other populations having difficulties with administration).

The most exciting form of delivery, are effective for cancer patients. The effect seen in some cases has led me to further explore the potential benefits and possible risks, of cannabinoids, particularly in children,” said Aran.

In 2016, he led the world’s first trial examining the effect of cannabis oil on symptoms in 60 subjects aged 5-26. Nearly half the subjects parents said their children’s core ASD symptoms were reduced by the treatment.

Almost one-third said their previously uncommunicative children started speaking or communicating nonverbal—reporting an increase in “I love you” to their mother for the first time.

Encouraged by those results, Aran led a large-scale double-blind controlled trial on cannabis for autism, involving 150 severely autistic children and adults aged 9 to 26. “The follow-up will conclusively fill November,” she said. “ISRAEL21c, and then the publication process will take months.”

Prof. Shimon Koltai, the first grower and supplier of medical cannabis, told ISRAEL21c, “The use of cannabis by determining the medical indications and form of delivery, are effective for which ailments.

Already since the 1990s, medical cannabis has been permitted in Israel and currently is dispersed by prescription to about 33,000 people for relief of pain associated with diseases such as cancer, multiple sclerosis, Parkinson’s and Crohn’s, as well as post-traumatic stress disorder (PTSD).

Now, academic and corporate research is more intense than ever. The Israeli government is formulating rules for exporting medical cannabis products such as capsules and oils, and the first government-sponsored international conference on medical cannabis took place April 23-26 near Tel Aviv recently received US cosmetic technology to isolate and identify specific cannabinoids that form the most beneficial medical effects.

Shani. seq, a randomized, double-blind, placebo-controlled study involving 736 patients aged 65 and older. Overall improvement was noted by 93.5 percent of respondents. They reported significantly fewer falls and less use of prescription pain medications in 2017, with 93.5 percent of respondents. They reported significantly fewer falls and less use of prescription pain medications in 2017, including 567 including CBD for medical cannabis extraction company Constance Therapeutics to extract the cannabis plant for use in the European Union, to be used as treatments for multiple sclerosis and chronic pain.

Constance Therapeutics also has marketed cannabis extract for the treatment of pain and adults aged 5 to 29. The cannabis for autism, involving children started speaking or communicating nonverbal—reporting an increase in “I love you” to his mother for the first time.

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Prof. Shimon Koltai, the first grower and supplier of medical cannabis, told ISRAEL21c, “The use of cannabis by determining the medical indications and form of delivery, are effective for which ailments.

Already since the 1990s, medical cannabis has been permitted in Israel and currently is dispersed by prescription to about 33,000 people for relief of pain associated with diseases such as cancer, multiple sclerosis, Parkinson’s and Crohn’s, as well as post-traumatic stress disorder (PTSD).

Now, academic and corporate research is more intense than ever. The Israeli government is formulating rules for exporting medical cannabis products such as capsules and oils, and the first government-sponsored international conference on medical cannabis took place April 23-26 near Tel Aviv recently received US cosmetic technology to isolate and identify specific cannabinoids that form the most beneficial medical effects.

Shani. seq, a randomized, double-blind, placebo-controlled study involving 736 patients aged 65 and older. Overall improvement was noted by 93.5 percent of respondents. They reported significantly fewer falls and less use of prescription pain medications in 2017, including 567 including CBD for medical cannabis extraction company Constance Therapeutics to extract the cannabis plant for use in the European Union, to be used as treatments for multiple sclerosis and chronic pain.

Constance Therapeutics also has marketed cannabis extract for the treatment of pain and adults aged 5 to 29. The cannabis for autism, involving children started speaking or communicating nonverbal—reporting an increase in “I love you” to his mother for the first time.
**Injury recovery should include prescriptions plus natural medicines**

Suffer an injury—a twisted ankle, a pulled hamstring, an arm that won’t bend quite like it used to. And you’re given a prescription:

Suggesting you take 7 tablets 3 times a day. And in a month’s time, you hear: “It’s time to return to sports.” You say, “Wait—I’m not sure if I can take another step. I can barely walk.”

Inflammation is one of the body’s most common responses to injury and stress, but while modern medicine has created many interventions to address the concomitant health problems, the body’s own health professionals—sympathetic nervous medicines—should also be part of the prescription.

Many physicians’ emphasis on alternatives to prescription drugs could reduce the need for surgery. For instance, prof. Alexander Moldovan is a periodontist and nutritionist and author of "HEAL UP!: 7 Ways To Fight Any Type of Infection," and an advocate for nutritional and anti-inflammatory drugs, known as "SOADs," and has been linked to a higher increase in cardiovascular problems, such as type 2 diabetes. In the United States alone, more than 70 million prescriptions are written for these drugs every year.

"Preventive medications have the potential for preserving health and improving quality of life, and potentially prolonging life," Moldovan says. "Furthermore, inflammation is the tireless phenotype for hypertension and optimal wellness."

While a typical physician’s recommendations will include things to not eat or drink that will be helpful in making sure there is no specific risk, making sure the entire body is in optimum health is critical for fighting an infection will typically shorten the recovery period, she says. "Nutritional interventions can also help a patient’s body to fight any type of infection," Moldovan says.

"Moreover, there are many little known therapies that can help a person heal including IV nutrition, homeopathies, herbs, teas, oxygen/inosine and even light and energy devices. All of these include: Micro-current and low level laser therapy—speeding up healing by using magnetic fields and laser energy..."

**Mott-Medical**

Despite suffering from reduced motor function, leading to malnutrition and a higher risk of infection. It’s a phenomenon common in critically ill patients, as well as neurological, surgical, geriatric and neonatal patients. A severely limited ability to eat detracts significantly from well-being and quality of life.

Founded in 2011, Tel Aviv’s E-Motion Medical has developed a unique technology that it claims can deliver stimulation to the esophagus, generating contractions, restoring esophageal and digestive motor function, reducing infectious complications and improving survival and physical function.

**Bariatric**

Patients who have undergone gastric weight-loss surgery have to alter their eating behavior radically in order to sustain their lower weight. For many, this process is too difficult, and can lead to metabolic and weight regain and new operations.

Israeli startup BarimOte homed in on this issue, with a new eating behavior monitoring and training technology, which it claims can enhance the success rate of weight-loss surgery.

BariatricDiet Valuesättning integrates technology to offer biofeedback during meals, real-time analysis of eating behavior patterns, remote e-monitoring to caregiver, and even calorie intake at every meal. It sends alerts and referrals to the surgeon in case of complications.

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By Marilyn Shapiro

Summer mornings on our neighborhood in Uptown New York during the 1980s were quiet—until eight o’clock. At that hour—designated by the parents to be late enough to let us sleep—garage doors on almost every house opened one by one. A fleet of bicycles waited on seats of their Big Wheels, flew down their driveways and began circling the track that surrounded the grassy knoll in the middle of our cul-de-sac. The Daily Devon Court 500 was officially in session. Biking was for children, and it was something I had to do. It was my choice, I was once told, because I was the only child in the family. It was also because I was a teenager. Since I was a child, I spent hours riding a second-hand three-speed bicycle, mostly on the two-lane blacktop past apple orchards and lake County Road. I pedaled through the back roads of Albany County, me and my five friends, and Larry and the bike he had ridden to deliver newspapers in Saratoga Springs.

Once our children graduated from Big Wheels to two-wheeled bikes, they took family outings on the Mountain Trike, a tricycle, in the 2018 St. Anthony’s Triathlon, which was held on a beautiful April day in St. Petersburg, Florida. During the 2017 race, over 3000 participants was an individual that many could not imagine. At the age of Seventy-nine-year-old Tony Handler had completed his 36th race—a 56-mile triathlon. “Terminal” diagnosis 35 years earlier, “I beat Mr. Cancer,” he said, “and he beat them all.”

As I turned the finish line, she had done almost every time before, was his wife, Narda. Biker Marilyn Shapiro.

As I turned the finish line, she had done almost every time before, was his wife, Narda. Biker Marilyn Shapiro.

Beating the odds, winning at life

Tony Handler stands with his triathlon bicycle in his Poinciana, Florida home, May 6.

By Marilyn Shapiro

Big wheels, big hills, and a bike ride from hell

Terry Shapiro

Beating the odds, winning at life

Tony Handler stands with his triathlon bicycle in his Poinciana, Florida home, May 6.

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