

IN THE LOOP ISSUES

(January 2000 to August 2022)

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Issue 236 – January 1, 2020 - <https://tinyurl.com/24j92363>

- Heel Cracks
- Ginkgo Biloba and Dementia
- Myths about Aging
- Why Am I So Tired?
- The Five Best Exercises
- Atrial Fibrillation, Heart Failure, and Brushing Teeth
- Mail-in DNA Tests

Issue 237 – January 15, 2020 - <https://tinyurl.com/2p94c6u3>

- Chronic Constipation
- Anti-Inflammatory Diet for Chronic Pain
- Cold Weather and Stroke Risk
- Behaviour Change in the New Year
- Saving Money on Prescription Medications
- Safe Winter Driving
- Harvard's Living Better, Living Longer Podcast

Issue 238 – January 29, 2020 - <https://tinyurl.com/3rmr2784>

- Tinnitus
- Carbonated Beverages and Bone Health
- Use it or Lose It
- Healthy Lifestyle at Middle Age
- Washing your Bedding
- Meal Timing and Health
- UBC Vision Lab Invites You to Participate in a Study

Issue 239 – February 12, 2020 - <https://tinyurl.com/bdzy59mn>

- Coronavirus Information
- Masks and the Coronavirus
- Can Houseplants Purify the Air?
- Rice Storage
- Best Brain Foods
- Walnuts for Gut and Heart Health
- Lifestyle Changes and Chronic Conditions

Issue 240 – February 26, 2020 - <https://tinyurl.com/326c6h9t>

- Trochanteric Bursitis and Greater Trochanteric Pain Syndrome (GTPS)
- Dental Amalgam Fillings
- Speaking Out About Obesity
- Menopause and Eye Health
- Benefits of Drinking Water with Lemon?
- Produce Converter Website
- How Long Am I Contagious?

Issue 241 – March 11, 2020 - <https://tinyurl.com/4xsratxk>

- Urinary Tract Infections (UTIs)
- Antibiotic-Resistant UTIs Increasing
- AntibioticWise Website
- Save Your Money and Don't Buy Herbal Supplements for Weight Loss
- Aging and Medication Use
- Fitness Myths
- Physical Activity Services at HealthLink BC

Issue 242 – March 25, 2020 - <https://tinyurl.com/2p85ua5s>

- Coronavirus Disease (COVID-19) Information Sources
- Coronavirus Disease (COVID-19) Myths
- Breast Density
- Weight Cycling (Yo-Yo Dieting)

- Mental Health
- Mental Health and Coronavirus Disease (COVID-19)
- Keeping a Healthy Immune System

Issue 243 – April 8, 2020 - <https://tinyurl.com/nhevunmw>

- Coronavirus Disease (COVID-19) and the Eyes
- Guidance for At-Risk Adults During the COVID-19 Pandemic
- Growing Vegetables at Home
- National Advance Care Planning Day April 16th
- Energy Density of Foods
- The Volumetrics Diet
- Family Caregivers of BC *Caregivers Out Loud* Podcast

Issue 244 – April 22, 2020 - <https://tinyurl.com/4z99tdyy>

- Irritable Bowel Syndrome (IBS)
- Being Prepared during COVID-19: Food and Supplies
- Skin Care for Hands
- Dairy Milk and Breast Cancer
- Water and Kidney Stones
- Osteoarthritis Online Resources
- Canadian Pain Task Force Online Consultation

Issue 245 - May 6, 2020 - <https://tinyurl.com/5n6etjw>

- Restless Legs Syndrome (RLS)
- Weight Loss Maintenance is a Challenge
- Vegetables – Raw or Cooked?
- Potatoes – A Healthy Choice?
- Walking and Living Longer
- The Value of Pedometers/Accelerometers
- Various COVID-19 Resources
- Self-Management BC Offers Four Programs

Issue 246 – May 20, 2020 - <https://tinyurl.com/yfa3j7wd>

- Varicose Veins
- Tai Chi for Older Adults
- Saving Money on Food During the Pandemic
- How Healthy is Sourdough Bread?
- Ways to Feel Connected During the Pandemic
- May is Caregiver Awareness Month
- BC COVID-19: Your story, our future Survey

Issue 247 – June 3, 2020 - <https://tinyurl.com/8ymtpa6h>

- Dupuytren's Disease
- How Often Should You Shower?
- Pink Noise
- Paleo Diet and Cardiovascular Disease Risk Factors
- Sugary Drinks and Cardiovascular Disease Risk
- Snacking During the Pandemic
- BC's Restart Plan

Issue 248 – June 17, 2020 - <https://tinyurl.com/5hyka2b4>

- Bladder Health
- Health Self-Assessment
- Adding Spice Blend to Improve Your Meal
- Canadian Men's Health Week June 15 to 21
- Fraud During COVID-19
- Impact of Too Much Coffee
- Not Communicating About Natural Health Products

Issue 249 – July 1, 2020 - <https://tinyurl.com/ycyt52zd>

- Toenail fungus
- Canada's Low-Risk Alcohol Drinking Guidelines Challenged
- Whole Grains
- 5 Diet Changes Supported by Evidence

- Repetitive Negative Thinking and Dementia
- TrueNTH Prostate Cancer Navigation
- Canadian Medical Association Virtual Care Guide for Patients

Issue 250 – July 15, 2020 - <https://tinyurl.com/2p883f6x>

- Retinal Detachment
- Organic versus Non-Organic Produce
- Sedentary Behaviour and Cancer Mortality in Middle Aged and Older Adults
- Exercise and Macular Degeneration
- Yoga and Older Adults
- Green Tea and Cancer Prevention
- World Brain Day Event July 22, 2020
- Self-Management BC Offers Four Programs

Issue 251 – July 29, 2020 - <https://tinyurl.com/2xrkt455>

- Post-Traumatic Stress Disorder
- Height and Chronic Health Conditions
- Palmitoylethanolamide (PEA)
- Telomeres and Health
- Berries
- Mental Health Supports During COVID-19
- How to Promote Brain Health

Issue 252 – August 12, 2020 - <https://tinyurl.com/2dvz6d6c>

- Snoring
- Hot Flushes/Night Sweats and Cardiovascular Disease
- Eating Fish and Air Pollution
- Topical Pain Relievers
- Cute Animal Images and Health
- JointHealth™ Education for People with Arthritis
- New Canadian Obesity Guidelines

Issue 253 – August 26, 2020 - <https://tinyurl.com/59zjtsrx>

- Piriformis Syndrome
- How to Get Rid of Fruit Flies
- Longevity in Japan
- Alcohol and Sunburn
- Alcohol and Skin Cancer
- Exercise, Aging and Brain Health
- Opportunity to Provide Feedback
- The Victoria Assistive Devices and Coaching (VADAC) Study is Looking for Participants

Issue 254 – September 9, 2020 - <https://tinyurl.com/3cxtttpb>

- Low Testosterone
- Short-Term Memory Loss
- Cognitive Decline Explained
- Dementia Risk and Foods/Beverages
- Benefits of Laughter
- September is Arthritis Awareness Month
- Still Time to Provide Feedback on the Ministry's Falls Guideline

Issue 255 – September 23, 2020 - <https://tinyurl.com/3hsp5ken>

- Thinning Skin and Aging
- Two of the Top Selling Dietary Supplements
- Candidiasis Hypersensitivity Syndrome
- Heart Rate 101
- Long Naps Beneficial?
- Free Webinar on Flu Season and COVID-19
- The Victoria Assistive Devices and Coaching (VADAC) is Looking for Male Health Coaches
- Cancer Survivors Needed for Online Survey

ELECTION EMBARGO – no newsletters

Issue 256 – November 4, 2020 - <https://tinyurl.com/575bxrf8>

- Sepsis

- Green Light Therapy for Migraines
- Feeling Stressed? Take 10 Minutes
- Vitamin C and Muscle Mass for Adults Over 50
- Vitamin C and Your Immune System
- Sleep Resources
- Resource on Psychological Impact of COVID-19
- BCBH event Heart Rate 101

Issue 257 – November 18, 2020 - <https://tinyurl.com/4cpzzct6>

- Benign Paroxysmal Positional Vertigo (BPPV)
- New 24-Hour Movement Guidelines for Adults
- Active Aging Canada Resource
- Nearly Half of Dementia Cases Could be Prevented or Delayed
- Nutritional Yeast
- Staying Positive During COVID-19
- Time to Wear Three-Layer Masks

Issue 258 – December 2, 2020 - <https://tinyurl.com/bdhssb5k>

- Non-Alcoholic Fatty Liver Disease (NAFLD)
- Hemp Seeds
- Non-pharmacological Treatment for Chronic Pain
- Psychological Therapies for Adults with Chronic Pain - Benefits and Risks
- Participants Wanted for Online UBC Study
- Get in Motion - Physical Activity Coaching for People with Physical Disability
- Needing Help to Use Technology?

Issue 259 – December 16, 2020 - <https://tinyurl.com/5n8ysh86>

- Blood clots
- Lose a Few Kilograms to Cut the Risk of Diabetes
- Eggs in the News Again
- Exercise Intensity and Older Adults
- Bright Light Therapy and Dementia

- Survey on the Impact of COVID-19 on Family Caregivers

Issue 260 – December 30, 2020 - <https://tinyurl.com/mwfa4wm6>

- Hypertension (High Blood Pressure)
- High Blood Pressure and Tai Chi
- Reduce Sodium Intake
- Chili Peppers
- Anniversary Reaction of Grief
- Get Connected, Stay Healthy
- COVID-19 Questions?

Issue 261 – January 13, 2021 - <https://tinyurl.com/25smbzt8>

***Note - error in title**

- Anxiety and Nutrition
- Making Healthy Behaviour Changes
- Resistance Training for Older Adults
- US News & World Report Diet Rankings 2021
- IMPACT Parkinson's
- Choose to Move

Issue 262 – January 27, 2021 - <https://tinyurl.com/2cyc3rtt>

- Foot Health
- Morton's Toe
- Magnesium
- ParticipACTION and YMCA Exercise Videos
- 1-877-2BE-CALM Project
- COVID-19 Vaccine Schedule for BC
- Tool Kit for Active Living for People Living with Chronic Health Conditions

Issue 263 – February 10, 2021 - <https://tinyurl.com/328sef6a>

***Note - error in title**

- Depression

- Depression and COVID-19
- Treatment for Depression
- COVID-19 Vaccine Questions and Answers
- February is Psychology Month
- Let's Talk About Women's Health Webinar Series
- Self-Management BC Virtual Programs

Issue 264 – February 24, 2021 - <https://tinyurl.com/2pxvbx7>

- Health Conditions as We Age
- Cupping Therapy
- Blueberries and Type 2 Diabetes
- Get to Know Family Caregivers of BC
- Free Chronic Pain Tool Kit for Active Living
- Pain BC's Pain Support Line - 1-844-880-PAIN

Issue 265 – March 10, 2021 - <https://tinyurl.com/56uzmkvu>

- Health Conditions As We Age (Part 2)
- Menopause and Cognition
- March is Nutrition Month in Canada
- Link Between Unhealthy Foods and Healthy Food Benefits
- Predicted Heart Age and Cancer
- Heart Disease Rates and Cancer
- Assessing Cardiovascular Disease Risk

Issue 266 – March 24, 2021 - <https://tinyurl.com/3ef945w3>

- Insomnia – Special In-Depth Feature
- COVID-19 and Nature
- GPAC Seeking Feedback
- COVID-19 Immunization Plan for BC
- National Vaccine Summit March 25
- Canadian Frailty Network Launches Video Series

Issue 267 – April 7, 2021 - <https://tinyurl.com/vkhczbad>

- Sinusitis
- Successful Aging
- Coconut Oil a Healthy Choice?
- Making Recipes Healthier
- Choose To Move
- Still Time to Provide Feedback to GPAC

Issue 268 – April 21, 2021 - <https://tinyurl.com/2p8s6pam>

- Atopic Dermatitis (Eczema)
- Atopic Dermatitis and Diet
- High Blood Pressure and Gum Disease
- ParticipACTION Turns 50
- Stop Food Waste Day April 28, 2021
- Urban Trees and Health

Issue 269 – May 5, 2021 - <https://tinyurl.com/3zwhusp6>

- Health Conditions and Sex and Gender
- COVID-19 Vaccines in BC
- Blue Light Glasses
- Mushrooms
- Research Opportunity – mHealth and Financial Incentives
- Mental Health Awareness Week May 3 to 9, 2021
- May is Lupus Awareness Month
- Employment Opportunity – Delta, BC

Issue 270 – May 19, 2021 - <https://tinyurl.com/32y69tx2>

- Psoriasis
- Nitrate-rich Vegetables
- Lesser-Known Factors Affecting Blood Pressure
- Herb App
- BC Services Card
- May is Family Caregiver Month

Issue 271 – June 2, 2021 - <https://tinyurl.com/4jd74c5d>

- Joint Pain
- Adaptive Equipment and Assistive Devices
- Abdominal Obesity and Cardiovascular Health
- Second COVID-19 Vaccine
- June is Canadian Men's Health Month
- Spotlight on Richmond, BC Community Programs
- Be Wise - Cannabis and Older Adults Booklet

Issue 272 – June 16, 2021 - <https://tinyurl.com/3s9k2p7n>

- Thalassemias
- Central Obesity and Tai Chi
- Brisk Walking and the Brain
- Reflexology
- Five a Day Fruits and Vegetables
- Interested in Participating in Health Research?

Issue 273 – June 30, 2021 - <http://eepurl.com/hCnBE1>

- Fatigue
- Stroke and Plant-Based Diet
- Drug Interactions
- Harvard's Healthy Living Guide
- Chronic Conditions Don't Take a Summer Vacation
- BC'S Restart Moves to Step 3

Issue 274 – July 14, 2021 - <http://eepurl.com/hDx8-r>

***Note - error in title**

- Heat Waves and your Health
- Sunscreen Choices
- CBD and Drug Interactions
- The CARD™ System for Vaccinations
- Seniors Helping Seniors Website
- Seniors First BC
- Job Opportunity with Self-Management BC

Issue 275 – July 28, 2021 - <http://eepurl.com/hEDao5>

***Note - error in title**

- Bloating
- Light and Moderate Alcohol Use and Cancer Risk
- Eat Your Whole Grains
- BC Brain Wellness Program
- Centre for Clinical Innovations Resources
- iCare Project – University of Victoria Research Opportunity
- ElderDog Canada Seniors First BC

Issue 276 – August 11, 2021 - <http://eepurl.com/hEKV25>

***Note - error in title**

- Spinal Stenosis
- Comparing Surgery and Physiotherapy For Lumbar Spinal Stenosis
- Mental Health, Diet, Exercise and Gender
- World Health Organization Global Benchmarks for Sodium
- SeniorsBC.ca Website
- Bc211
- Fraser Health's Family Guide to Services for Seniors
- 7 Numbers Every Senior Needs

Issue 277 – August 25, 2021 - <http://eepurl.com/hF-2yr>

***Note - error in title**

- Ageism
- Brushing and Scraping Your Tongue
- Water and Health
- Hydration
- COPD and Tai Chi
- Let's Move BC
- Take Charge of Chronic Conditions

Issue 278 – September 8, 2021 - <http://eepurl.com/hG90bb>

- Motion Sickness
- Coffee and Cardiovascular Health
- Coffee and the Brain
- Healthy Lifestyle and Genetic Risk of Cancer
- Results from Health Coaching for Diabetes Study
- Beyond the Conversation
- Virtual Event – Aging is a Reward, Not a Punishment
- Action for Happiness

Issue 279 - September 22, 2021 - <http://eepurl.com/hIDazH>

- Plantar Warts
- Sleep Duration and Dementia
- Taking Care of Mental Health
- Importance of Cardiac Rehabilitation
- September is Arthritis Awareness Month
- Social Isolation – Are You at Risk?
- Take Action to Manage Your Health

Issue 280 - October 6 - <http://eepurl.com/hJnQG5>

- Migraines
- Diet and Migraines
- Maximize the Benefits of Walking
- Mindset and Its Influence on Health
- Inspire Health – BC’s Supportive Cancer Care Centre
- Dreams Matter and Endurance Wins
- Information for People with Disabilities – Richmond Centre for Disability (RCD)

Issue 281 – October 20, 2021 - <http://eepurl.com/hKZvtn>

- Dementia

- Dementia Programs and Services
- Acupuncture
- TENS Unit
- Tufts University Food Compass
- Gluu Society - Digital Skills for Older Adults
- Pathways to Lifelong Health Public Forum
- Tool Kits for Active Living (Self-Management BC)

Issue 282 – November 3, 2021 - <http://eepurl.com/hKZvj5>

- Frozen Shoulder
- Making Stress Work for Your
- Improving Sleep Quality Leads to Better Mental Health
- Aphantasia – When the Mental Image is Missing
- MIND Diet and Cognitive Performance
- Medical Cannabis: A Solution for Chronic Pain?
- Mushroom Coffee (*Error – in first paragraph “cocoa bean” should be “coffee bean”)

Issue 283 – November 17, 2021 - <http://eepurl.com/hM8w6v>

- Men’s Mental Health
- Male Suicide
- Weight Gain and Menopause
- Mindfulness Training Reduces Long-Term Stress
- Assess Your Eating Habits
- More Reasons to Get Active
- Seniors’ Guidebook to Safety and Security

Issue 284 – December 1, 2021 - <http://eepurl.com/hOHuF1>

- Common Cold (*Error - under "Prevention" - "Managing Stress." The sentence should read: Manage stress - stress can lower immunity by decreasing the number of immune cells and dampening the immune system's response to infection)
- Zinc for the Common Cold
- Taking Pills
- Bedtime and Heart Health

- Booster Dose for COVID-19
- Research Opportunities
- New Year, New You!

Issue 285 – December 15, 2021 - <http://eepurl.com/hOPPDr>

- Fibromyalgia
- Fall Prevention
- Time to Slow Down as We Age?
- Menopause and Nutritional Needs
- My Pathology Report Website
- Your Wellness Tool Kits
- Building Dementia-Friendly Communities

Issue 286 – December 29, 2021 – <http://eepurl.com/hP1wtP>

- Carpal Tunnel Syndrome
- World Happiness Report 2021
- ParticipACTION 2021 Report Card
- At-Home Exercise for Depression
- Diet and Insomnia
- A Closer Look at Coffee
- ScienceUpFirst – Together Against Misinformation

Issue 287 – January 12, 2022 - <http://eepurl.com/hQd4K5>

- Crohn's Disease on the Rise
- How About Some Good News?
- Salt Substitute Impact
- Weight Stigma
- Vitamin D and Cardiovascular Disease Risk
- Variety of Activities and Dementia Risk
- Self-Management During COVID-19

Issue 288 – January 26, 2022 - <http://eepurl.com/hSH-VP>

- Shingles
- Face Blindness
- Yogurt and Blood Pressure
- Loneliness and Nature
- PocketWell App
- Get Educated on Arthritis
- Driving Cessation Resources

Issue 289 – February 9, 2022 - <http://eepurl.com/hTSHpj>

- Bruising
- Pain Reprocessing Therapy (PRT)
- Plant-Based Diet
- Plant-Based Diet and Ischaemic Heart Disease
- Ranking the Death Experience Worldwide
- Timothy Caulfield on COVID-19 Mis- and Dis-Information
- MindFit Toolkit – Sound Advice for Mental Wellness

Issue 290 – February 23, 2022 - <http://eepurl.com/hU-ee5>

***Note - error in title**

- Sciatica
- PaRx: A Prescription for Nature
- Chia Seeds
- Mindful Breathing for Pain Control
- Blood Pressure Increase During Pandemic
- Staying Strong and Coordinated with Age
- Virtual Community Support for Cancer

Issue 291 – March 9, 2022 - http://eepurl.com/hVF_61

- Diabetic Neuropathy
- Protein and Older Adults
- Get Moving to Retain Memories
- Active Aging Society Introduction to Brain Health Talk
- Neti Pot

- Chia Water Helps with Weight Loss?
- Looking for Research Participants Living with Cancer

Issue 292 – March 23, 2022 - <http://eepurl.com/hWTvKD>

- Urinary Incontinence
- Alternative to Antibiotics for UTIs
- Nootropics
- Giving and Receiving Social Support
- Group Appointments with UBC Pharmacists Clinic
- Choose to Move Spring Programs
- March is Nutrition Month

Issue 293 – April 6, 2022 - <https://tinyurl.com/5bh6a45k>

- Menopause and Mental Health
- Weight Loss Maintenance
- Best Foods for an Upset Stomach
- Daytime Napping and Cognitive Aging
- CMHF New and Improved Men's Health Check
- York University Looking for Research Participants
- Laval University Looking for Research Participants

Issue 294 – April 20, 2022 - <https://tinyurl.com/mry2dwkf>

- Bowel Obstruction
- Genetics and Sleep
- Light During Nighttime Sleep
- Online Romance Scams
- Your Diet and the Planet
- New Obesity Video
- Hop on Board! Webinar

Issue 295 – May 4, 2022 - <https://tinyurl.com/bddjk2ky>

- Raynaud's Phenomenon
- Unhealthy Foods, Unhealthy Planet
- MCT Oil
- Depression and Exercise
- Neil Squire

- Canadian Mental Health Week May 2 to 8, 2022
- Canadian Frailty Network Conference May 11
- Past Issues of *In the Loop*

Issue 296 – May 18, 2022 - <https://tinyurl.com/yckunz2s>

- Torn Retina
- Eye Care Professionals
- Guided Imagery
- Good Hydration and Heart Failure Risk
- Self-Management Public Presentation by Kate Lorig, PhD
- May is Caregiver Awareness Month
- TONIGHT – Call to Mind: A Panel Discussion About Dementia and Caregiving
- Canada India Network Society (CINS) Event
- ROVING – A Documentary on Seniors’ Transportation Issues in BC

Issue 297 – June 1, 2022 - <https://tinyurl.com/zd6mw5xb>

- Iliotibial Band Syndrome (ITBS)
- Memory and Aging
- The Canadian Therapeutic Platform Trial for Multidomain Interventions to Prevent Dementia
- Coffee, the Kidneys and Type 2 Diabetes
- Cannabis Use and Menopause
- Canadian Men’s Health Foundation New Podcast
- Second COVID-19 Booster

Issue 298 – June 15, 2022 – <https://tinyurl.com/5n73c3mf>

- Heart Failure
- Heart Failure and Alcohol
- June 15 is World Elder Abuse Awareness Day
- The BC Association of Community Response Networks (BC CRN)
- Active Aging Canada Passport Updated
- Canadian Medical Association Health Advocates Health Care Survey
- Dr. Kate Lorig’s Presentation Available

Issue 299 – June 29, 2022 - <https://tinyurl.com/bp52t7he>

- Long Covid
- Long Covid and Brain Fog
- The Role of Vitamins and Supplements
- Kegel Exercises
- Walking and Knee Osteoarthritis
- Community Virtual Care Program – Island Health
- Self-Management BC In-Person Group Programs Return

Issue 300 – July 13, 2022 - <https://tinyurl.com/2p9e8h9u>

- Failed Back Surgery (FBS)
- Coffee Consumption and Longevity
- Men Helping Men
- Expired, Unused and Unwanted Medication Disposal
- Keeping Track of Medication
- BC Seniors' Guide
- Online Research Opportunity with University of BC

Issue 301 – July 27, 2022 - <https://tinyurl.com/24kb5ada>

- Cholesterol
- Life's Essential 8
- Risk Calculators
- Resource for Stress Management
- Preventing Mosquito Bites
- Beat the Heat
- Emergency Preparedness for Older Adults Guide

Issue 302 – August 10, 2022 – <https://tinyurl.com/yc6c9mn5>

- Gout
- Diet and Gout
- Balance and Longevity
- Can You Outrun a Bad Diet?
- Don't Underestimate the Value of Reaching Out
- Harvard's Healthy Living Guide 2021-2022
- Research Opportunity

Issue 303 – August 24, 2022 – <https://tinyurl.com/2p9xztuv>

- Diabetes and Bone and Joint Disorders
- Diabetes, Genetic Risk and Diet Quality
- Preventive Dental Care and Costs for Diabetes and Coronary Artery Disease
- Diabetes and Oral Health
- Flu Vaccine May Reduce the Risk Of Alzheimer's Disease
- Never Too Late to Benefit from an Improved Diet
- Take Action to Live a Healthy Life