

## IN THE LOOP

**(January 2024 to December 2025)**

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**Issue 339 – January 10, 2024 - <https://tinyurl.com/5n6ebekx>**

- Colorectal Cancer and Diet
- Cannabis and Sleep
- Spicy In Means Spicy Out
- Life Expectancy Drop in Canada
- Canadian Arthritis Patient Alliance (CAPA) Webinar – COVID-19 Vaccines
- ParticipACTION Move for your Mood
- Get Moving with Choose to Move

**Issue 340 – January 24, 2024 - <https://tinyurl.com/yc6nzw9a>**

- Eczema in Winter
- 2024 US News & World Report Diet Rankings
- An In-Depth Look at Nightshades
- Washing Produce
- New Self-Screening Program in BC Will Help Detect Cervical Cancer Sooner
- 9-8-8- Suicide Crisis Helpline for Canada
- Harvard's Healthy Living Guide 2023/2024 – A Digest on Healthy Eating and Healthy Living

**Issue 341 – February 7, 2024 - <https://tinyurl.com/3rs6x5jv>**

- Tips for Healthy Digestion
- Diabetes and Amputation
- Protein in Midlife
- Cannabis Resources
- Sleep Disorders and Insomnia Webinar
- Participants Needed for Online Survey

**Issue 342 – February 21, 2024 – <https://tinyurl.com/yhk8vw74>**

- Hair Loss in Women
- Kimchi for Weight Loss?
- Multivitamins and Brain Health
- Lion's Mane
- New Healthy Aging Website to Support You and Your Loved Ones
- Are You at Risk of Becoming Frail?
- Looking for Burn Survivors for Study
- iCON UBC South Asian Health Forum – Healthy Living, Healthy Heart!

**Issue 343 – March 6, 2024 - <https://tinyurl.com/3dmcfae4>**

- Obsessive-Compulsive Disorder (OCD)
- Exercise and Cancer-Related Pain in Cancer Survivors
- It's Never Too Late to Quit Smoking
- Lower Your Grocery Bill
- Low-Cost Nutritious Foods
- Older Adults and Waning Appetite
- Important Health Phone Numbers

**Issue 344 – March 20, 2024 - <https://tinyurl.com/mxzuektn>**

- Tendonitis
- Tai Chi versus Aerobic Exercise for Prehypertension
- Salt Substitutes
- Dealing with Change
- Canada's Food Guide Kitchen
- The Canadian Coalition for Seniors' Mental Health (CCSMH)
- McCance Braine Care Score (BCS)

**Issue 345 – April 3, 2024 - <https://tinyurl.com/3x7h3syb>**

- Hip Replacement Surgery Experience
- Microplastic Exposure
- Bottled Water and Your Health
- Knee Pain and Footwear
- Seeking Counselling Services
- Support to File Taxes

**Issue 346 – April 17, 2024 - <https://tinyurl.com/zv32t6ht>**

- Hypotension (Low Blood Pressure)
- Prioritize Social Connection
- Men and Social Connection
- Seeking Counselling Services Part 2
- Adults Worldwide Dealing with Poor Sleep
- Webinar on Understanding Anxiety
- Free Dementia Guide

**Issue 347 – May 1, 2024 - <https://tinyurl.com/yemv2639>**

- Frailty – A Growing Concern in Our Aging Population
- Waking Up During the Night
- The Three Most Harmful Risk Factors for Dementia
- ALS and Common Chemicals
- RESToRE Study Seeking Participants
- South Vancouver Seniors Network Weekly Live Webinars Celebrates Five Years!
- CMHA Mental Health Week May 6-12, 2024

**Issue 348 – May 15, 2024 – <https://tinyurl.com/24cadrl5w>**

- Epilepsy
- Dancing's Benefits
- Bananas
- Hydrogen Water Healthier than Regular Water?
- Backward Walking
- Michael Mosley – BBC Radio 4 “Just One Thing” Podcast
- Emergency Preparedness Guide: What Seniors Need to Know

**Issue 349 – May 29, 2024 – <https://tinyurl.com/5934m6fr>**

- The Endothelium – A Multifunctional Organ
- Heart and Stroke Campaign for Women
- Anger and Heart Disease and Stroke Risk
- Dementia Mortality and Olive Oil
- Importance of Strength Training
- Choosing Sunscreen
- “What Do We Know About Healthy Aging?” booklet

**Issue 350 – June 12, 2024 - <https://tinyurl.com/yscabrrw>**

- Burnout
- Breast Cancer Rates Increase in Young Canadian Women
- Breast Cancer Risk Factors
- Webinar – Let’s Talk About Aging Parents
- Provincial Committee on Anti-Racism Seeking Members
- Loneliness Awareness Week – June 10 to 16, 2024
- Canadian Men’s Health Foundation “Men’s Health Month”

**Issue 351 – June 26, 2024 - <https://tinyurl.com/42u5ppwz>**

- Dry Eye Disease
- EAET for Chronic Pain
- Tattoos May Be Risk Factors for Malignant Lymphoma
- The State of Mental Health in Canada
- More Older Canadian Adults Visiting ER from Cannabis Use
- Recruiting Young Mothers with Cancer for Pilot Testing an App for Reducing Anxiety
- OASIS (OsteoArthritis Service Integration System)

**Issue 352 – July 10, 2024 - <https://tinyurl.com/7hr99pwt>**

- Non-Medication Ways to Lower Blood Pressure
- Low Back Pain and Walking
- The Planetary Health Diet
- Reducing Food Waste
- Living to 100
- Vision Loss Rehabilitation Canada Fall Prevention Program
- Expanded Criteria - Recruiting Young Mothers with Cancer for Pilot Testing an App for Reducing Anxiety

**Issue 353 – July 24, 2024 - <https://tinyurl.com/ypmhu58u>**

- Inflammation and Your Health
- New Study on Cancer and Lifestyle Factors
- How Sodium Affects Sleep
- High Sodium Intake Linked to Greater Risk for Eczema
- Heart and Stroke “Healthy Summer Grill Guide”
- New “ICanBeWell” App Provides Preventive Healthcare at Your Fingertips
- Free Course – “Managing Pain Before and After Surgery”

**Issue 354 – August 7, 2024 - <https://tinyurl.com/28vd7yds>**

- Diverticular Disease
- Plant-Based Meat Alternatives May Be Better for the Heart
- Compression Stockings
- Light at Night and Diabetes Risk
- Learning How to Manage Low Vision - An Emotional Journey
- The Canadian Alliance for Social Connection and Health 2024 Social Connection Survey

**Issue 355 – August 21, 2024 - <https://tinyurl.com/ttsf433x>**

- Epiphora (Watery Eyes)
- Grounding
- Importance of Cleaning your Reusable Water Bottle
- TikTok and Health Misinformation
- How Well Do You Know the Science of Health?
- Cranberry Juice and UTI Prevention
- A New Chapter - Life After Cancer CARPe Diem Episode

**Issue 356 – September 4, 2024 - <https://tinyurl.com/4uwjshnb>**

- Walking for Weight Loss
- Genetic Risk of Obesity and Physical Activity
- Sustainable End-of-Life Options
- Injectable Goo Could Fix Joints Without Surgery
- Is Kale Worth the Hype?
- The BC Brain Wellness Program 5th Year Anniversary Event
- McMaster Optimal Aging Portal Webinar – Understanding and Managing Chronic Pain

## PROVINCIAL ELECTION EMBARGO

### Issue 357 – October 23, 2024 - <https://tinyurl.com/49z6yxzw>

- Leg Ulcers
- Back Pain and Aquatic Exercise
- Blood Pressure Readings and Arm Position
- Upcoming Free Virtual Self-Management Workshops
- Have You Ever Been Diagnosed with Breast Cancer?
- Are You Feeling Down or Anxious? Seniors' Online Support (SOS) Can Help
- BC Seniors Advocate Webinar October 31
- "Next Steps Survey" – Examining Diabetes Prevention Care in Canada

### Issue 358 – November 6, 2024 - <https://tinyurl.com/3mbzvz3p>

- Almost Half of Global Dementia Cases May Be Preventable
- Reducing Your Dementia Risk
- Webinar - Can We Translate Modifiable Risk Factors for Dementia into Our Lifestyle?  
Yes!
- Medications that Affect Balance
- Finding Balance Webinar Series
- BC Ministry of Health HealthyBC Assessment Tool for 50+
- Canadian Red Cross Friendly Calls Program
- Frailty Talk in Victoria, BC

### Issue 359 – November 20, 2024 - <https://tinyurl.com/3kpw6uh3>

- Post-Menopause and Abdominal Fat
- Mindfulness for Anxiety
- Poor Sleep in Middle Age and Brain Aging
- Envy and Chronic Illness
- Multiculturalism Week
- Research Opportunity – Do You Want to Change Your Lifestyle?
- Canadian Men's Health Foundation Men's Health Check

**Issue 360 – December 4, 2024 - <https://tinyurl.com/4u2bfks7>**

- Bloating
- Dealing with Grief Over the Holidays
- Dementia and Cardiorespiratory Fitness (CRF)
- Anti-Dandruff Shampoo for Hair Loss?
- Arthritis Pain and Medical Cannabis
- Office of the Seniors Advocate Survey on Ageism
- McGill Dementia Education Program

**Issue 361 – December 18, 2024 - <https://tinyurl.com/2b7e6ckz>**

- More Than 800 Million People Worldwide Have Diabetes
- Don't Just Stand There - Get Moving
- Preparing a Falls Emergency Plan
- Identification and Information for Medical Emergencies
- Ear Blockage from Earwax
- Emotional Intelligence Toolkit Program
- March of Dimes Canada

**Issue 362 – January 1, 2025 - <https://tinyurl.com/mr39p4h6>**

- Steps to Silence Snoring
- Have 10 to 20 Minutes? Lower Your Blood Pressure
- How to Support Someone Diagnosed with Cancer
- To See How Well You're Aging, Try Standing on One Leg
- Celebrate Personal Victories
- Keeping a Personal Health Record (PHR)
- HealthLink BC Health Tracking Forms and Checklists

**Issue 363 – January 15, 2025 - <https://tinyurl.com/bde65pwn>**

- Canada's Mental Health Status
- Recognizing Poor Mental Health
- Wellness Toolkits from the US National Institutes of Health
- New Site Helps You Calculate the Benefits of Drinking Less Alcohol
- Cannabis Beverages
- Choose to Move – A Free Physical Activity Support Program for 55 Plus
- Breast Cancer Study Seeking Participants
- Chronic Conditions Life Impact Management in Burns (CLIMB) Study Seeking Participants

**Issue 364 – January 29, 2025 - <https://tinyurl.com/3rr4w9nc>**

- January is Alzheimer's Awareness Month
- Is Frailty a New and Early Predictor of Dementia?
- Middle Aged Visceral Fat and Alzheimer's Disease
- Men at High Risk of Cardiovascular Disease Face Brain Health Decline a Decade Earlier than Women
- New Early Intervention Memory Clinic in Vancouver
- Is Weekend Catch Up Sleep Beneficial?
- US News & World Report Best Diets 2025

**Issue 365 – February 12, 2025 (corrected version) - <https://tinyurl.com/5esyb5zu>**

- Spinal Fractures
- Bone Density Testing
- The Latest Research on Older Adults and Exercise Benefits
- A Closer Look at Strength Training CORRECTED
- Shedding Loneliness Through Men's Sheds
- Office of the Seniors Advocate British Columbia Survey
- Eczema Society of Canada (ESC) Eczema Access and Burden - Adult Survey

**Issue 366 – February 26, 2025 - <https://tinyurl.com/ydaevfwf>**

- Diet and Cancer Risk
- Fructose and Tumour Growth
- Dried Fruit
- Dietary Choices When You Have a Cold
- UBC Study Seeking Participants - Patient Perspectives on Chronic Pain Education Programmes in BC
- Webinar - Preventing Arthritis: What Every Adult Should Know
- Caring for the Aging Brain: A Conversation with Researchers and Caregivers Online Panel
- Correction to Last Issue, Issue 365 - "A Closer Look at Strength Training"

**Issue 367 – March 12, 2025 - <https://tinyurl.com/mrdu5ntu>**

- Obesity Management Update
- Redefining Obesity
- Microplastic Exposure
- Yogurt and Colon Cancer Risk
- Introducing the New T2D Network Website
- Pacific Pain Forum on April 4, 2025

- Webinar Recording - Resilience Through Connecting, Caring, and Coping
- Dying, Death, Burial & Bereavement Resource Fair in Vancouver

**Issue 368 – March 26, 2025 - <https://tinyurl.com/32au2xfc>**

- Taking Steps for Heart Health
- Flossing and Stroke Risk
- Longevity, Environment and Genetics
- Diet and Colds
- Thriving with Nature: How Green Spaces Support Health and Well-Being Talk
- McMaster University Optimal Aging Portal Webinar Series - It is normal aging or mild cognitive impairment?
- Canadian Men's Health Foundation Seeking Feedback

**Issue 369 – April 9, 2025 - <https://tinyurl.com/2tt9y3dd>**

- Seasonal Allergies
- The benefits of Breaks and Rest
- Sugar Substitutes
- Intermittent Fasting Compared to Daily Calorie Restriction for Weight Loss
- Stress Resources
- Recruitment Continues for Breast Cancer Study
- McMaster University Continuing Education Webinar – Optimizing Sleep for Health and Wellness

**Issue 370 – April 23, 2025 - <https://tinyurl.com/y483jaep>**

- Chronic Pelvic Pain in Women
- Exercise and Lifespan
- Diabetes and Desserts
- Canadian Survey on the Healthcare System
- If You Don't Have a Family Doctor
- Study Recruiting Adults Living with Chronic Pain
- Adults Living With and Beyond Cancer Needed for Research Study
- ParticipACTION Supports You to Get Active
- Free Exercise Program for 55 Plus

## **Issue 371 – May 7, 2025 - <https://tinyurl.com/mry56d57>**

- Supplements for Joint Pain
- Nutrients and Cooking Vegetables
- Strategies to Save Money on Produce
- Coffee Brewing Method and Cholesterol
- Mental Health Week 2025 - Unmasking Mental Health
- BC Brain Wellness Program Webinar - The Strength of Community: Cultivating Well-Being Through Evidence and Connection
- Tools for Evaluating Complementary and Integrative Health Resources

## **Issue 372 – May 21, 2025 - <https://tinyurl.com/2eekapxh>**

- Diverticular Disease
- Diverticular Disease Diet
- Chewing Gum and Microplastics
- Poultry and Cancer Link?
- Fitness versus Weight Loss for Heart Health and Longevity
- Gluu Society for Computer Skills
- BC Seniors Week 2025

## **Issue 373 – June 4, 2025 - <https://tinyurl.com/mjmu7dv7>**

- Restless Legs Syndrome (RLS)
- NEW - Hypertension Canada Guideline for the Diagnosis and Treatment of Hypertension in Primary Care
- Biological Aging and Dementia Risk
- New Free e-book - Stress, Anxiety and Sleep Problems: Considering Complementary Approaches
- New Active Aging Canada Physical Activity Directory
- Seniors Loneliness Awareness Week June 9 to 15, 2025
- June is Men's Health Month
- Diverse Destinations - FREE Accessible Travel Presentations on Vancouver Island

## **Issue 374 – June 18, 2025 - <https://tinyurl.com/kejrkvb5>**

- Older Adults and Fatigue
- Water for Weight Loss?
- Should Arsenic in Rice Be a Concern?
- Why Walking After a Meal is Good for You
- Isometric Exercises and High Blood Pressure

- Fraser Health Community Pain Self-Management Handbook
- Seniors Advocates Joined Forces to Raise Awareness of Elder Abuse

### **Issue 375 – July 2, 2025 - <https://tinyurl.com/385kmwjw>**

- Osteoarthritis of the Hand
- How to Improve Your Mood
- Preventing Sudden Cardiac Arrest
- Numbers You Should Know for Your Health
- LifestyleRX Program Overview
- NEW - Canada Disability Benefit (CDB)
- Benefits for Low-to-Modest Income Canadians
- World Brain Day - Caring For Our Minds and Well-Being Through Life's Journey Event

### **Issue 376 – July 16, 2025 - <https://tinyurl.com/49zfbpmx>**

- Leaky Gut
- Resting Heart Rate to Gauge Your Health
- Health Benefits of Nature
- Canada Strong Pass
- Eating More Fruits and Vegetables May Help You Sleep Better
- Prostate Cancer Study Recruiting Canada-Wide
- Webinar - How To Level Up Your Well-Being: The 7 Traits of Emotional Wellness

### **Issue 377 – July 30, 2025 - <https://tinyurl.com/5fpzrfpm>**

- Transient Ischemic Attack (TIA)
- TIA and Cognitive Decline
- Cannabis and Cardiovascular Health
- Chronic Cannabis Smoking, THC Ingestion Linked to Endothelial Dysfunction
- Hand Osteoarthritis and Plant-Based Supplements
- Eczema Society of Canada “Life with Eczema” Webinar Series
- Recruiting Participants for Clinical Providers’ and Cancer Patients’ Perspectives on the Ethical Implications of Utilizing Life Expectancy Prediction Algorithms

### **Issue 378 – August 13, 2025 - <https://tinyurl.com/yv9e9z6x>**

- Skin Cancer – Not Just from Sun Exposure
- Staying Mentally Sharp and Healthy in Retirement
- Finding Your Purpose in Retirement

- Perspectives on Growing Older in Canada: The 2024 NIA Ageing in Canada Survey
- The Value of Automated External Defibrillators (AEDs)
- Webinar – The Hidden Burden: Understanding the Mental Health of Caregivers
- What is Volkssporting?

**Issue 379 – August 27, 2025 – <https://tinyurl.com/3ha8d8ye>**

- Toenail Fungus
- Do You Need 10,000 Steps a Day for Health Benefits?
- Japanese Walking
- Nutrition Warning Labels Appearing Now
- Indoor Air Purifiers and High Blood Pressure
- Webinar - Back Pain & Spinal Arthritis: Causes, Relief and Practical Solutions
- BC Brain Wellness Program Events

**Issue 380 – September 10, 2025 - <https://tinyurl.com/t4wjr8wd>**

- Shingles
- Shingles Vaccine
- Types of Exercise for Insomnia
- Components of Sleep Health Beyond Duration
- South Vancouver Seniors Network and Weekly Webinar
- Research Opportunities with the Aging, Mobility, and Cognitive Health Lab
- Upcoming GenWell Weekend

**Issue 381 – September 24, 2025 - <https://tinyurl.com/2w8krzac>**

- Possible Genetic Clues to ME/CFS Identified
- 17 Modifiable Risk Factors Shared by Stroke, Dementia, and Late-Life Depression
- McCance Center for Brain Health Brain Care Score
- Ways to Beat the Afternoon Slump
- New Report on Men's Health in Canada
- National Seniors Day is October 1
- Diabetes Canada "In the Kitchen" Free Educational Series
- Continued Recruitment - Research Opportunities with Aging, Mobility and Cognitive Health Lab

**Issue 382 – October 8, 2025 - <https://tinyurl.com/5n8w5a7p>**

- Constipation
- A 30-Year Look at Aging
- Is Regularly Drinking Diet Soda Harmful?
- Exercise and Belly Fat
- New Tool for Cardiovascular Risk Assessment
- Putting the Pieces Together Conference for People with Pain – November 3 to 7, 2025
- Menopause Foundation of Canada Free Webinar

**Issue 383 – October 22, 2025 - <https://tinyurl.com/4cevhvmb>**

- Age-Related Hearing Loss
- Hearing Aids
- Early Hearing Aid Use and Dementia
- Alcohol and Dementia
- Dietary Factors and Hair Health
- Webinar on the Canadian Dental Care Plan
- Bridging Minds: Health & Science Conversations

**Issue 384 – November 5, 2025 - <https://tinyurl.com/mr3juvnz>**

- Adult Bullying
- Increase in Pickleball Injuries
- Habits, Factors and Trends for Healthy Aging
- How You Sit and Rise May Predict Longevity
- Schizophrenia
- ABC Life Literacy Canada – ABC Health Matters
- Top Tips for Beating the Winter Blues Webinar

**Issue 385 – November 19, 2025 - <https://tinyurl.com/52zwka3y>**

- Food Reactions
- Your Family Health History
- Alzheimer's Disease and Family History
- Steps and Alzheimer's Disease
- A THC-Dominant Cannabis-Based Treatment for Chronic Low Back Pain
- Suicide Resources
- Research Opportunities for Persons Living with Dementia and Healthcare Professionals Working with Older Adults and People Living with Dementia

**Issue 386 – December 3, 2025 - <https://tinyurl.com/2ywshxx7>**

- Concussion
- Tips for Healthy Holiday Eating
- Supporting Your Immune System During Cold and Flu Season
- Emotional Freedom Technique (EFT) Tapping
- British Columbia Organ Donor Registry
- The Greater Good Guide to Aging Well
- Follow Up on Adult Bullying

**Issue 387 – December 17, 2025 - <https://tinyurl.com/4ztp5u49>**

- Adult Acne
- Shift Work Sleep Disorder (SWSD)
- Chronic Insomnia and Melatonin
- Sleep is My Waking Passion Podcast
- Meal Planning
- Seed Oils
- Join the DASH STUDY: Help Shape the Future of Healthy Aging!

**Issue 388 – December 31, 2025 - <https://tinyurl.com/ywj3x89b>**

- Stress and Women's Cardiovascular Health
- Addressing 5 Cardiovascular Risk Factors at 50 Can Add Years to Your Life
- The Science of Weight Loss
- The Driver of the Obesity Epidemic
- Obesity Myths & Misinformation: Science, Medications & the Truth About Weight // Fresh Perspectives Video
- Green Tea Drinkers Have Fewer Brain Lesions Linked to Dementia
- New Mental Health Toolkit from CAMH