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Twice a year, the two also contribute to the “Young at Heart” column in the Honolulu Star-Advertiser, dealing with health and lifestyle issues for those over 55. The latest columns (www.nutrition.hawaii.edu/youngheart/younghanqheart.htm) have dealt with topics such as macular degeneration, how to purchase dietary supplements, and the need for caregivers also to take care of themselves, lest they experience burnout and health issues of their own. Because those of all ages can stay young at heart, and Dr. Titchenal and Dr. Dobbs help show how it’s done.
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Such tips are being developed by a team, including Alan Titchenal and Dr. Dobbs, whose mission is to help those who are aging live better, longer, and with more energy. They’ve even devoted a whole website to a “Nutrient of the Month,” which focuses on the functions of key nutrients and the research supporting their health benefits. For example, you can find out how eating two or more servings of oily fish per week can help reduce the risk of stroke; how eating at least 25 grams of fiber per day can lower your risk of heart disease; and how consuming foods containing calcium and vitamin D can help maintain bone health and prevent osteoporosis.

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