

# Do we eat too much PIZZA?



## Excess calories take toll on health of kids, teens

By ROBERTO A. FERDMAN • The Washington Post

America has a pizza problem. A team of researchers at the University of Illinois at Chicago found that too many kids are eating too much pizza, and all the excess calories are taking a toll on children's health.

"There are a bunch of takeaways from the study. But the biggest thing is that parents are serving their kids too much pizza," said Dr. William Dietz, one of the study's authors and the director of the Sumner Redstone Global Center for Prevention and Wellness at the Milken Institute School of Public Health at the George Washington University.

The researchers used data from the National Health and Nutrition Examination Survey, which tracked the diets of more than 11,000 children and teenagers. Researchers gauged how many children eat pizza in the United States, how often they eat it and how much they eat when they do.

Pizza, pretty alarmingly, is the second leading source of calories in the diets of America's children, trailing only grain desserts, such as cookies and other carb-laden sweets. On any given day, roughly 20 percent of all children aged 2 to 11 and adolescents aged 12 to 19 eat pizza. And when they do, they eat a lot of it. On the days children eat pizza, they eat roughly 400 calories worth, according to the study. For teenagers, it's upward of 600 calories.

All that is pretty problematic, according to Dietz, largely because kids don't tend to balance out the pizza slices with salads, vegetables and other more nutritional foodstuffs. Days on which children and teenagers eat pizza are not only associated with considerably higher intakes of both saturated fat and sodium, but also, quite simply, with more food: on average, children consume 84 extra calories on the days they eat pizza, while adolescents consume an extra 230 calories.

Please see PIZZA on 2C

### PROFESSIONAL OPINION



Submitted photo  
Dr. Stephen Durham of Durham Dental in Beaufort

## Is juicing bad for my teeth?

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This week, Dr. Stephen Durham of Durham Dental in Beaufort discusses the effects of juicing on your teeth.

**Question.** I've seen reports — and at least one toothpaste commercial — say that juicing or starting your days with lemon juice can hurt your teeth. Is that true? Is there any way to juice or drink without damaging my teeth?

**Answer.** If you start each day by drinking acidic juices, you are exposing your teeth to a daily dose of acid that can have harmful effects on protective enamel surfaces and make your teeth more susceptible to tooth erosion and cavities. Most juice is acidic, and the acid in the juice is what hurts your teeth by softening the enamel temporarily and, over time, thinning the enamel.

There are, however, plenty of things you can do to minimize the effects of drinking juice on your teeth. Try using a straw to drink your juice, or rinse your mouth with water immediately after you have finished drinking juice.

Another option for people who are at a higher risk for erosion or cavities could be certain types of gels prescribed by your dentist. This could be any type of fluoride treatment (rinse, paste, etc.), or even better, a treatment gel like MI Paste or Enamelon. These treatment gels have amorphous calcium phosphate, which helps rebuild the damaged enamel.

Please see OPINION on 2C

### TO SUBMIT

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# So the Grim Reaper has favorite days?

Want to live longer? Maybe you should take extra care on Christmas, New Year's, your birthday and the days you get paid. On the website of Men's Health magazine, Markham Heid assembles information from various studies that show days (or times of day) when you are more likely to shuffle off this mortal coil. Your chances are 25 percent higher of dying on your birthday than the average day of the year, said economist

Pablo Pena, author of one of those studies, who says "risky behaviors" involving alcohol, driving and stress are probably the cause. For similar reasons, chances of dying also jump — though to a lesser degree — on the two big holidays we just passed, according to a different study. "More mystifying: Rates of death for all sorts of common diseases — from cancer to cardiovascular disease — also swell on the first day of the year," Heid writes.

Several studies, including one from the University of Maryland, find that you are more likely to die soon after you get your paycheck. Again, increases in drinking and driving appear to be the cause. As for the most lethal hour, Heid doesn't really explain why — but if you're reading this after 11 a.m., you've made it through the most dangerous time of day. Relax.

The Washington Post

## BRIEFLY

### Psychotherapist joins Bluffton clinic

Alison Jedrick, a licensed independent clinical social worker, has joined Psychological & Counseling Associates of the Lowcountry as a psychotherapist. The practice is at 23 Plantation Park Drive, No. 202, Bluffton. Jedrick has a master's in social work from the University of Georgia. She has worked with children, adolescents, adults and families for more than 13 years in a variety of community and outpatient settings. She specializes in the treatment of trauma, attachment disorders, depression, anger and anxiety. She is particularly hoping to help military families.

She accepts Tricare, Medicare, and Aetna insurance and will be accepting Medicaid and Blue Cross plans.

### Pediatrician added to medical staff

Beaufort Memorial has added another pediatrician to its medical staff. Dr. Anca Dumitriu is the newest member of Beaufort Pediatrics, a seven-physician practice at 964 Ribaut Road, across the street from the hospital's main campus.

Details: 843-524-5437 or [www.beaufortmemorial.org](http://www.beaufortmemorial.org)

### Physician assistant joins surgical team

Beaufort Memorial Surgical Specialists has added a new physician assistant to its



Thomas

team of doctors specializing in general, breast, laparoscopic and vascular surgery. Nancy Thomas has clinical experience in

a wide range of medical fields, including internal and emergency medicine, pediatrics and women's health. At Beaufort Memorial Surgical Specialists, she will work with general surgeons Drs. Perry Burrus, Deanna Mansker, Tim Pearce and Stephen Sisco.

Details: [www.bmhsc.org](http://www.bmhsc.org) or 843-524-8171

### Psychologist joins medical practice



Nicholson

Psychological & Counseling Associates of the Lowcountry has added licensed psychologist Kelly Nicholson to the practice. Nicholson is

bilingual in English and Spanish.

Details: 843-290-6828

### Hearing screenings set for today

The Hilton Head Island Senior Center will host an "Auditory Deprivation" seminar at 2 p.m. today at the senior center, at 70 Shelter Cove Lane, Suite L on Hilton Head Island. Informal hearing screenings are available. The event is free and open to the public. Preregistration is required.

For more information on the seminar or for information on becoming a member of the Senior Center, call 843-785-6444 or go to [www.islandreccenter.org](http://www.islandreccenter.org).

### Lifestyle expert to present seminar

Lifestyle and preventative medicine expert, television personality and radio talk show host Dr. David DeRose will present "Secrets to a Healthy 100," a two-day, free health seminar Thursday and Friday at the Hilton Head Seventh-day Adventist Church. DeRose will present "Secrets to a Healthy 100, Part 1" and "Changing Bad Habits for Good" at 4 p.m. and 6 p.m. respectively Thursday. Those presentations will be followed up Friday with "Secrets to a Healthy 100, Part 2" and "The Brain Health Revolution" at 4 p.m. and 6 p.m. respectively. A "Dinner with Dr. DeRose" will take place at 5 p.m. both days with a free plant-based meal. Reservations must be made for the dinner by calling 843-441-8664. Separate from these events, DeRose will offer a presentation on heart health at Whole Foods Market at 2 p.m. Thursday.

### 'Fab New Me' seminar this week

Dr. Meghan McGovern will present a "Fab New Me" seminar from 6:30 to 8:30 p.m. Friday at the Bloody Point Resort on Daufuskie Island. The seminar is free and open to the public, and preregistration is required. McGovern will offer advice on the latest non-invasive and surgical techniques. Door prizes will be given away during the event. All participants will receive gift bags with special offers. Hors d'oeuvres and

beverages will be served. To reserve a spot, call 912-920-5613 by Wednesday.

Details: [www.fabnew.me](http://www.fabnew.me)

### DeRose to present free health seminar

Television and radio personality, author, and lifestyle medicine expert Dr. David DeRose will present a free health seminar called "Secrets to a Healthy 100" at 9:45 a.m. Saturday at Beaufort Seventh-day Adventist Church, 1505 Salem Road. There will be six presentations over the day, with the last one beginning at 4 p.m. Plant-based dishes will be available throughout the day for taste testing.

Details: 843-441-8664

### HEALTH AND WELLNESS

• **Yoga:** 10 a.m. Wednesdays and Saturdays through February, Bluffton library, 120 Palmetto Way, Bluffton. Free. 843-255-6512. [www.beaufortcountylibrary.org](http://www.beaufortcountylibrary.org)

• **Friday Yoga:** 1 p.m. Fridays through February, Bluffton library, 120 Palmetto Way, Bluffton. Free. 843-255-6512. [www.beaufortcountylibrary.org](http://www.beaufortcountylibrary.org)

• **The Blood Alliance Blood Drive:** 10 a.m.-2 p.m. Jan. 27, Pruitt Health Hospice, 1624 Paris Ave., Port Royal. 843-522-0409. [www.igiveblood.com](http://www.igiveblood.com)

• **Breast Cancer Program:** 4 p.m. Jan. 27, First Presbyterian Church, 540 William Hilton Parkway, Hilton Head Island. 843-681-3696

• **Friday Yoga with Pamela Brown:** 1 p.m. through Jan. 30, Bluffton library, 120 Palmetto Way, Bluffton. Free. 843-255-6512. [www.beaufortcounty](http://www.beaufortcounty)

Please see BRIEFLY on 6C

## OPINION

Continued from 1C

While counterintuitive, avoid brushing your teeth immediately after drinking juice. The act of brushing at this time, especially with whitening toothpastes, which contain grit to aid in removing surface stains, only con-

tributes to further damage while the enamel is softened.

The recommended sequence would be: brush and floss, juice, rinse with water (at a minimum), and apply treatment gels (fluoride or ACP product) for an added benefit.

Follow reporter Rachel Damgen at [twitter.com/IPBG\\_Rachel](https://twitter.com/IPBG_Rachel).

## PIZZA

Continued from 1C

"When you eat extra calories and don't compensate for it at another point of the day or week, it can lead to weight gain and even obesity," Dietz said.

There is a silver lining. Pizza consumption is still too high by nutrition standards, but it's lower than it used to be. Consumption fell by roughly 25 percent between 2003 and 2010, according to the study. Much of that has dip has come at dinner time, where it's fallen by 40 percent for children and about 33 percent for teenagers. It's unclear whether the decline has come on the heels of a growing concern over obesity, especially among the country's youth, health narratives which demonize carb intake, or an organic shift away from pizza.

But the drop in pizza consumption, while significant, hasn't been big enough. "It's a positive trend," Dietz said. "But we're not quite there yet."

It's easy to see the appeal of pizza. It's cheap. Parents can buy a lot of pizza for not a lot of money, and serve what's left over later, spreading pies out over more than a single meal. It's convenient. You can buy pizza from a chain, a

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Dr. William Dietz, director of the Sumner Redstone Global Center for Prevention and Wellness at George Washington University

mom and pop store, or a grocery freezer. And it's universally loved. The estimated 3 billion pizzas eaten each year in the United States is a testament to the food's unparalleled popularity.

Given how much the country loves pizza, what's to be done? Dietz suggests pizza with smaller serving sizes and healthier toppings.

"We're not suggesting that kids avoid pizza altogether," Dietz said. "But when parents serve it, it's important that they understand it's extremely caloric. They should serve smaller pizzas, or at least smaller slices. They might also want to serve it with vegetables instead of sausage on top."

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