Have you heard any of these slogans recently? “Convincing evidence,” “Very small absolute risk,” “Insignificant differences,” “Bottom line recommendation,” “Low-certainty evidence,” “Is in no way logical or even rational,” “Recommendations were weak,” “Based on poor science,” “Pending further review.” These phrases were used in a recent report by the Annals of Internal Medicine in October. No, they were not talking about impeachment, but the scientific food fight of the decade now being conducted across America and around the world.

It was exciting to read a new report, especially when I knew it would hit every nerve for those in the field of academic nutrition. The report’s title is, “Is red meat really bad for you?”

Food Fight! Clinical guidelines published in the October issue of Annals of Internal Medicine triggered a wave of pushback over claims that there isn’t convincing evidence that adults need to reduce their intake of processed and red meats to improve their health, countering prominent dietary guidelines that for years have warned consumers to eat less of those foods.

Key findings The new guidelines are based on five systematic reviews of randomized and observational trials involving about 54,000 people conducted by a panel of 14 researchers from seven countries. The researchers used the data to gauge the potential impact of eating three fewer servings of processed or red meat each week on cancer, cardiovascular disease, and mortality, as well as how people viewed red meat.

The researchers found that the effects of cutting three servings of red meat resulted in seven fewer cancer-related deaths per 1,000 people. The researchers similarly said they found “very small absolute risk,” or statistically insignificant differences, and weak evidence related to potential harms for many of the other outcomes measured.

As such, the guidelines concluded that people do not need to cut back on their red meat consumption for health reasons.

Bradley Johnston, an associate professor at Dalhousie University, who co-led the research review, said that the researchers’ “bottom line recommendation ... is that for the majority of people (but not everyone) continuing their red and processed meat consumption is the best approach.”

Further, while the guidelines counter recommendations to reduce red meat consumption, three of the report’s 14 authors said they still support guidelines that call for reducing red and processed meat consumption.

Not surprising the study ignited prompt pushback.

The new guidelines counter those from leading organizations, such as the U.S. Department of Agriculture, and the World Health Organization, and were met with swift pushback.

Before the study was published, a group of 13 prominent nutrition researchers—including one of the study’s co-authors—urged Annals’ Editor-in-Chief Christine Laine to preemptively retract the study, “pending further review.” The letter said that low-certainty evidence “is in no way a logical or even rational basis to recommend.”

In addition, the American Cancer Society, American Heart Association, and the Harvard T.H. Chan School of Public Health have denounced the findings.

Frank Hu, chair of Harvard’s Department of Nutrition, took aim at the researchers’ interpretation of the data, noting that the observed reductions in health risk that the study authors considered small “are not small from a public health point of view and could save hundreds and thousands of lives in the U.S.” He added, “Few dietary or lifestyle changes or even a drug could have multiple health benefits on major causes of deaths.”

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Seniors are Special presents
June 1 - 5, 2020
$ 675.00 per person

Price Includes: Motorcoach transportation roundtrip from Lubbock, four nights lodging, eight meals: four breakfasts and four dinners, guided tour of the Garden of the Gods, visit the United States Air Force Academy, shop the many stores found in Manitou Springs at the foot of Pikes Peak, a guided tour of Colorado Springs, visit the U.S. Olympic Training Center and visit Colorado’s Natural Wonder”– the Royal Gorge.

Monday, June 1: Board our spacious, video and restroom equipped Motorcoach and set off for spectacular Colorado. Enjoy a relaxing dinner before checking into our Colorado Springs hotel for a four-night one hotel stay.

Tuesday, June 2: Visit Historic Manitou. Then you will depart for a guided tour of GARDEN OF THE GODS, the magnificent park of red sandstone formations, a spiritual retreat of ancient people. This evening, enjoy your included dinner.

Wednesday, June 3: Today, take a guided tour of Colorado Springs. Other destinations include the U.S. Olympic training center, and the impressive Air Force Academy. Tonight includes dinner at a local restaurant.

Thursday, June 4: This morning, we depart for Colorado’s Natural Wonder, the Royal Gorge. At the Royal Gorge Bridge and Park, you will have an opportunity to view the breathtaking Gorge, cross the suspension bridge, and ride the Aerial Tram. Tonight will include dinner with entertainment.

Friday, June 5: We return to Lubbock, Texas.

COST: The cost of this trip is $675.00 per person double occupancy or $885.00 single occupancy. The price includes all entrance fees, lodging, transportation, all tours listed, and eight meals. Trip insurance is available at the time of registration for $69.00 per person.

RESERVATIONS: To make your reservation send a $100 deposit check per person to SAS, 602 Indiana Ave., Lubbock, Texas 79415. Please make the check out to Diamond Tours. Please call the SAS office 806-775-8760 for additional information. At the time of printing, we had six seats available.

SAS Guest Medical Speaker - James Tarbox, M.D.

Dr. James Tarbox is an Assistant Professor of Allergy and Immunology at Texas Tech Health Sciences Center’s Department of Internal Medicine. Dr. Tarbox will present Seniors are Special’s medical seminar Wednesday, January 8th.

Dr. Tarbox will speak about winter allergies in West Texas and how they affect senior adults. Learn what to look out for and how to treat and control the effects of allergies specific to West Texas.

Dr. Tarbox’s presentation will begin at 4:00 PM Wednesday, January 8th in the McInturff Conference Center.

He will be preceded by Aaron Davis who will speak at 3:00 PM about what’s new for 2020 at UMC Health System. This free program is open to the public; for information, contact SAS at 775-8760.

SAS’s Guest Speaker - Aaron Davis

Aaron Davis is the Chief Experience Officer at UMC Health System with a demonstrated history of working in the hospital & health care industry. Skilled in Coaching, Team Building, and Leadership. Aaron has a strong community and social services background. He earned an MS focused in Healthcare Administration from Texas Tech University Health Sciences Center.

Aaron will discuss patient care and what’s new at UMC Health System for 2020.
Study shines a light on holes in nutrition research

The study also renewed the discussion on the validity of existing nutrition research, Vox reports. The researchers in the guidelines acknowledged that their recommendation was “weak” and made with “low-certainty evidence,” but argued that existing nutritional recommendations also are based on imperfect science.

John Ioannidis, a Stanford University meta-research and a longtime critic of nutrition science who was not involved in the research, said of the guidelines, “These papers provide a nice counterbalance to the current norm in nutritional epidemiology where scientists with strong advocacy tend to overstate their findings and ask for major public health overhauls even though the evidence is weak.”

As Vox explains, a lot of nutritional guidelines have been based on a wide range of research, including animal studies, case-control studies, and observational studies, which are widely viewed as less rigorous than cohort studies or randomized control trials.

But for the new guidelines, the researchers weeded out those lower-quality studies and examined a broad range of research. They also notably compared the health effects of processed and unprocessed red meat, Vox reports. This different approach to evaluating nutritional research is why their nutritional guidelines differed from existing recommendations, according to Vox.

In a separate editorial accompanying the study, Aaron Carroll and Tiffany Doherty, both of the University of Indiana, also took aim at the traditional approach to nutrition research and argue that it may be time for “a major overhaul of the methods for communicating nutritional data” to the public.

They wrote of the findings, “This is sure to be controversial, but it is based on the most comprehensive review of the evidence to date. Because that review is inclusive, those who seek to dispute it will be hard-pressed to find appropriate evidence with which to build an argument.”

Been a while since your last statistics class? It can be challenging to judge the quality of studies, the significance of data, or the importance of new findings when you don’t know the basics. I include a refresher on some of the foundational components of evidence-based research.

The report was based on an observational study, but what is an observational study? In an observational study, researchers observe a population of individuals and measure their outcomes. Unlike in randomized control trials, researchers do not intervene in selecting which participants get a given intervention. Observational studies are the most common study type.

Some in Washington are calling this a “witch hunt,” “fake news,” or “a perfect report.” I’m calling it an opportunity to stop by the hot dog display a United and pick up a couple for Sunday’s game. Now, where will I find the mustard?

Portions of this article comes from a Special December AARP internet report. Additional information can be found at AARP member@email.aarp.org.
**EMS Breaks Ground on New EMS Station**

UMC broke ground on our new EMS Station One and Communications Center, and excitement is building! The new Station One will be a 105,000 square foot site located at 1705 E. 9th St. This facility will include an EMS Station, administrative offices, and Communications Center. It will also be a brand new 9-1-1 Dispatch Center.

Notable features of this facility include:
- a garage with space for three ambulances
- personnel quarters
- a hardened roof and exterior walls to resist gale-force winds and tornados
- a dedicated generator for back-up power
- expanded work areas
- industry-leading lighting
- a new 9-1-1 Communications Tower and more

“These new facilities will ensure our team continues to leverage technology to optimize resource management, clinician education and preparedness and operational workflow,” said Thomas Moore, Director of UMC Emergency Medical Services. “The future design and its location is a testament of UMC’s commitment to the entire community, allowing for the expansion of operations and the ability to take advantage of data-driven, evidence-based, and quality-focused initiatives for years to come.”

The facility’s design allows for future growth of the center as the population increases, and additional dispatchers and supervisors are needed. The ability to expand in place demonstrates UMC’s commitment to our community and to East Lubbock’s vitality.

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**UMC Activities Center – Julie Dominguez & Ashley Severson**

The UMC Activities Center is a place that can help you get active and stay physically fit in a group setting. Whether you are looking for a low-intensity class, a high-intensity class or something in-between, we have what you are looking for. At the UMC Activities Center, everyone is welcome and we will be happy to help you find a class that meets your needs.

**Check out our classes:**

**Exercising/Conditioning**

**Mobility and Balance with Julie (MF @ 10:00AM):** Focus is directed towards the improvement of balance and gentle developmental movements to enhance mobility. Use of chairs for stability may be utilized. Emphasis is on basic skills and building strength. Intensity Level: Low

**Intro to Wellness with Julie (MWF @ 2:00PM):** An introductory class to help get started with exercise or a class to stay involved with and enjoy the social benefits of exercise. Class consists of singing, stretching, strengthening and range of motion exercises performed seated and some standing. Stretching bands, dumbbells and body weight are utilized as resistance. Intensity level: Low

**Exercise 1 with Ashley (TTH @ 2:00PM):** Emphasis on stamina, strength, balance and some stretching. Exercises are performed sitting and standing. Intensity Level: Low

**Exercise 2 with Robin (TTH @11:00AM):** Exercises are performed standing and sitting. Emphasis on flexibility, strengthening, balance, and stretching. Also includes rhythmic activities. Intensity Level: Low to Moderate

**Aerobics with Robin (TTH @ 8:30AM):** Continuous cardiovascular movements along with strength training and flexibility. Emphasis on building endurance through movement. Minimum Physical Requirements: able to step side to side, forward and back in a row without losing balance. Intensity Level: Moderate to High

**Total Body with Sheila/Sharon/Janet (MWF @ 12:00PM):** Conditioning class-emphasizing endurance, strengthening, stretching, and shaping. Includes standing and seated activities and use of various equipment. Intensity Level: Moderate

**Strictly Strength with Ashley/Sharon (MWF @ 8:00AM):** Class that puts the emphasis on resistance training in order to build strength/muscle. Class will utilize body weight, dumbbell, barbells, and band exercises. Improve muscular endurance, strength, bone density, and reshape your body. Intensity level: Moderate to High

**Mind/Body**

**Seated Yoga-Pilates with Larry (W @ 10:35AM):** Emphasis is on flexibility, range of motion, strengthening, and balance. Primarily seated exercises, ending with relaxing activity/meditation. Goal of the class is to maintain and enhance functioning for daily living. Intensity Level: Low

**T’ai Chi ChihÔ with Larry (TTH @ 9:30AM):** A Western style of movement
related to Tai Chi that improves well-being. The class involves slow, continuous, circular, shifting movement to stimulate inner energy chi flow. Will increase balance and flexibility. May be performed standing or sitting. Easy to learn. Intensity Level: Low

**T’ai Chi Ch’uan with Larry (TH @ 3:00PM):** Slow moving activity; Movements are flowing, circular, and weight shifting. A soft martial art technique (mind and body) emphasizing health, balance and energy. Done as individual movements or as a series (a Form). Minimum Physical Requirement: ability to stand for 20 minutes (Forms taught: Wu Hao, Yang Short Form (37) and others). Intensity Level: Low

**Yoga with Anita (TTH @ 12:15PM):** This comfortable paced class combines floor and standing exercises consisting of gentle toning and stretching to increase mobility, flexibility, balance, and strength. Participants must be able to get up and down from the floor, but may use a chair as an aid. Intensity Level: Low to Moderate.

**Yoga with Ping (MWF @ 9:15AM):** Uses the physical postures, breathing practices, relaxation and meditation to harmonize body, mind and spirit as well as increase strength, flexibility and balance. Intensity Level: Low to Moderate

**Pilates with Sheila (TTH @ 10:30AM):** System of strengthening and stretching exercises designed to develop the body’s core, mobilize the spine and build flexibility. Increases range of motion in all joints and movements of the body. Exercises include both mat and standing activities. Intensity level: Low to Moderate

**Yoga with Linda (MW @ 5:30PM):** Set of physical exercises or postures, sequences of postures and conscious breathing used to develop awareness, strength and flexibility. Minimum Physical Requirements: able to get up and down from mat and sustain standing postures for a period of time. Intensity level: Moderate

**Dance**

**Learn to Dance with Jim and Linda (M @ 6:30PM & W @ 3:30PM):** Designed to teach basic dance steps to partner dances. Dances taught may include Waltz, Country Western Two-Step, Tango, Rumba, etc. For optimal results bring a dance partner. Intensity Level: Low

**Line Dance Vocabulary (1) with Gail (T @ 3:30PM & W @ 1:15PM):** Language of basic steps will be taught and explained through a “feet on” experience with a detailed walk-through. Each basic step will be incorporated into a dance exercise that is vocally cued with music. Basic line dance steps taught may include Waltz, Cha Cha, Rumba, Tango, Mambo, and Two-Step. Class prepares you for Beginning Line Dance. Intensity Level: Low to Moderate

**Line Dancing for Fun with Don (F @ 10:45AM):** Should be able to execute basic steps. Intensity Level: Low to Moderate

**Line Dance Level 2 with Gail (T @ 4:30PM & W @ 2:15PM):** Experience and knowledge of Line Dance Vocabulary required. Intensity Level: Low to Moderate

**Line Dance Level 3 with LouAnn (M @ 1:15PM):** Preparation for more advanced levels of Line Dance. Need to have mastered Line Dance Vocabulary and understand basics of Beginning Line Dance. Dance to upbeat music while improving on the cha cha, waltz, mambo, 2-step, and rumba. Intensity Level: Low to Moderate

**Line Dance Level 4 with LouAnn (M & W @ 10:40AM):** Should have mastered Vocabulary and Beginner Classes. Emphasis is on learning new routines and dances. Intensity Level: Moderate to High

**Music in Motion with Ashley (M @ 11:15AM):** Create aerobic activity through the movement of drumsticks in this unique cardio drumming class. Inspired by music, this class is sure to provide a perfect atmosphere for letting loose, getting energized and toning up. Intensity Level: Moderate

**Reminder:** Line Dance Vocabulary with Gail starts from the beginning of the “feet on” experience on Tuesday January 7th @ 3:30PM. You are more than welcome to start your “feet on” experience at any time but January 7th will start with the most basic steps. Line Dance Vocabulary with Gail meets on Tuesday @ 3:30PM & Wednesday @ 1:15PM.

**UMC’s Better Breathers Club to meet at UMC Activities Center**

The UMC Better Breathers Club is a support group for people with Chronic Lung disease such as COPD, Asthma, Pulmonary Fibrosis, and Lung Cancer. Joining is free! Learn to manage your lung disease and live better. The Better Breathers Club meets the second Monday of every month from 6:00 pm to 7:30 pm at the UMC Activities Center at 5217 82nd Street, in Rockridge Plaza. Our next meeting will be Monday, January 13, 2020. For additional information, contact Lori Stroud at 775-8950.
Seniors Are Special’s Monthly Seminar

Wednesday, January 8, 2020 | 3:00 PM – 5:00 PM
McInturff Conference Center at UMC

Lifestyle Topic: 3:00 PM
Aaron Davis, Chief Experience Officer at UMC Health System
“How Patient Care is Influencing the Future of UMC Health System”

Medical Topic: 4:00 PM
Dr. James Tarbox, Assistant Professor of Allergy and Immunology at TTHSC
“There is More in the Air This Time of Year Than Reindeer”
Winter Allergies of West Texas

Join us for Seniors are Special’s monthly educational seminars. These seminars meet on the second Wednesday of each month beginning at 3:00 PM in UMC’s McInturff Conference Center. The meetings are free, open to the public, and no reservations are necessary. Please bring a friend. For further information on these meetings, call SAS at 806-775-8760.

Shuttle Service will Continue for Monthly SAS’s Medical Seminars

Shuttle transportation service will continue from Tech’s West Parking Lot for SAS’s monthly meeting.

SAS is working with Lubbock Shuttle to continue providing free shuttle service between 2:30 PM and 5:30 PM for our medical seminar guests. The shuttle will pick up members at the Texas Tech parking lot located WEST of the Texas Tech Parkway, off of 10th Street. Turn West away from the hospital at the 10th Street & Texas Tech Parkway light. The parking lot is located one block down on your left-hand side of the street. Follow the SAS parking signs. The shuttle will take you to and from the lot to the McInturff Conference Center. You are also free to park in any of UMC’s parking lots.

It’s Not Too Late to Get a Flu Shot

Flu season is here. As long as flu viruses keep circulating, it’s not too late to get vaccinated. Flu shots are free for people with Medicare once per flu season, when you get it from doctors or other health care providers that take Medicare.

There are many reasons to get a flu vaccine. It can reduce your risk of flu illness, doctors’ visits, and missed work due to the flu. And, if you’re vaccinated and still get the flu, the vaccine can reduce the severity of your illness.

Getting vaccinated isn’t just about keeping you healthy; it’s also about helping to protect others around you who may be vulnerable to getting sick. Protect yourself and your loved ones — get your free flu shot as soon as possible!