

An Ounce of Prevention is Worth a Pound of Cure!



Just to be thorough, I am going to throw out some statistics of times when a little prevention goes a long way. I hope you will take the time to read over them and truly ponder what they mean to you and your family's life and wellness.

1. **Motor Vehicle Safety:** Over 30,000 people die in car crashes annually. To save lives, slow down and drive the speed limit, make sure everyone in the car is wearing their seatbelt, emphasize graduated drivers license rules to driving teenagers, and if riding a motorcycle- wear a helmet.
2. **Cancer diagnosis:** There were an estimated 1,660,290 new cases of cancer diagnosed in the United States in 2013. If caught early, even the more aggressive cancers have a better prognosis. Please refer to the tables on the back of the page for the recommended cancer screenings based on sex and age.
3. **Heart disease:** 20.4% of adults greater than 18 years of age have high blood pressure. Of those, only 82% of them are aware of it! 31.9 million adults over the age of 20 have Total Cholesterol levels greater than 240.
4. **Diabetes:** in 2010 19.7 million Americans had diagnosed diabetes and another 8.2 had diabetes and didn't know it!
5. **Obesity:** Nearly 35% of Americans are obese, with a BMI greater than or equal to 30. The pre-diabetes rates nearly match the obesity rates at 38.2% of adults.
6. **Lack of physical activity:** 29.9% of adults report engaging in NO leisure physical activity. The rates for children are better, but the older the child is, the less activity they do.

DO THESE NUMBERS FRIGHTEN YOU?

**THEY SHOULD! THEY REPRESENT US, ALL OF US, FROM THE
NORTH TO THE SOUTH, EAST COAST TO WEST COAST. FOR
SOLUTIONS AND SUGGESTIONS, KEEP READING!**

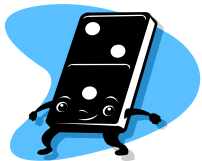
Like pieces of a domino game, one piece falls and impacts the other, then that one impacts the next. Healthy lifestyles can impact your risks for disease and reduce the risk for complications from disease if you already have been diagnosed with the condition. It happens one step at a time. Read the pieces below to find ways to make an impact.



1. Everyone in the car wears a seatbelt or rides in a car seat when the car is moving. This is not negotiable. Start children in car seats and keep them in seatbelts their whole lives and when they are teenagers, it will be second nature. Drive the speed limit. Remember, you are not just protecting yourself, but also your passengers and other people on the road. If the law of the land says you can ride a motorcycle without a helmet, wear it anyway!



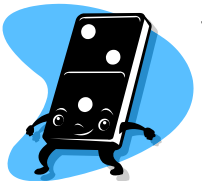
2. Get your cancer screenings: for women (pap smear, mammograms and colonoscopy for age 50 and above) for men (prostate screening and colonoscopy for age 50 and above). Don't smoke and if you already do, talk to your doctor about help quitting. Reduce your consumption of red meat to as few servings a week as possible and make half your carbohydrate choices whole grain.



3. Get moving! Get out of the house, take a walk, talk a stroll, go for a run, walk the dog, play ball with the kids, roller skate, dance the night away. Whatever you can do to move, get busy! Moving will help you with the following conditions: by improving the elasticity of blood vessels and the condition of the heart it lowers blood pressure, increases your bodies responsiveness to insulin which in turn lowers blood sugars, using the large muscles of the body in the legs, you release chemicals that break up lipids and lead to reduced cholesterol levels.



4. Make healthier food choices! Don't drink your calories. If you think you're hungry, drink a glass of water first! Get to know your hunger signals all over again. If you want a glass of orange juice, eat an orange and drink a glass of water! The fiber and nutrients in the orange cannot be found in simple juice. Looking for something crunchy to snack on during the movie? Air popped popcorn without tons of butter and salt is great, but measure out a serving size! Feel like having cake after a meal? Skip the starches like rice or potatoes during the meal. Looking for a simple protein for dinner? Choose lean white meat chicken or wild fish such as salmon, and reduce the number of times a week you eat red meat. Is it time for dessert? How about making cookies from scratch and use low fat ingredients such as applesauce for fat and whole grain flours instead of bleached white flour. Store bought baked goods are high in saturated fats and simple starches. You can do better than that!



5. Everybody gets busy these days and finds themselves staring at an empty refrigerator or it's a special occasion and find themselves in a restaurant. Get familiar with your favorite places menu and learn what are the best choices. Remember, restaurant food should be a special treat or an "in case of emergency" affair. The portions are too big, the fat grams are too high, the sodium is off the charts, and the calories are more than you need! So limit the times you eat there and you will come out ahead!