



Wellness Newsletter

Augusta Technical College

The Heart Truth - Women & Heart Disease

To make women more aware of the danger of heart disease, the National Heart, Lung, and Blood Institute (NHLBI) and partner organizations are sponsoring a national campaign called *The Heart Truth*. The campaign's goal is to give women a personal and urgent wake-up call about their risk of heart disease.

The Heart Truth is that heart disease is the #1 killer of American women. In fact, one in three women dies of heart disease. But heart disease can also lead to disability and a significantly decreased quality of life.

Unfortunately, most women don't know *The Heart Truth*. Only 20 percent of women identify heart disease as the greatest health problem facing women today.

The Heart Truth is that women don't take their risk of heart disease seriously—

or personally. Women often fail to make the connection between risk factors, such as high blood pressure and high cholesterol, and their own chance of developing heart disease.



The centerpiece of *The Heart Truth* is the Red Dress, which was launched as the national symbol for women and heart disease awareness during American Heart Month at

Fashion Week in February 2003. The Red Dress reminds women of the need to protect their heart health, and inspires them to take action.

The campaign tells women that "*The Heart Truth* starts with you. Talk to your doctor, find out your risk, and take action

Pizza Hero

Serves 2 (½ roll per serving)

- 1 6-inch submarine roll
- ¼ cup unsalted spaghetti sauce
- 1 ounce part-skim shredded mozzarella cheese
- 4 thin slices of onion
- 3 green peppers
- 2 thin slices of mushrooms

Preheat oven to 400F.

Split rolls in half lengthwise and place on a baking sheet, cut sides up.

Pour spaghetti sauce over rolls, and top with cheese, mushrooms, onion slices, and bell pepper.

Place in oven and heat about 5 minutes, or until cheese is melted. Serve warm.

For more healthy recipes go to: <http://www.americanheart.org>

Child Passenger Safety

Motor vehicle crashes are the leading cause of death among children in the United States, according to the most recent Motor Vehicle Occupant Safety Survey (2003). In 2003, 1,591 children ages 14 years and younger died as occupants in motor vehicle crashes and approximately 220,000 were injured. That's an average of four deaths and more than 600 injuries each day.

Of children ages 14 years and younger who were fatally injured in 2003, more than half were unrestrained (NHTSA 2004).

Most of these injuries could have been prevented. **Placing children in age-appropriate restraint systems reduces serious and fatal injuries by more than half** (NHTSA 2004).

More information on Child Passenger Safety is available on the following website:

<http://www.cdc.gov/ncipc/duip/spotlite/childseat.htm>



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National Health Observances February

- Heart Health Month
- National Cancer Prevention Month
- National Child Passenger Safety Awareness Week (12th—18th)
- National Wear Red Day (3rd)
- Random Acts of Kindness Week (13th—19th)
- Wise Health Consumer Month



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Websites To Checkout

- <http://www.americanheart.org>
- <http://www.aicr.org>
- <http://www.healthylife.com>
- <http://www.hearttruth.gov>
- <http://www.nhtsa.dot.gov>
- <http://www.actsofkindness.org>



Prevention Works! National Cancer Prevention Month

Early Detection for Prevention

- *Cancer Screenings or cancer tests* – given to people without any known problems, in order to detect cancer early or to detect changes that may become cancer. For example, a mammogram is a screening x-ray that can detect breast cancer early. Some other screening tests are: PAP smears for cervical cancer; PSA (prostate specific antigen) tests for prostate cancer; and fecal occult blood test (FOBT or a test of stool), sigmoidoscopy, colonoscopy and barium enema that looks at the colon for colorectal cancer.
- *Clinical exam* – this is when a health care provider looks at a part of your body to look for any changes. For example, women should have a health care provider examine their breasts once a year.
- *Early detection* – finding cancer early before it has spread to other parts of the body so that it can be treated more easily and even cured.
- *Scans (scanning)* – using computer technology to produce a three-dimensional view of a part of the body. For example, new spiral CT-scans are being tested as a way to detect early lung cancer.
- *Self-exam* – looking at your body regularly to see if anything is different. For example, each month women should do a breast self-exam to check for changes in their breast. Men should do a testicular self-exam to see if there are any changes in their testes (a testical is the male reproductive gland). Both men and women should look at their skin to see any changes in moles, bleeding from a mole, or a new mole. Men and women should tell their doctor about any changes.

Diet and Cancer Prevention

- *Anti-oxidants* – substances found in certain foods that can prevent cancer-causing substances such as free radicals from harming our bodies. For example, Vitamin C is an antioxidant. See free radicals.
- *Dietary Fiber* – the part of plant foods (grains, beans, nuts, seeds, fruits and vegetables) that our bodies don't fully digest. It helps move waste from our bodies and may play a role in helping to prevent some cancers.
- *Folate* – a substance found in green leafy vegetables and some breakfast cereals that may help reduce the risk of some cancers (also known as folic acid).
- *Free Radicals* – substances in our bodies that can cause cell damage and cancer.
- *Functional Food* – a food with health benefits beyond its nutrients. For example, broccoli provides us with vitamins for nutrition that helps our bodies grow and develop. It also contains a substance called sulforaphane, which may help prevent cancer.
- *Nutrient* – chemicals such as vitamins and minerals that make up food, and which help us grow and live.
- *Phytochemical* – a compound that naturally occurs in plants.
- *Plant-based diet* – a diet that consists of large quantities of fruits, vegetables and grains. This type of diet is considered healthy and may help reduce cancer risk.

Cancer Screening Tests for Men: What You Need and When*

Screening tests, such as colorectal cancer tests, can find diseases early when they are easier to treat. Some men need certain screening tests earlier, or more often, than others. Talk to your doctor about which of the tests listed below are right for you, when you should have them, and how often.

The U.S. Preventive Services Task Force has made the following recommendations, based on scientific evidence, about which screening tests you should have.

- **Colorectal Cancer Tests:** Begin regular screening for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you. How often you need to be tested will depend on which test you have.
- **Prostate Cancer Screening:** Talk to your doctor about the possible benefits and harms of prostate cancer screening if you are considering having a prostate-specific antigen (PSA) test or digital rectal examination (DRE).

*Information provided by the U.S. Department of Health and Human Services at:

www.ahrq.gov/ppip/healthymen.htm

"First In Prevention... Prevention First"

Learn from the Cancer Research
and Prevention Foundation:

www.preventcancer.org

