

# Health Watch

[a health newsletter brought to you by smallwood]

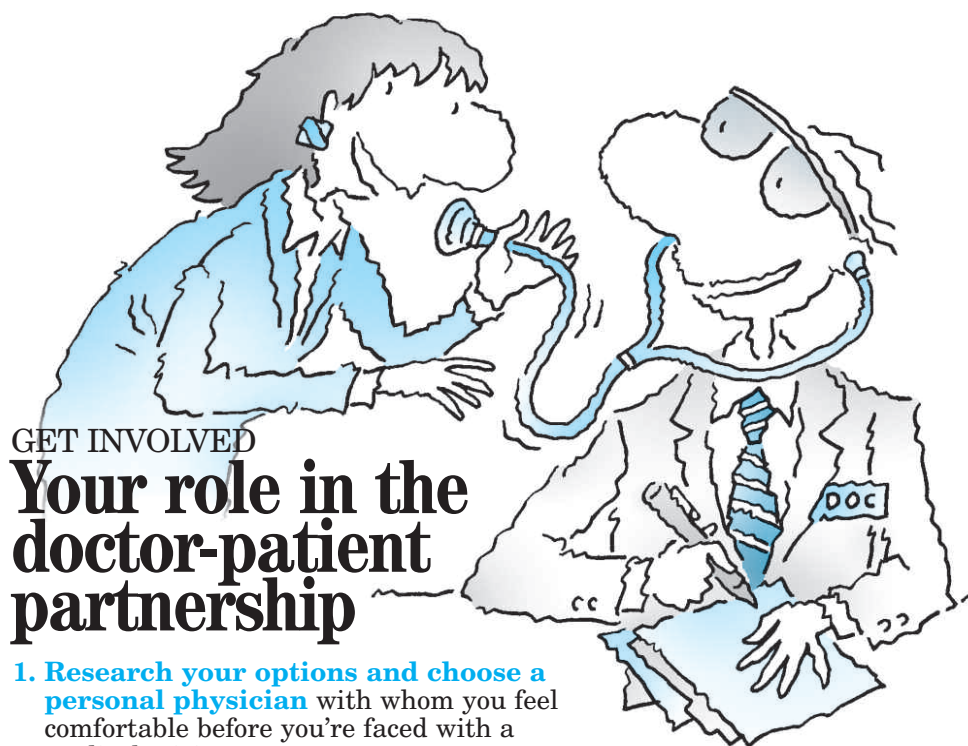


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“An ounce of prevention is worth a pound of cure.”

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GET INVOLVED

## Your role in the doctor-patient partnership

1. **Research your options and choose a personal physician** with whom you feel comfortable before you're faced with a medical crisis.
2. **Prepare for office visits.** Write down questions about your biggest health concerns and jot down the doctor's answers for future reference. Tell your doctor about any family history of heart disease, cancer, diabetes, or other conditions that may have a genetic link.
3. **Talk about any changes in your life that may affect your health.** For example, are you having marital or financial problems? Are you following a special diet? Do you have unusual symptoms like frequent urination or headaches?
4. **Show your doctor a list of all the prescription and over-the-counter medications you take.** Include any vitamins or supplements.
5. **Speak up if something doesn't sound right.** Ask questions when you don't understand something.
6. **Follow up on office visits.** Call for test results and request copies to keep for your personal records.

Source: Group Health Cooperative, Seattle, WA

## What's 30 minutes out of 10 hours?

**A**mericans spend nearly 10 hours a day using different media outlets. That includes, on average: 4½ hours watching television, 2½ hours listening to the radio, and a half-hour listening to music. The rest of the 10 hours is divided between computers, playing video games, and reading newspapers, magazines, and books.

If you're like most people, you could spend 30 minutes or even an hour of that time walking or enjoying some other physical activity — and you'd still have nine hours left to enjoy your favorite media outlets.

Source: *Statistical Abstract of the United States, 2007*, published by the U.S. Census Bureau

## Women take heart

See page 7...



### WHAT'S INSIDE...

• From salads to sandwiches	Page 2
• Do what you love	Page 3
• Balance the scales	
• Healthy Bites	Page 4
• Moving day	Page 6
• Sunscreens	Page 7
• Skin check	Page 8