

# HOPE

## HEALTH LETTER



VOL. 26, NO. 7

"An ounce of prevention is worth a pound of cure."

JULY 2006

NOW HERE'S A REAL BARGAIN...

## Two for the price of one

**R**educe your risk for both heart disease and cancer with these healthy lifestyle choices:

### NOT SMOKING

Lowers blood pressure and keeps blood vessels healthy, which cuts your risk for heart disease and stroke.

Smokers have an increased risk not only for lung cancer, but for cancer in nearly every other organ in the body.

### PHYSICAL ACTIVITY

(at least 30 minutes most days of the week)

Lowers blood pressure, boosts HDL (healthy cholesterol), and helps control weight, all of which protect your heart.

Being overweight may also be linked to breast, colon, esophagus, kidney, and other cancers.

### EATING RIGHT

Fruits and vegetables, whole grains, and unsaturated fats can lower LDL (bad cholesterol), help control blood pressure, and protect blood vessels.

The antioxidants and other compounds in foods like broccoli, tomatoes, and blueberries may also lower cancer risk.

Sources: American Heart Association; American Cancer Society

### KIDS, CARS, AND

## Heat stroke

**I**t's never safe to leave kids or pets alone in a car or other motor vehicle in the sun.

Within just a few minutes, the inside temperatures can quickly reach deadly levels, even in weather as mild as the mid-70s. Cracking the windows does not reduce the danger.

When you leave the car, cover the seat belts and child safety seats with a towel or blanket. Plastic and metal parts can get hot enough to burn skin.

Source: University of North Carolina Traffic Research Center

## Recreational water safety

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Client # 108474 Masthead Imprint Artist CR P/D:  Revise & Return  OK for Final  OK for Final with changes  PD Initials & Date  Proofed By:  Proof Due Back to PD by:

