

# Interra Health®

InHealth News™

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## Cancer Prevention

February is Cancer Prevention Month. While reports say that cancer rates have been declining, it is still the second highest cause of death in the United States. Prevention is one step anyone can take to help lower their risk of disease. Below are several tips to help reduce cancer risk:

- Limit the use of tobacco products. Toxins in tobacco are damaging to our body so it's best to stay away from them as much as possible. Statistics show that 70% of lung cancer is attributed to smoking.
- Reduce exposure to radiation. Be sure to apply sunscreen daily to help protect you from the damaging rays.
- Eat a healthy diet that's full of fruits, vegetables, and whole grains. They not only have antioxidants, but are full of fiber, which can help prevent certain cancers (i.e. colon cancer). Also, limiting nitrates, ingredients in processed meats to help preserve them, and charred foods are also beneficial.
- Stay physically active. Adults should participate in 150 minutes of moderate physical activity or 75 minutes of vigorous activity per week. Children should engage in 60 minutes of activity or more a day.
- Maintain or work toward a healthy weight. Staying at a healthy weight throughout life decreases your risk of developing cancer.
- Limit alcohol consumption to 2 standard drinks a day for men and 1 standard drink a day for women. Twenty-two percent of mouth cancer in men has been related to the amount of alcohol they consume.
- Live in a clean environment. To check the air quality in your town go to [www.epa.gov/region2/air/](http://www.epa.gov/region2/air/). Air quality can also be cleaned up in your own house. Instead of using air fresheners try using a filter-based cleaner, which will cost about \$80.

Sources: [www.webmd.com](http://www.webmd.com)  
[www.epa.gov](http://www.epa.gov)

## New Year's Resolution Reassessment

The first thing that comes to mind when bringing in the New Year is what our resolutions for the year would be. Most people typically want to change their life in some way, such as losing weight, getting fit, finding a better job, saving up, or paying off debts. To most people the New Year brings upon a new light of hope or sense of change. However, in many people that light begins to dwindle after a few weeks. A goal that they were so gung-ho to start, now seems dreadful to think about. One reason being, they simply wear themselves out too quickly or the goals are not attainable to the average individual. Below are several questions you can ask yourself when reassessing your New Year's resolutions:

### - Is your resolution a SMART goal?

A SMART goal is a goal that is specific, measurable, achievable, realistic, and has a time constraint.

This acronym helps people to make sure their goals are something that they can keep up with for the entire year or for life and not just a one month plan.



### - Is your goal positive?

Most New Year's resolutions tend to focus on the negative, like losing 50 pounds by next December. This gets you in a negative mind-frame and doesn't encourage you to stay motivated for long. Instead, try stating a goal of "I want to be healthier and feel better." This may or may not be primarily focused on losing all the weight but this goal helps you focus on the specific goal, which is your healthy lifestyle.

### - Is your goal intrinsic?

Intrinsic goals are the ones that are valued in and of itself. Setting goals intrinsically helps you realize the things you want to accomplish because of the benefits that it carries. An intrinsic goal also motivates you because it's something that you actually want to do.

Lastly, find yourself an accountability buddy! Share your goals with family and friends and whoever has similar goals as you. Utilize the buddy system. This system will keep you motivated to accomplish your goals because you and your buddy will be able to encourage each other to meet your goals!

Source: [www.webmd.com](http://www.webmd.com)

## National Heart Disease Awareness Month

February is Heart Disease Awareness Month. This month is dedicated to raising awareness about heart disease and increasing knowledge about prevention. Heart disease is the leading cause of death in the United States, so educate yourself on the dangers of heart disease and get on track to better health!

### Statistics

- In the US, a woman dies every minute from a cardiovascular event
- 1 in 4 women in the United States dies from heart disease
- Heart disease is the number one cause of death for both men and women in the United States, claiming approximately 1 million lives annually.
- Every 33 seconds someone in the United States dies from cardiovascular disease.
- 42% of women who have heart attacks die within 1 year, compared to 24% of men.

### Five Strategies to Prevent Heart Disease

1. Don't smoke or use tobacco
2. Exercise for 30 minutes on most days of the week
3. Eat a heart-healthy diet, rich in fruits and vegetables
4. Maintain a healthy weight
5. Get regular health screenings.

Sources: [www.theheartfoundation.org](http://www.theheartfoundation.org)  
[www.mayoclinic.com](http://www.mayoclinic.com)



## Maintaining Health During Cold and Flu Season

During this time of year, most of us are all hit with one common thing, either the cold or flu. You can reduce your risk by taking a few simple steps to stay healthy and not spread germs among family and friends. Below is information on different precautions that you can take to prevent the cold or flu during this season.

### The Common Cold

- With a common cold, you catch the virus from another person who is infected with the virus.
- With the common cold, you may have cold symptoms such as an itching or sore throat with sneezing, nasal congestion, watery eyes, and mucus drainage.



### The Flu

- Influenza, commonly shortened to "flu," is an extremely contagious respiratory illness caused by influenza A or B viruses.
- Flu appears most frequently in winter and early spring.
- The flu virus attacks the body by spreading through the upper and/or lower respiratory tract.

### Ways to Prevent a Cold or Flu

- Get vaccinated!
- Nurture your immune system by giving it regular sleep and good nutrition.
- Avoid close contact with people who are sick.
- Wash your hands often.
- Carry an alcohol-based hand sanitizer with you for times when a sink isn't available.

