

# NEWS YOU CAN USE!

FEBRUARY 2006

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## SPECIAL POINTS OF INTEREST:

- Making changes in certain lifestyle habits can help prevent cancer.
- Did you know that heart disease is the leading cause of death for American women?
- Skipping meals is discouraged as a weight-loss strategy.

## HEART ATTACK: KNOW THE WARNING SIGNS AND REDUCE YOUR RISK



### Warning Signs

It is vital that you know the warning signs of a heart attack and take fast action when they occur. You could save a life in doing so and maybe even your own. The warning signs may include:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body. Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath. Often comes along with chest discomfort. But it also can occur before chest discomfort.
- Other symptoms. May include breaking out in a cold sweat, nausea, or light-headedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common

symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

If you feel heart attack symptoms, do not delay. Remember, minutes matter! Do not wait for more than a few minutes—5 minutes at most—to call 9-1-1.

Even if you're not sure it's a heart attack, you should still have it checked out.

### Reduce Your Risk

Following are steps you can take to reduce your risk of having a heart attack:

- Stop smoking
- Lower high blood pressure
- Aim for a healthy weight
- Be physically active every day
- Manage diabetes

### For More Information on Heart Health

Visit the National Heart Lung and Blood Institute website at <http://www.nhlbi.nih.gov/> and the American Heart Association website at <http://www.americanheart.org>

Source: National Heart, Lung and Blood Institute, [www.nhlbi.nih.gov/actintime/](http://www.nhlbi.nih.gov/actintime/).

## WELLNESS FUN FACTS

### Cell Phone Use Raises Work-Home Stress Levels

Use of cell phones and pagers is blurring the boundaries of work and home according to the results of a new study. This spillover from work to family and family to work with cell-phone use is increasing stress and reducing quality of life for families. But study researcher Noelle Chesley, assistant professor of sociology at the University of Wisconsin-Milwaukee, reported that blurred boundaries may be irrelevant for the next generation of workers, spouses, and parents. It appears that today's teenagers expect to be connected "24/7" and cannot imagine it any other way. Source: *Journal of Marriage and Family*, December 2005.

### Early Detection and Treatment of Breast Cancer Saves Thousands of Lives Annually

According to the results of an important study, early detection of breast cancer with mammogram screening and improvements in treatment have reduced the death rate from breast cancer in the United States significantly. Between 1990 and 2000, the death rate from breast cancer declined by 24 percent although the incidence of breast cancer remained fairly stable. Source: *The New England Journal of Medicine*, October 27, 2005.

## STEPS TO REDUCE YOUR RISK FOR CANCER

Making changes in certain lifestyle habits can help prevent cancer. To reduce your risk for developing cancer:

- Eat a diet rich in fruits and vegetables and low in fat and salt.
- Maintain a healthy weight.
- Be physically active every day.
- Drink alcohol in moderation, if at all.
- Protect your skin.
- Avoid ultraviolet (UV) light from both the sun and tanning salons.
- Prepare foods safely.
- Avoid cooking meat, poultry and fish at high temperatures by grilling, barbecuing, broiling or pan frying that can cause

cancer-promoting substances called HCAs (heterocyclic amines) to form on the surface of the meats.

- Practice safe sex.
- Avoid unprotected sexual intercourse and intercourse with many partners that put people at risk for certain viruses that may lead to cancer including the human papilloma virus which causes cervical cancer and hepatitis B and C viruses which can cause liver cancer.
- Do not use tobacco in any form.
- Get regular cancer screenings.

Sources: "Simple Steps to Prevent Cancer," American Institute for Preventive Medicine, [www.aicr.org](http://www.aicr.org).



## FEBRUARY 2006

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 Valentine's Day	15	16	17	18
19	20 President's Day School Closed	21 Love Your Body Week	22 Love Your Body Week	23 Love Your Body Week	24 Love Your Body Week	25
26	27	28				

### SCHEDULE OF EVENTS

14th: Valentine's Day

20th: President's Day

21st–24th: Love Your Body Week

## TAKING WOMEN'S HEALTH TO HEART

Did you know that heart disease is the leading cause of death for American women? One out of every three women will die from the disease. More American women die of heart disease than all cancers combined.

Join the fight against heart disease in women. Join women and men nationwide on February 3 and wear red to raise awareness that heart disease is the number one killer of women. Encourage your family, friends, and coworkers to do the same.

The good news is you can reduce your risk for heart disease by as much as 82 percent by simply leading a healthy lifestyle. The U.S. Office on Women's Health offers these steps to better heart health:

1. Don't smoke, and if you do, quit. Women who smoke are two to six times more likely to suffer a heart attack than non-smoking women. Smoking also boosts your risk of stroke and cancer.
2. Aim for a healthy weight. It's important for a long, vigorous life. Overweight and obesity cause many preventable deaths.
3. Get moving. Make a commitment to be more physically active. Aim for 30 minutes of moderate-intensity activity on most, preferable all, days of the week.
4. Eat for heart health. Choose a diet low in saturated fat, trans fat, and cholesterol and moderate in total fat.
5. Know your numbers. Ask your doctor to check your blood pressure, cholesterol (total, HDL, LDL, triglycerides), and blood glucose. Work with your doctor to improve any numbers that are not normal.

### Get Your Free Red Dress Pin and More Heart Health Information!

The red dress is the national symbol for women and heart disease awareness. Join the Go Red for Women movement by calling the American Heart Association at 1-888-MY-HEART or signing up online at the website [www.americanheart.org](http://www.americanheart.org). You will receive a free red dress lapel pin plus an educational brochure with more information on how to reduce your risk for heart disease.

Sources: "The Heart Truth Campaign," U.S. National Heart, Lung and Blood Institute, [www.hearttruth.gov](http://www.hearttruth.gov). "Go Red for Women," American Heart Association, [www.americanheart.org](http://www.americanheart.org).

## SKIPPING MEALS NOT A GOOD WEIGHT-LOSS STRATEGY

Skipping meals is discouraged as a weight-loss strategy. Although it might seem that cutting out a whole meal's worth of calories would lead to weight loss, studies show that this strategy rarely works.

Most people who skip a meal and its 300 to 600 calories usually increase how much they eat at other meals in the day by at least the same amount of calories. These people, like others who come to a meal overly hungry, tend to eat rapidly, which makes it difficult for them to sense when they've had enough.

People who skip meals may also snack more. Although the snacks might be small in size, they can add up to a substantial number of calories and replace the calories missed at a meal. Furthermore, even if you manage to keep a low daily total of calories for a few days by skipping meals, weight loss requires reduced calorie consumption over an extended period of time. Meal-skipping that leads to considerable under-eating for a few days often results in more days of overeating.

Source: "Nutrition Wise" by Karen Collins, MS, RD, CDN, American Institute for Cancer Research, [www.aicr.org](http://www.aicr.org). Reprinted by permission.



*Reduce your risk for heart disease by 82% by leading a healthy lifestyle*

**"The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself."**

~ Anna Quindlen



*People who skip meals may also snack more.*



## SLCC HEALTH & WELLNESS SERVICES

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C O M E O N I N ...  
 Y O U ' L L F E E L  
 B E T T E R I F Y O U D O !

At Health and Wellness Services we believe that health is more than a good check-up. Being healthy and well means having balance between all parts of our being. Our mission is to provide services that will enhance all of the areas of human wellness. Social, Physical, Intellectual, Emotional and Spiritual health are all a part of that mission. In general, we try to help SLCC students progress toward better health and wellness by supporting responsible choices, providing students with affordable, high quality health care, and by challenging social norms which undermine attempts to adopt healthy behaviors.

Our web site contains a wide variety of information. Visit it often as information is updated regularly.

### Staff Member Spot Light



#### Marian Jones

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Marian has been in the Medical field for 13 years now and still loves every day of it. She believes everyone should know more about their own Health Issues. She has been in school for a long time her self and is still attending to this day. She believes a person can never learn too much and firmly believes in education and enjoys the opportunity to learn. She has completed a lot of areas of study in the Medical Field and is currently

enrolled in the Criminal Justice program, and is always looking into other areas of study that interest her.

Marian loves spending time with her two grandchildren, doing crafts and spending time in her yard.

## KEYS TO HEALTHY AGING

Live healthier and happier well into your later years by practicing a healthy lifestyle that includes:

- Regular physical activity—30 minutes of moderate-intensity activity most, preferable all, days of the week
- Healthy eating with a diet low in saturated and trans fats, low in sodium, and high in fruits, vegetables, and whole grains
- Avoiding tobacco use
- Moderation in drinking alcohol, if at all
- Regular screenings for early detection of such health problems as breast, cervical, and colorectal cancers, diabetes and its complications, and depression
- Social wellness—Connections with family, friends, and your community

- Optimism—A positive attitude about yourself and life
- Financial fitness
- Mental fitness and wellness
- Enough sleep
- Relaxation
- Stress management

For more information on healthy aging, check out these websites:  
 CDC Healthy Aging for Older Adults

[www.cdc.gov/aging](http://www.cdc.gov/aging)  
 AARP American Association of Retired Persons  
[www.aarp.org/health](http://www.aarp.org/health)  
 The Healthy Aging Campaign  
[www.healthyaging.net](http://www.healthyaging.net)



*Live healthier into your later years by practicing a healthy lifestyle..*