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Health & Wellness

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An advertisement for Les Mills fitness classes. It features a woman with curly hair in the foreground and a man in motion in the background. The text 'THE BEST HIIT' is overlaid on the image. At the bottom, there are three red boxes with white text: 'LES MILLS GRIT', 'LES MILLS BODYPUMP', and 'PERSONAL TRAINING'.

A Lifetime of Immunizations

Co-authored by Katey Yang and Payton O'Quinn, Pre-Med Student Interns, Sampson Regional Medical Center

About the contributors:

Payton O'Quinn is from Clinton, NC, and is a 2017 homeschool graduate. He attends North Carolina State University with a major in animal science and minor in genetics. After completion of his undergraduate degree, O'Quinn plans to attend medical school, hopefully in North Carolina. Inspired by the dedicated physicians in Sampson County, his ultimate goal is to practice medicine in a rural community like his hometown. He has a passion for learning and science and looks for opportunities to serve others. His studies in animal science have helped him gain a greater understanding and connection to the community while also studying how nutrition impacts our health.

Katey Yang is from Clinton, NC, and is a 2017 graduate of Clinton High School. She attends Tufts University with studies in cognitive and brain science. After college, she plans to attend medical school with dreams of becoming a pediatric plastic surgeon. She has a passion for helping others and working with kids and believes a career in pediatric medicine will be a good fit. Her research related to malformations in children has specifically interested her in pediatric plastic surgery.



From the time of birth into the elderly ages, protecting children and adults from as many viruses and bacteria as possible is important. Although the body can fight off some diseases, there are many germs which are too strong for the body to naturally defend against. However, there is a way to protect the body and human population from outbreak of some potentially fatal infections. Adults and children can protect themselves from certain diseases by following immunization schedules

based on age and risk factors.

Immunizations help make an individual more resistant to an illness and are typically given through vaccines. Vaccines contain an inactive, weakened, or dead form of the pathogen for injection in the body. Encountering an illness in a weakened form better prepares the immune system to combat the actual illness.

Despite the benefits of immunizations in protecting children, some 1.3% of parents in 2015 had concerns about the side-



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Continued from page 3

effects of vaccines and chose to have their children unvaccinated. These adults may be concerned for themselves and their children or be alarmed about the actual germ being directly injected into the body for purpose of vaccination. But this builds immunity, and knowing how these vaccines are used to prevent disease helps people of all ages understand the importance of being immunized. Vaccines have very little risk of causing serious illness.

No vaccine is 100% effective in protecting against illnesses. For increased effectiveness, some immunizations rely on herd immunity. Herd immunity is the scientific concept that if all members of a population are vaccinated against a contagious illness, the population will be less likely to transmit the illness. When people choose to forgo vaccinations, herd immunity becomes less effective. The number of people in a population that need to be vaccinated for herd immunity to work varies by disease.

One vaccine that relies on herd immunity is the MMR vaccine (measles, mumps, and rubella). Measles requires a 93%- 95% vaccination rate for herd immunity to be effective. Receiving one dose of the MMR vaccine is 93% effective against measles; a second dose raises the efficacy to 97%. On its website, the Centers for Disease Control and Prevention (CDC) documents the history of measles. The decade before the vaccination became available, roughly three to four million Americans were diagnosed with measles, resulting in 400 to 500 deaths. After 30 years of immunizing against measles, in 2000 there were zero cases reported in

more than a 12-month period.

As of July 18, 2019, there were 1,148 reported cases in the United States, which exceeds the number cases reported annually in the last 27 years. The CDC attributes the rise in measles in the United States to a decreased vaccination rate, as well as exposure to people who have contracted measles outside of the country. Because of the possibility of contracting an illness while overseas, it is important to be up to date on vaccinations before traveling internationally.

The reappearance of measles in the United States demonstrates the importance of staying vaccinated not only with the measles vaccines but all recommended immunizations. One disease that has been eliminated from the United States is poliomyelitis (polio); getting vaccinated for polio aims to prevent its reappearance. Polio is a potentially deadly virus that attacks the nervous system and causes paralysis. Because other countries with lower vaccination rates continue to have cases of polio, children should continue receiving the vaccination, and travelers should inquire about booster shots.

Vaccinations do not stop after childhood. As a matter of fact, some vaccines are not recommended until adult age, and many others given as a child require booster shots. For most adults, immunizations include an annual influenza shot, the tetanus and diphtheria shot every ten years, a shingles shot after age 50, and a pneumonia shot after age 65. If you are uncertain about what immunizations you need, ask your doctor. You can also find more information about

adult immunization schedules on the CDC's website by entering the key words "immunization schedules" in the site's search bar.

In addition to the CDC, the American Academy of Pediatrics (AAP) and the American Academy of Family Physicians (AAFP) have helpful information about what diseases are protected by vaccinations and schedules for immunizations. It cannot be emphasized enough that getting immunizations protects children and adults from potentially deadly infections and diseases such as polio, tetanus, measles, and pertussis. The AAFP reported that in the past 20 years immunizations and vaccinations have prevented more than 730,000 deaths among children and prevented more than 21 million people from going to the hospital.

Because it is so important to maintain proper immunizations throughout life The United States' federal vaccination policies also recommends vaccination schedules, and some state laws require certain childhood immunizations in order to attend public school. In North Carolina, up-to-date immunizations are needed when entering kindergarten, middle school, high school, and college. It can seem overwhelming to keep up with the many types of immunizations; however, maintaining proper immunizations not only keeps you protected from certain infections, but it also is good for the health of your family, friends, and community.

Talking with your pediatrician and family doctor to better understand the benefits and how you can stay on track will help it seem less daunting.

Should you skip breakfast while dieting?



The secret to losing weight involves a careful balance. The number of calories that go into a person should be exceeded by the energy expended by exercise and the normal biological functions of the body. This often involves controlling caloric intake, which can be simple when people cut back on portion sizes.

Some people believe they can lose weight by limiting what they eat and even skipping certain meals altogether. But skipping a meal like breakfast could actually have an adverse effect on weight-loss efforts.

People who lose weight and keep it off are generally those who eat a large, healthy breakfast. In a 2017 study about meal frequency and changes in body mass index published in *The Journal of Nutrition*, researchers found that those who made breakfast the largest meal of the day were more likely to have a lower body mass index (BMI) than those who ate a large lunch or dinner. A portion-controlled breakfast full of lean protein and whole grains can help people to feel fuller longer. Breakfast can curb hunger pangs before lunch, reducing the likelihood that people will reach for unhealthy vending machine fare to tide them over until their midday meals.

The nutrition experts at Runtastic, a resource for avid runners, find that eating breakfast stimulates the body's natural

thermogenic process, which is the use of energy to store food in the stomach, transport it through the digestive system and burn energy. Furthermore, studies have shown that eating a meal in the morning boosts metabolism more than eating the same meal in the evening. That's because, in the morning, the meal is jump-starting the body's metabolic process for the day.

Eating breakfast also can have a positive impact on blood sugar concentration and may reduce postprandial hyperglycemia (higher blood sugar levels after eating) in people who have diabetes.

The Academy of Nutrition and Dietetics recommends people divide their total daily food intake into four or five meals, including breakfast, over the course of the day. This provides constant fuel and will help one to avoid hunger pangs and blood sugar drops that may lead to impulse eating.

When choosing breakfast foods, certain options are smarter than others. Look for lean proteins, vegetables, whole grains, and low-fat dairy products. High-fiber foods, like oatmeal, can quell hunger pangs quickly and stabilize blood sugar after a meal. Protein also is filling. A 2005 study of overweight women published in the *Journal of the American College of Nutrition* showed that eating eggs for breakfast instead of a bagel significantly increased feelings of fullness and reduced food intake later in the day. Increasing fiber intake from fruits also can create feelings of fullness and promote weight loss.

Breakfast is an important meal that shouldn't be skipped, even by people aiming to lose weight.



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The growing threat of vaping



Cigarette smoking continues to decline among pre-teens and teenagers according to a survey from Monitoring the Future. But the number of young people who are vaping or smoking e-cigarettes has increased. This underscores the importance of greater education for youngsters and their parents about the potential hazards of vaping.

The popularity of vaping is troubling. A study from researchers at the Department of Psychiatry at Yale University School of Medicine that was published in the journal *Pediatrics* found the rising frequency of e-cigarette use was a significant risk factor for future conventional cigarette use. In the study, researchers surveyed 1,408 Connecticut high school students three times, in autumn 2013, spring 2014 and autumn 2015, on their use of e-cigarettes and traditional tobacco cigarettes. Teens who used an e-cigarette within a month of participating in the survey in 2013 had

seven times greater odds of smoking tobacco cigarettes in 2014. A year later, e-cigarette users were more than three times more likely to smoke tobacco cigarettes.

Perceptions that vaping is less harmful than conventional cigarettes may be a contributing factor to their rising popularity. Also, the widespread availability of these products and their assorted flavors may be appealing to youth.

Vaping ads may be enticing kids, too. Cigarette ads glamorizing smoking have all but vanished. However, vaping ads are becoming more noticeable. According to a National Youth Tobacco Survey, about seven in 10 middle and high school students were exposed to e-cigarette advertisements in 2014, when the vaping trend began to explode.

Even though e-cigarettes are marketed to be safer than traditional cigarettes because they purportedly contain fewer chemicals and harmless water vapor, some experts say this isn't the case. No federal agency oversaw initial development of



the e-cigarette industry, so no standards exist — although this may be changing soon. One Food and Drug Administration review of 18 different e-cigarette cartridges found toxic and carcinogenic chemicals in some but not others. Also, some products that were labeled to be nicotine-free actually did have nicotine.

Many vaping juices contain nicotine, propylene glycol, glycerine, and flavorings. No long-term evidence regarding the safety of these chemicals when inhaled exists. The American Lung Association says some e-cigarettes use diacetyl, a buttery-flavored chemical once used in food production like popcorn. When inhaled, diacetyl causes bronchiolitis obliterans — more commonly referred to as “popcorn lung.” This is a scarring of the tiny air sacs in the lungs that results in the thickening and narrowing of the airways.

Some teens also replace the e-juice with marijuana and hash oils. These vaporized oils produce little smell, which makes them hard to detect.

Vaping may seem like a harmless trend. But parents and children should be cognizant of the threats that vaping poses to one's overall health.

Slow metabolism may indicate illness

Metabolism is a series of chemical reactions responsible for converting food into energy to run cellular processes. These reactions enable people to grow and sustain life effectively.

Individuals who are following a dieting and exercise regimen may speak about having fast or slow metabolisms depending on how long they've been working toward a goal, and whether or not they have seen measurable results.

Even though the speed at which the body metabolizes food is different for every person, sometimes a very sluggish metabolism could be a sign of illness. A diet that has stalled or even led to

weight gain can be more than faulty genes.

According to experts at the Washington Endocrine Clinic in Washington, D.C., certain underlying illnesses can result in weight gain or difficulty losing weight. Recognizing that a slow metabolism is part of certain conditions, and treating those conditions, can help people regain their energy and start losing weight.

- **Extra cortisol:** If the body has too much cortisol, which is known as "the stress hormone," it may think it's under duress and needs extra calories for bodily energy. Normal amounts of cortisol can help burn fat if it is working synergistically

with the rest of the chemicals in the body. When there's too much, calories are hoarded.

- **Cushing's disease/syndrome:** A similar phenomenon occurs with Cushing's disease. This is an illness that occurs when there is too much cortisol in the body, according to The Pituitary Society. A tumor of the adrenal glands is sometimes to blame, while in other cases the body just makes too much of the hormone ACTH, which causes cortisol levels to ramp up. Medications to control excessive production of cortisol can help.
- **Hypothyroidism:** With hypothyroidism, the thyroid gland does not produce enough thyroid hormone, offers the Mayo Clinic. This causes any number of bodily functions to slow down and result in weight gain, fatigue, joint pain, and other symptoms. Supplementation with a synthetic form of thyroid hormone may restore function and enable weight loss.
- **Low testosterone:** This is a condition in which the testes do not produce enough testosterone. It affects nearly 40 percent of men aged 45 and older, says the Cleveland Clinic. Symptoms of low testosterone, such as increased body fat and fatigue, can derail weight loss efforts. Men can undergo testosterone replacement therapy to restore levels.

If weight loss has stagnated and it is followed by other symptoms, individuals should make an appointment with their doctors to discover if illness is behind this difficulty.



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Breakthroughs in imaging technologies

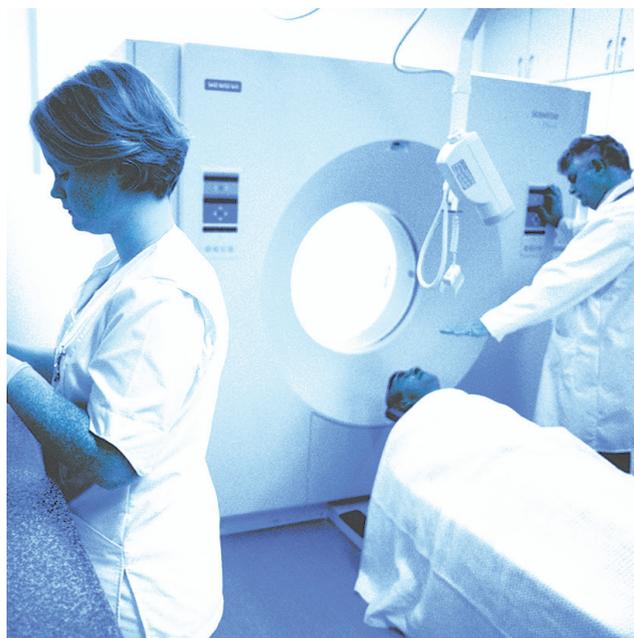
Doctors and patients have many different tools available in the war against cancer. Imaging is one of the essential resources used in such battles. Imaging helps screen and diagnose cancer and can be used to guide treatments and determine the efficacy of various therapies. Therefore, advancements in imaging can have profound effects on the ability to manage — and hopefully in the future — prevent or cure the disease.

The goal of cancer imaging is to detect the smallest possible number of tumor cells at the earliest possible time. Traditionally, X-ray, ultrasound, magnetic resonance imaging, single-photon emission computed tomography, and positron emission tomography have been utilized as key cancer imaging techniques. These technologies are being studied and advancing.

Imaging probes are one area of imaging worthy of attention. The Center for Probe Development and Commercialization, a supplier of radiopharmaceuticals, is developing the next generation of molecular imaging probes. They are designed to detect responses to chemotherapy in breast cancer patients. CPDC also has started to manufacture another probe designed to identify hypoxic tumors. These probes work on a molecular level, according to data published in 2013 in the *International Journal of Biomedical Imaging*. Molecular imaging has the potential to greatly enhance understanding of various cancers.

Another cancer imaging and evaluation tool that is being produced and tested is called the MasSpec Pen, which enables a controlled and automated delivery of a water droplet to a tissue surface during tumor surgery or diagnostic exploration to extract biomolecules. The sample taken can immediately tell if cancer cells are present and distinguish tumors from healthy tissue.

Imaging has merged nanotechnology and conventional imaging tools with new developments. These technologies are still in the testing phase. Novel diagnostic probes



with nanoparticles can improve imaging results. A 2018 review paper published in the *Journal of Controlled Release* looked at how nanotechnology could improve the imaging and treatment of lung cancer. For example, gold nanoparticles work better than iodine-based agents for CT imaging. Similarly, superparamagnetic iron-oxide nanoparticles can be utilized with MRI for the ultra-sensitive reactions they produce.

Other imaging technologies in the works involve combining and improving the workflow of various methodologies. Philips Medical Systems' Ingenia MR-RT Oncology Configuration is a comprehensive solution that allows radiation oncology departments to integrate MRI into their computed tomography-based radiation treatment planning.

In addition to the imaging evolution itself, researchers have realized the limitations of the human eye to discern abnormalities or small changes from images collected. Therefore, technological advancements are enabling artificial intelligence to look for key signs in images and correlate changes to the aggressiveness of the disease. This can improve treatment success rates and reduce the chances for human oversight.

Imaging plays a key role in cancer diagnoses and therapies. Improving cancer imaging can improve treatment plans now and in the future.



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- Say no to tanning beds



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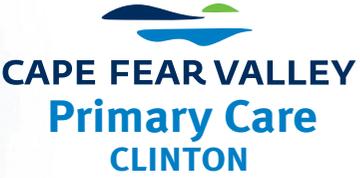
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Recognizing the threat posed by food allergies

A well-balanced diet rich in nutrients and vitamins is an essential component of a healthy diet. When coupled with routine exercise, a healthy diet can pave the way for a long life. However, some foods considered healthy, including dairy products and wheat, can pose a threat to men, women and children, triggering allergic reactions that can put their lives in jeopardy.

Food allergies are no small concern. In fact, according to FARE® (Food Allergy Research & Education), an organization dedicated to improving the quality of life and health of individuals with food allergies, an allergic reaction to food sends someone to the emergency room every three minutes in the United States. To avoid such trips, it's imperative that people understand food allergies and learn to recognize the symptoms of allergic reactions.

What is a food allergy?

FARE® notes that food allergies are a medical condition in which exposure to certain foods triggers harmful responses from the immune system. According to the Centers for Disease Control and Prevention, these immune responses can be severe and life threatening. For example, anaphylaxis is a severe allergic reaction that causes the immune system to release a flood of chemicals, potentially sending a person into shock. The Mayo Clinic notes that anaphylaxis causes a sudden drop in blood pressure and the narrowing of airways, making it difficult, if not impossible, to breathe.

What are some symptoms of allergic reactions to food?

Anaphylaxis is a severe and life-threatening response to a food. Thankfully, not all symptoms of food allergies are so severe. FARE® notes that mild symptoms of food



allergies may include:

- Hives
- A flareup of eczema characterized by a persistent dry, itchy rash
- Redness of the skin, especially around the mouth or eyes
- Itchy mouth or ear canal
- Nausea or vomiting
- Diarrhea

These mild to moderate symptoms can be uncomfortable and unnerving and should be reported to a physician immediately. People who suspect they are the result of a food allergy should write down everything they ate, and avoid certain foods that spark their suspicion until they have had a chance to visit their doctors.

Severe symptoms of food allergies may include:

- Difficulty swallowing
- Shortness of breath or wheezing
- Turning blue
- Loss of consciousness
- Chest pain

Are certain foods more likely to trigger allergic reactions?

The CDC notes that eight foods or food groups account for 90 percent of allergic reactions in the United States. These foods, many of which are otherwise healthy for many people, include:

- Milk
- Eggs
- Fish
- Crustacean shellfish
- Wheat
- Soy
- Peanuts
- Tree nuts

Food allergies are no small threat. Learn more about the dangers of food allergies at www.foodallergy.org.

Avoid medicated errors with these tips

Prescription medications are a necessity for many people. The American Academy of Family Physicians says that, each week, four out of five adults in the United States will use prescription medications, over-the-counter drugs and/or various supplements. Approximately one-third of adults take five or more medications at the same time.

The potential for adverse drug events is elevated when people are taking multiple medications at one time. For example, mixing pills has the potential to cause serious injury or even death.

Doctors, patients and pharmacies must work together to ensure that medication is taken safely. One of the best ways to prevent errors with medications is for patients to take an active role in their health care management.

- Know your dose. Children are at an especially high risk for medication errors because they require

different doses than adults, offers the Mayo Clinic. Adults of different weights who share medications can run into trouble as well. It is key to follow the dosing instructions, as even a minor error in regard to dosage can potentially cause a big problem.

- Follow up with your doctor. Certain medications can cause side effects that only can be noticed by lab testing, such as an impact to the liver. Doctors also



may be under an obligation to follow up with patients taking psychological drugs to ensure the efficacy of treatment. Make sure you keep all follow-up appointments.

- Maintain a current list of meds. It is up to patients to share information with prescribing doctors regarding any and all products being taken to avoid harmful interactions. Using the same pharmacy

for all prescriptions also is helpful.

- Be honest about height and weight. Medication labeling and package inserts typically use metric units to correlate dose to a person's physical attributes. Individuals should know their information in metric measurements and be honest with themselves about what they weigh.
- Use medications correctly. It is important not to chew nonchewable pills or cut pills unless the pharmacist or doctor has said it is safe to do so. Accurate dosing also requires using the right spoon or syringe, not silverware. Store certain types of medications, such as eye drops and ear drops, separately so they're not mistaken for one another.

These are just some of the ways to prevent medication errors. People can consult with their doctors and pharmacists for more assistance in staying safe.

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Get fit starting with these Do's and Dont's

Center for Health & Wellness Specialist

Walking, strength training, running, swimming, biking, yoga, tai chi — the possibilities for exercise are endless and sometimes overwhelming. The good news is that it doesn't matter which one you choose — it just matters that you do some form of exercise. "If you are moving, you are doing it right," suggested Robin Palmer, Group Fitness & Community Wellness Coordinator for The Center for Health + Wellness. What is most important is that you find an activity you enjoy. If you don't like the activity, you are much less likely to stick with it. The key is figuring out how to get moving and stay moving week after week and month after month until it becomes a habit. Keep in mind these 10 do's and don'ts as you begin an exercise routine.

1. Do Something – Anything is Better Than Nothing

Experts are quite clear on this point: Get 30 to 60 minutes of exercise three to five days a week for improved energy, as well as to help prevent heart disease, diabetes and certain types of cancer. If you find it hard to hit that target, just do something. Don't think of it as an 'all or nothing' approach. If you can realistically only commit to exercising three days a week, remember that three is better than zero! Even if you can only do 10 or 15 minutes of exercise, you'll always feel better afterward. Keep a pair of walking shoes in your car or at your desk so you are always prepared to slip in a few minutes of exercise.

2. Do Start Small

Again, the recommendation is 30 minutes five days a week, but if you haven't been doing anything at all, this may sound daunting. Start small and do it in short bouts. Research shows that moderate-intensity physical activity can be accumulated throughout the day in 10-minute bouts, which can be just as effective as exercising for 30 minutes straight. This can also be useful when trying to fit physical activity into a busy schedule.

3. Do Keep Track

Tracking your steps with a pedometer, logging activity with a wearable device, or journaling exercise in your calendar are key to success. Before getting started with a new routine, record some basic health information first, suggests Michael F. Roizen, MD, chief wellness officer at the Cleveland Clinic. "Keeping track of how your body changes inside and out over the weeks and months gives you proof of the healthy changes you're making," he said. A few ways to do it:

- Before your first workout, check your blood pressure at your local pharmacy. Then recheck once a month.





- Time yourself at a track or on a treadmill. See how many minutes it takes you to walk or run one mile. Retest yourself after one month of consistent exercise.
- Measure your waist circumference and your weight. Take these measurements once a week.

4. Do Weight-Train

Strength training builds muscle, and the more muscle you have, the faster your metabolism is, which means you'll shed pounds faster by lifting weights. And women, hear this: You will not bulk up! What you're doing by lifting weights is preventing muscle loss. Strength training also improves overall body composition, giving you more lean muscle tissue in relation to fat, so you look toned and trim. And take your time. Dashing through your repetitions doesn't take as much effort because it allows your muscles to rely on momentum. Instead, focus on your form by practicing slow and steady movements. This will help you strengthen every muscle fiber.

5. Don't Walk with those Weights

Though it may feel like you're working harder, strapping on hand or ankle weights while you walk won't give you the extra burn. It may even increase your risk of joint problems or injuries. To burn extra calories, you would need to carry at least three- to five-pound weights — and that's a definite no-no. Swinging hand weights exponentially increases the force on your shoulder and elbow joints, and ankle weights do the same to your knee and hip joints. For people with heart disease or high blood pressure, using weights can also cause a temporary spike in blood pressure. Leave the weights at home and boost your burn instead by walking farther, faster, and up hills.

6. Do Mix it Up

Cross-training by doing different activities and interval training by changing up your speed and intensity will keep your workouts effective and interesting. Try walking at different speeds or walk/run intervals, even if you run for less than one minute. Try different fitness classes instead of the same one over and over. Cross-training keeps things fresh, so you don't get bored. Cross-training and interval training help boost the intensity of your workouts, which burns more calories and builds muscle strength and cardiovascular endurance. Keep your muscles guessing and working in different ways.

7. Do Think Outside the Box

Even if you can't engage in rigorous, high-intensity sweat sessions, there are plenty of other ways to improve your physical health. According to a review in the American Journal of Health Promotion, mind-body practices like tai chi and yoga help promote bone health, physical function, cardiorespiratory fitness, balance, quality of life, fall prevention, and emotional well-being.

8. Don't Do It If You Don't Love It

The best exercise is the one you enjoy. Try doing something you like and will commit to fitting into a routine week after week. Walk briskly, run, bike, or use a program like WiiFit™. As the saying goes, it's all good. Once you find what you love, aim to gradually increase the duration and intensity of your activity. As you get more fit, your functional capacity increases, so you really can do more. If you love your daily walk, add distance and build up speed. If you love bicycling, add another few miles or tackle that big hill. It all adds up. You may even find that your favorite music playlist or a workout buddy make your workouts more fun and something to look forward to.

9. Don't Forget Your Core

A strong core - which consists of your abdominal, back, and pelvic muscles - improves your balance, overall strength, and stability. This protects you from falling and helps make it easier to do many functional activities like bending down to tie your shoe or reaching up on the top shelf. Core training and balance training are often grouped together. Add balance exercises to your warm-up routine before beginning more intense activity like walking, running or biking. After establishing your balance on one foot (just holding still is a good first step), try raising and lowering your body on one leg, keeping your torso erect while bending at the knee and waist. As you get more confident, add repetitions, go lower, or move your free leg into different positions.

10. Don't Focus on how you look; focus on how you feel

Instead of viewing physical activity as a means to a better-looking body, think of it as a way to stay healthy and feel great. Though you will burn calories, melt fat, and build muscle, regular physical activity can also reduce stress, banish bad moods, ramp up energy levels, and boost self-esteem.

Common cancer risks you can control



No person, regardless of gender, age, ethnicity, or economic background, is invulnerable to cancer. According to the World Health Organization, cancer is the second leading cause of death across the globe. In fact, about one in every six deaths worldwide is due to cancer. But cancer is not an unbeatable adversary. The WHO notes that around one-third of deaths from cancer are due to five behavioral and dietary risks that can be avoided. These risks include:

- High body mass index
- Low fruit and vegetable intake
- Lack of physical activity
- Tobacco use
- Alcohol consumption

By taking steps to maintain a healthy weight, which can be accomplished by being physically active and adhering to a healthy diet that's rich in fruits and vegetables, millions of people across the globe can reduce their risk for cancer and ultimately reduce their risk for dying from cancer. The same can be said for people who resolve to quit smoking, or avoid tobacco use entirely, and consume alcohol in moderation, if at all.



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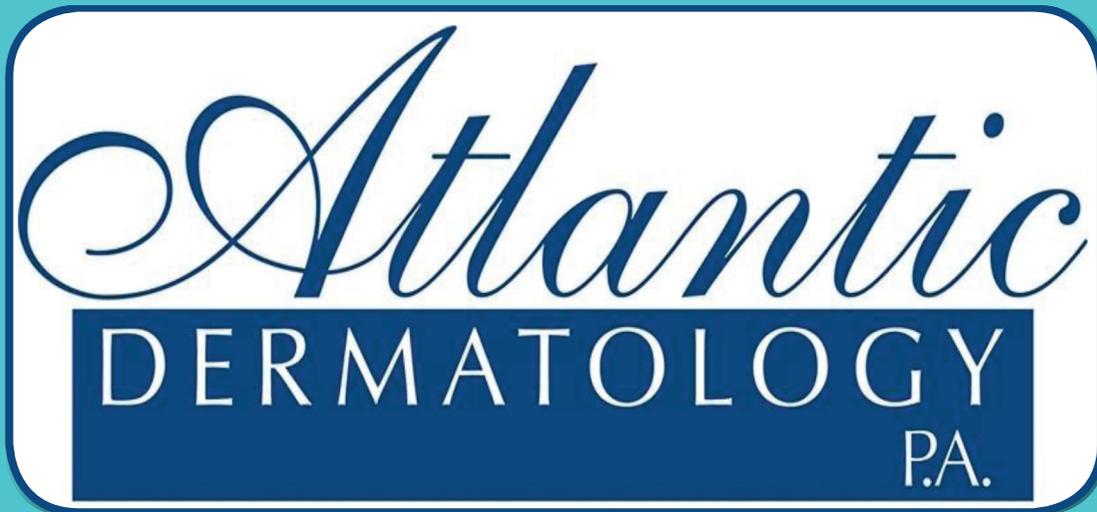
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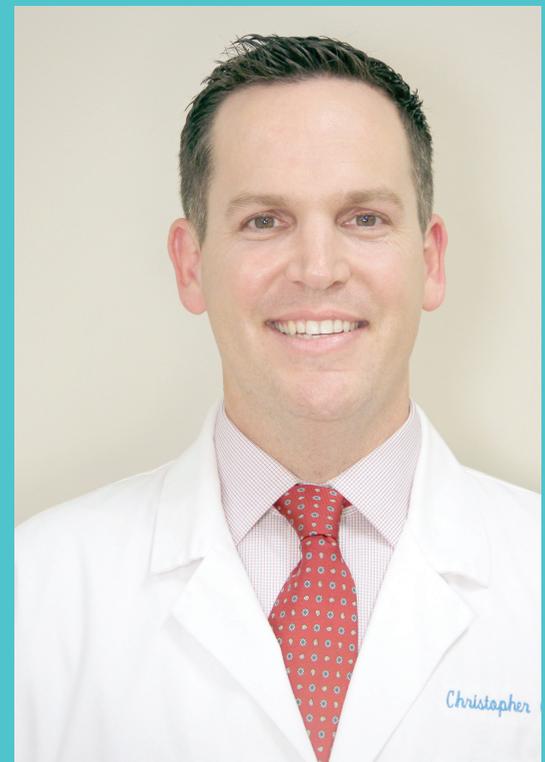
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The American College of Radiology recommends annual mammogram screenings begin at age 40. Women at increased risk due to family history should consult their doctor about screening earlier than 40.

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