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The most important thing in illness is never to lose heart.
 ~ Nikolai Lenin

Cancer Prevention Starts Today!



Prevent Cancer

You can start cancer prevention earlier in life with your children. Teach them to live healthy by eating right and getting plenty of exercise. Follow these tips to help prevent certain types of cancers.

Sun Safety

Most skin cancers can be prevented by protecting yourself from ultraviolet rays. Skin cancer can develop from just a few bad sunburns earlier in life. Whenever you are outdoors, make sure you are protected from the sun's UV rays.

For protection,

- *Seek shade
- *Cover up with clothing

- *Wear a hat
- *Wear sunglasses
- *Wear sunscreen

Cervical Cancer

Cervical Cancer is another cancer that can be prevented. Human papillomavirus (HPV) is the main cause for cervical cancer, and can cause many other cancers. A vaccination is now available to prevent HPV. It protects you from the most common HPV that causes cancer. A series of three shots is given in a certain amount of time. It is recommended to girls and women aged 11 to 26 years old. Girls as young as 9 can get the vaccination. Get your



shots today!

Lung Cancer

The use of tobacco is the leading cause of lung cancer in the United States. The best way to prevent lung cancer is to stop smoking and not to start smoking. Half of high school students reported that they had tried smoking in 2007. One to five students was a current smoker. Secondhand smoke can also cause lung cancer. Establish a smoke-free policy in your own home.

<http://cdc.gov/Features/CancerAndChildren/>

www.randomfunfacts.com

Did you know?

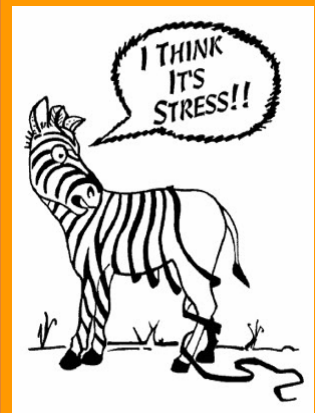
- *There are more germs in the human mouth than in the anus.
- *A person uses approximately fifty-seven sheets of toilet paper each day!
- *No piece of paper can be folded in half more than 7 times.

- *In Colombia, an individual can be fined up to \$90,000 for gossiping.
- *The average person has over 1,460 dreams a year.
- *Google's name is a play on the word googol, which refers to the num-

ber 1 followed by one hundred zeroes.

*In your lifetime, you'll shed over 40 pounds of skin.

*The liquid inside young coconuts can be used as substitute for blood plasma.



Stressed?!

10 Ways to Deal With It

1. **Talk about it**—when you feel like you can discuss your problems.
2. **Please yourself**—do something you enjoy at least once a day.
3. **Laugh it off**—laughter is the best medicine.
4. **Exercise**—regular exercise helps combat stress.
5. **Say no**—don't put too much on your plate at once.
6. **Be creative**—take up something new and interesting.
7. **Get real**—accept your personality, don't alter it.
8. **Plan and prioritize**—organization is key.
9. **Think positive**—always stay optimistic.
10. **Be kind to yourself**—give yourself physical and emotional support.

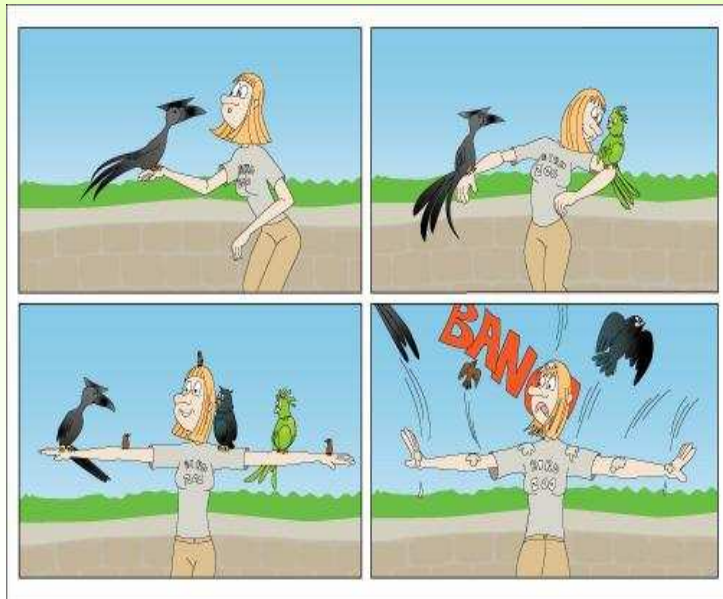
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We're on the web!

www.iowachiroclinic.com

Tip of the Day

For the best nutritional value make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.



Use the talents you possess - for the woods would be a very silent place if no birds sang except for the best.
 ~Henry Van Dyke

UNSCRAMBLE

1. PIHPO _____
2. FAIGEFR _____
3. MLNIAOGF _____
4. NEYMKO _____
5. AEPNHELT _____
6. BEAZR _____

What are you petting?

We all love to pet those furry animals at the petting zoo, but what exactly are we petting? While this can be an exciting attraction, we can be exposed to millions of germs.



Take these precautions while enjoying the furry company.

- *Make use of any hand-washing stations set up around the petting zoo.
- *Always wash hands immediately after petting the animals, after touching gates or fences, and always before you eat.
- *Try to wash hands with soap and water;

hand-sanitizing gel will suffice if no running water is present.

- *Never take food or drink into petting zoo area.
- *Carefully watch young children. Make sure that while petting the animals, they don't put anything into their mouths—including fingers, pacifiers, and toys.

Animal diseases that people can catch are called zoonoses. Approximately seventy-five percent of the diseases that are af-



fecting humans are linked to animals and animal-based products. You can get the disease directly or indirectly from the environment. Make sure you wash your hands after touching the animal, the fence, or even buckets thoroughly to prevent any disease the animal may have. As for indoor pets, the chance you catch a disease from them is very rare. Be sure to keep your pets and your pets' areas clean. Also be sure to keep their shots up-to-date!

http://www.nlm.nih.gov/medlineplus/news/fullstory_84746.html

<http://www.nlm.nih.gov/medlineplus/animaldiseasesandyourhealth.html>