

Smoking and Lung Cancer

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by M. Scott Stanley, MS

Smoking is the leading cause of preventable death in the U.S., accounting for over 438,000 deaths per year. In observance of healthy lung month, the following is the most recent statistics from the CDC on the deadly health effects of smoking:

- » Smoking causes about 90% of lung cancer deaths in men and almost 80% in women
- » Smoking causes cancers of the bladder, oral cavity, pharynx, larynx (voice box), esophagus, cervix, kidney, lung, pancreas, and stomach, and causes acute myeloid leukemia
- » Smokers are 2–4 times more likely to develop coronary heart disease (the leading cause of death in

the U.S.) than nonsmokers

- » Smoking almost doubles a person's risk for stroke
- » Smokers are more than 10 times as likely as nonsmokers to develop peripheral vascular disease
- » Smoking causes abdominal aortic aneurysm
- » About 90% of all deaths from chronic obstructive lung diseases are attributable to cigarette smoking
- » Cigarette smoking has many adverse reproductive and early childhood effects, including an increased risk for infertility, preterm delivery, stillbirth, low birth weight, and sudden infant death syndrome (SIDS)

Healthy Living

by M. Scott Stanley, MS

In 2004, over 186,000 women were diagnosed with breast cancer, and almost 41,000 women died from the disease. Breast cancer is the 6th leading cause of death among women in the U.S. Although potentially fatal, breast cancer can often be defeated if caught in the early stages. In order to catch it in the early stages, it is extremely important for women 40 years of age and older to obtain a mammogram every 1 to 2 years. Younger women with breast changes or a family history of breast cancer should speak to their physician about mammography before the age of 40. Women of all ages should be giving themselves breast self examinations regularly.

- » Eat 5 or more servings of fruits and vegetables daily
- » Get regular physical activity
- » Maintain a healthy weight
- » Avoid more than one alcoholic drink per day
- » Avoid smoking

If you notice any of the following symptoms, please see your family physician:

- » New lump in the breast
- » Lump that has changed
- » Change in the size or shape of the breast
- » Pain in the breast or nipple that does not go away
- » Fluid coming from the nipple when not nursing
- » Tender nipple or one that suddenly turns inward
- » Unusual changes in the skin of the breast

Source: Centers for Disease Control and Prevention

A mammogram is an x-ray picture of the breast to look for early signs of breast cancer. A mammogram can detect abnormalities in the breast up to 3 years prior to breast changes that can actually be felt. Although a mammogram can be uncomfortable or even painful, it only takes a few moments and is your best defense for preventing breast cancer, women of all ages should do the following:

Healthy Living
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Get regular physical activity
Maintain a healthy weight
Avoid more than one alcoholic drink per day
Avoid smoking

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by Akhil Shahani

There will be times in your life, both professional and personal, when you feel that you have no control over things that are happening around you. And you say “you are stressed out.” What is stress? Stress is the emotional, mental and physical strain in reaction to pressures from the outside world. The word is derived from the Latin word ‘stringere’ which means to ‘draw tight’. It is your body’s way of responding to any kind of demand placed on it.

Some stress is good because it enables us to push ourselves harder and work better. But this lasts only for a short period, and over time, stress inhibits our ability to work properly and leads to physical symptoms like high blood pressure, allergies and depression. We need to react to and manage stress properly in our lives to ensure it works in our favor.

Stress Management is the ability to maintain control when situations, people and events get out of hand. There are certain strategies that you can use to manage the level of stress you are under and minimize its effects.

- 1. Talk to friends and family. This gives you a chance to express your feelings and vent them out.
- 2. Understand what brings on your stress. Once you know the source [- Á ^ [~ ! Á • c ! ^ • • É Á ^ [~ Á & æ } Á , } ä Á , æ ^ • Á to either reduce the likelihood of it occurring or create more effective strategies to deal with it.

- 3. Do not try to be a perfectionist at all times. Try and prioritize what is truly important and don’t overwhelm yourself by fretting about your entire workload.
- 4. Divide your tasks into smaller achievable ones. This way, as you complete one task, you will feel a sense of achievement and feel motivated to move on to the next one.
- 5. Notice if any of the muscles in your body are tense. One of the symptoms of stress is muscle tightening. Just noticing that will often relax the muscle. Stop and take a moment to breathe.
- 6. Monitor the number of hours that you work in a week. Give yourself some time away from your business.
- 7. Do something you can feel good about. Wash the dishes, cook a meal for your family or read a book. Do something to help get your mind off yourself.
- 8. See if there really is something you can change or control in the situation. Change the way you see things and react to them.
- 9. Learn to relax - meditation and breathing exercises have proven to be very effective stress management techniques.
- 10. Remove yourself from the stressful situation. Take a break even if it is only for a few moments daily.

- 11. Set realistic goals for yourself. Reduce the number of things that you are involved in, take help from family or delegate responsibilities.
- 12. Get enough rest. A good night’s sleep will rejuvenate you and help you deal with problematic issues.
- 13. Work off stress with physical activity. Exercise helps to reduce it. So, when you feel tense, go for a brisk walk around the block, play a game of tennis or do some gardening. Start doing regular exercise every day.
- 14. Managing your time is an integral part of stress management. Create a list of to-do tasks and do the most important ones, eliminate or postpone those not so crucial to your business.

15. Above all, be positive. Constantly keep telling yourself how well you can cope rather than how horrible everything is going to be.

The best solution to stress management) is to acknowledge it and deal with it. Having a proper work-life balance will go a long way in reducing stress in your life.

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