

Cancer Rates Down in United States, Up Worldwide

For the first time since statistics were released in 1998, the number of U.S. men and women getting and dying from cancer has dropped. The decrease was mostly due to fewer cases of lung, prostate, and colorectal cancers among men, and fewer cases of breast and colorectal cancers among women.

But according to the World Health Organization, the same cannot be said for the rest of the world. This year, about 12 million people worldwide have been diagnosed with some form of cancer.



By 2030, that annual number is expected to reach 27 million. The main cause for this escalation is tobacco use. Worldwide, more than a billion people smoke. The effects of this “smoking epidemic” will be felt in decades to come. To lessen your risk of cancer:

- Don't smoke.
- Avoid, or at least limit, alcohol.
- Eat a healthy, plant-based diet.
- Exercise regularly.
- Achieve/maintain a healthy weight.
- Get adequate vitamin D.

World Health Organization. 2008.

A New Way to Test for Colorectal Cancer

Colorectal cancer screening is recommended for adults 50 years of age or older. However, only about half of all Americans have had the screening.

For several years, colonoscopy has been considered the most accurate method for detecting colon cancer. If you've put off getting screened because you don't like the procedure, there's now a viable alternative.

Virtual colonoscopy – also known as computerized tomographic (CT) colonography – is able to detect suspicious colon polyps as accurately as conventional colonoscopy. A virtual colonoscopy is a noninvasive procedure that uses x-rays and computers to diagnose polyps and cancer. No sedation is needed, and you can resume regular activities right after the test.

Read more: <http://digestive.niddk.nih.gov/ddiseases/pubs/virtualcolonoscopy>

New England Journal of Medicine. Sept. 18, 2008.

Cancer Epidemiology Biomarkers & Prevention. July 1, 2008.

There's More to Sodium than the Salt Shaker

A low-sodium (salt) diet contributes to a healthy heart. Did you know that the majority of the sodium you eat – as much as 75% – comes from packages of processed, prepared foods? Even foods that don't taste salty often contain large amounts of sodium.



Here are some ways to reduce your salt intake:

- Buy fresh, frozen, or canned “with no salt added” vegetables.
- Use fresh poultry, fish, and lean meat, rather than canned or processed types.
- Rinse canned foods, such as tuna, to remove some sodium.

Which item is lower in sodium? Check the Percent Daily Value.

Fresh or Frozen Peas (No Salt Added)	
Serving Size 1 cup	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 4 mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 6g	22%
Sugars 5g	
Protein 5g	

Canned Peas	
Serving Size 1 cup	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 380 mg	16%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	14%
Sugars 4g	
Protein 4g	

The canned peas have 100 times more sodium than the fresh or frozen peas.

- Use herbs, spices, and salt-free seasoning blends in cooking and at the table.
- Cook rice, pasta, and hot cereals with “Lite” salt (use it sparingly). Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.
- Choose “convenience” foods that are lower in sodium. Cut back on frozen dinners, pizza, packaged mixes, canned soups or broths, and salad dressings. These often have a lot of sodium.
- Buy low- or reduced-sodium, or no-salt-added “convenience” foods.
- Read ingredient labels. There are many names for salt: sodium chloride, sodium bicarbonate, sodium benzoate, monosodium glutamate (MSG), sodium nitrate, and disodium.

National Heart, Lung, and Blood Institute. 2008.



Feeling Fatigued?

Research shows that getting adequate sleep helps promote a long, healthy life. As many as 40% of

Facts About Problem Sleepiness
www.nhlbi.nih.gov/health/public/sleep/pslp/fs.pdf

Americans report feeling fatigue and sleepiness due simply to lack of sleep. Fatigue increases your risk for accidents, makes you more impatient and grumpy with your coworkers and family members, causes you to make mistakes you wouldn't normally make, and slows your reaction time. When you are tired, you don't enjoy life as much.

How much sleep do you need? That all depends on your age and sleep needs – but most people do best with at least 7-8 hours a night. Some may need more. What's

most important is getting a regular number of sleep hours each night (above 7 hours) to feel good, operate efficiently, and avoid diseases and accidents.

Working extra hours or recovering from the flu might explain your fatigue. But if you are feeling really worn out and don't know why, it could be an indication of a medical problem. Fatigue that lasts more than a week and has no obvious explanation should be considered a serious symptom. So set up an appointment. And don't hesitate to tell your doctor exactly what you're feeling.

A walking program is an excellent way to build more energy – and improve sleep at the same time!

*National Center on Sleep Disorders. 2008
Archives of Internal Medicine. Nov. 2008.*

How to Be Active for a Lifetime

People of all ages, shapes, sizes, and abilities can benefit from regular physical activity. Here are some guidelines to help you succeed.

● Choose activities you like to do.

Walk, bike, swim, exercise with a video, walk the dog, and play active games with the kids. Choose activities that are appropriate for your present fitness level and health condition.

● Start small.

If all you have is 10- or 15-minute chunks of time a couple of days per week, begin with that. Be active during work breaks. Some activity is better than none.

● Build up gradually over time.

Lengthen your activity period from 10-15 minutes to 20-30 minutes. Gradually increase to 3 days, then 4, and finally to a minimum of 5 days each week. For more health benefits, increase your goal gradually to 45-60 minutes daily.

● Pick up the pace.

As you get fitter, you'll be able to walk more briskly. If young, add more active sports such as biking, tennis, cross-country skiing, or

another favorite activity. Aim for at least 30 minutes of moderate activity, most days of the week.

● Add strengthening and stretching exercises at least twice a week.

Choose activities that work all the different parts of the body – legs, hips, back, chest, stomach, shoulders, and arms.

● Keep a record.

Write down your exercise goal and keep track of your progress. If you do mostly walking or jogging, you may want to set a weekly mile goal or wear a pedometer and track steps daily. Aim for 8,000-10,000 steps daily for high fitness.

● Avoid injuries.

Get comfortable training shoes and use the right sports clothing to keep warm or cool as needed while active. Drink plenty of water, especially in warm conditions. See a healthcare provider if you have a health problem.

This personal fitness guide is a great book for beginners:
www.health.gov/PAGuidelines/adultguide/default.aspx

Tips for adding physical activity to your life:
www.cdc.gov/physicalactivity/everyone/getactive/index.html

Benefits of Physical Activity

- ✓ Cuts your risk of high blood pressure
- ✓ Reduces risk of heart disease
- ✓ Reduces your risk of diabetes
- ✓ Improves mood and decreases risk of depression and anxiety
- ✓ Builds stronger bones which prevents fractures
- ✓ Improves immunity
- ✓ Gives you more energy
- ✓ Helps with weight control
- ✓ Helps you live a longer, fuller, happier life

Centers for Disease Control and Prevention. 2008.



ASK THE WELLNESS DOCTOR

Q: Is there a secret way to losing weight so I don't regain it?

A: Go to wellsourc.info/wn/ask-keepweightoff.pdf to read the answer from Don Hall, DrPH, CHES.

To ask your question, email: well@wellsourc.com, subject line: Ask the Wellness Doctor. Emails with any other subject line will be directed to the spam folder.

Health Challenge™: "Eat More Whole Grains" available at: wellsourc.info/wn/hc-wholegrains.pdf. Eat at least 3 servings daily. Whole-grain wheat, steel-cut oats, corn, brown rice, and legumes (beans, lentils, peas, etc.) help protect against obesity, heart attack, diabetes, and certain cancers.