



6000...The number of times the average woman will weigh herself in her lifetime.... Constantly stepping on the scale can make you obsess over the number. Once a week is enough to keep a handle on your weight.

The High Cost of Salt

\$32 Billion Potential healthcare savings over the next decade if Americans reduced their average daily salt intake by 1 gm

1 in 4 People currently on blood pressure medication who could stop taking drugs

92,000 Number of deaths that could be avoided if salt intake was cut by 3 grams daily

80% Amount of salt in the US diet that comes from processed foods

Signs & Symptoms of Colon Cancer (Colorectal cancer is the second leading cancer killer in the US)

- A change in bowel habits, Diarrhea, constipation or a feeling that the bowel does not empty completely, Blood in the stool and stools that are narrower than usual, General abdominal discomfort (frequent gas pains, bloating, fullness, and/or cramps), Weight loss with no known reason, Constant tiredness, Vomiting

If you have any of the signs and/or symptoms, see your physician for screening. It is important to get screened early and take measures to control cancer growths.

People at high risk need earlier and more frequent tests than other people. If you're over 50, getting screened now could save your life.

Helpful Hints and Tips

Pick up the pace, Live Longer

Attention, slowpokes: Stepping a little more lively can have a huge payoff. A new study from Harvard found that women who walk briskly (about 3 miles per hour) are 37 percent less likely to suffer a stroke than those who don't walk for exercise. The study found that 20 minutes per day is enough to safeguard against stroke, which kills more than 80,000 women every year.

Make your doctor's appointments first thing in the morning...you'll be able to get right in without worrying about waiting if your physician is running behind. Another good option is 1pm, when lunch is over.

Increase your intake of Fiber to help prevent chronic disease... Fiber helps to fight the big five...heart disease, stroke, high blood pressure, diabetes, and obesity.

Increase your overall fiber by eating lots of fruits, vegetables, and whole grains. Remember to leave the "skin" on as many fruits and veggies as possible because the skin holds lots of fiber.

18... Extra times your heart beats per minute when you exercise while dehydrated. This kind of jump increases the strain on your heart...drink up!

Happy
Birthday

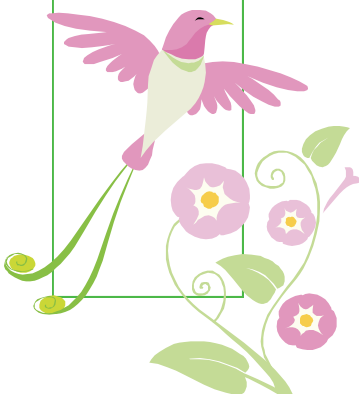
To:
Ethel 8/2
Carla 8/16
Mr. Troiano 8/29
Mr. Guille 8/14



Note:

Our July staff meeting has been moved to August 5th at 1:30

We expect everyone to attend.



The one emergency women don't plan for

You have bandages and compresses on hand for urgent medical matters, but what about an issue with your mouth? If you can't get to a dentist right away, try these interim fixes.

A tooth (yours or a family members) got knocked out
Rinse the tooth in warm water, then place it beneath your tongue. The saliva will keep the roots from becoming dry and damaged. If that's not possible, store the tooth in milk. Then get to your dentist ASAP.

You chipped a tooth
A dentist can bond the tooth. In the meantime,

shave a little wax from an unlit candle (soften it by running it under hot water) and place it over the gap to keep any edges from cutting your lip or cheek.

A crown is loose
If you're not in pain, dab toothpaste on the base of the crown and put it back on the tooth. The fluoride will act as a Temporary adhesive.

Have an emergency dental clinic number handy to help with any other oral issues.

Ever wondered why people have dragon breath in the morning?

The human mouth is home to billions of bacteria. These microscopic organisms don't make you sick, but they grow like weeds on every structure in your mouth: tongue, teeth, gums, cheeks, etc. And like all living things, bacteria produce waste products that give people horrible morning breath.

Because you don't eat or drink during the night, huge numbers of bacteria that would normally be washed down your throat have the opportunity to grow and reproduce.

Diabetes by the numbers....



18 million Americans are currently diagnosed with diabetes

5.7 million Americans currently have undiagnosed diabetes

157 million American adults have prediabetes

44.1 million estimated number of Americans who will have diabetes by 2034

4 Healthy Habits for healthy blood sugar

Exercise Regularly

30 minutes 4x per week

Sleep Well

More than 5 hours per night

Keep your gums clean

People with gum disease have twice the risk of developing diabetes

Eat More Fiber

A minimum of 25 grams/day

Happy Anniversary to:

Evelyn 3 years on 8/8, Ethel 1 yr (again) on 8/13, Selina 3 years on 8/27, Tasha 2 years on 8/7