



# 10 TIPS FOR HEALTHY LIVING

- ① **DON'T USE ANY TOBACCO PRODUCTS.** Everyone knows that smoking is the leading cause of lung cancer. But smoking also increases the risk of many other diseases including adult leukemia, pancreatic and cervical cancers, heart disease, diabetes, hearing loss, rheumatoid arthritis, cataracts and infertility. Chewing or “spit” tobacco can cause oral cancer and dental loss. Visit [www.nj.quitnet.com](http://www.nj.quitnet.com) or call toll-free **1-866-NJSTOPS** for smoking cessation information.
- ② **DRINK IN MODERATION ... OR NOT AT ALL.** Evidence is mixed as to whether it is healthier to drink small amounts of alcohol (no more than one drink per day for women and two drinks per day for men) or to abstain completely. But it is clear that more than moderate intake is associated with liver and heart disease, some cancers, pancreatitis, alcohol-related birth defects, and driving accidents.
- ③ **MAINTAIN A HEALTHY WEIGHT.** Using the Body Mass Index (BMI), more than 60% of adults are overweight (BMI  $\geq$  25) and 30% are obese (BMI  $\geq$  30). Obesity is a known risk factor for hypertension, coronary heart disease and stroke, lipid disorders, diabetes, gallbladder disease, osteoarthritis, sleep apnea, and certain cancers. Visit [www.nhlbisupport.com/bmi/bmicalc.htm](http://www.nhlbisupport.com/bmi/bmicalc.htm) to calculate your BMI.
- ④ **IMPROVE YOUR DIET.** We are a nation of supersized fast food lovers. Try slowly changing to a “whole food” diet that includes more fruits and vegetables, lower fat meats and dairy products, and whole grains ... and fewer processed foods that are higher in fat, salt and empty calories.
- ⑤ **EXERCISE.** Lack of regular exercise increases the risk of developing several chronic illnesses ... and dying prematurely. Yet more than 60 percent of American adults are not regularly active, and 25 percent are not active at all. Moderate daily exercise (a 20 minute walk) or exercising more intensively 3-4 times a week can reduce these risks, help control weight, increase your energy level and reduce stress.
- ⑥ **CONTROL YOUR BLOOD PRESSURE AND CHOLESTEROL.** Cardiovascular disease is the number one killer of both men and women in the United States. Know your blood pressure and cholesterol values and keep them under control with diet, moderate exercise, weight control and medication when prescribed by your health care provider.
- ⑦ **PERFORM MONTHLY CANCER SCREENINGS ...** breast self-exams for women and testicular self-exams for men. Detection of early changes, and prompt treatment, greatly increases the “cure rate” of many cancers.
- ⑧ **FIND A GOOD PRIMARY CARE PROVIDER.** Your doctor or nurse practitioner should allow enough time for you to comfortably ask questions. Ask about recommended routine screenings, vitamin/mineral supplements and any preventive therapies such as daily aspirin, hormone replacement therapy (for post menopausal women) or cholesterol lowering medication for your age, gender and medical history.
- ⑨ **BE SEXUALLY RESPONSIBLE.** The only sure way to avoid sexually transmitted diseases is to not to engage in any sexual behavior (abstinence), or be in a mutually monogamous relationship (both partners are only sexual with each other) with a person known to be disease-free. Any other kind of sexual encounter exposes you to risk.
- ⑩ **GET A GRIP ON STRESS.** Chronic stress can suppress your immune system, making you more likely to “catch” a cold, contract a more serious disease, even take longer to heal. Practice stress management techniques, get enough sleep, and remember to laugh a little ... humor is nature’s most efficient stress reducer!

**MANALAPAN HEALTH DEPARTMENT**