

Your Health Your Life

A Woman's Health
Newsletter by the
Atlantic County Division of
Public Health

July - September, 2006

Here Comes the Sun...Do you know how to protect yourself?

Skin cancer. Wrinkles. Premature aging. Now you can add cataracts and macular degeneration - eye conditions that can lead to blindness - to the list of dangers the sun can inflict.

During July, UV Safety Month, the American Academy of Ophthalmology and Eye MDs around the country encourage everyone to protect their eyes from UV-related damage.

The same UV-A and UV-B rays that can damage your skin can harm your eyes as well. When you protect yourself from the sun, don't just think sunscreen - think sunglasses and a wide brimmed hat. Excessive, prolonged UV exposure may be linked to the development of eye conditions such as cataracts and age-related macular degeneration. Extensive or intense exposure to UV rays can cause "sunburn" on the surface of your eye. Similar to a skin sunburn, eye surface burns usually disappear within a couple of days, but may lead to further complications later in life so protect your eyes.

To protect your eyes, wear a brimmed hat and the right kind of sunglasses when you are going to be exposed to UV light. Wear sunglasses that block 99 to 100 percent of UV-A and UV-B rays. If you spend time on the water or in the snow, consider purchasing goggles or sunglasses that wrap around your temples because they block the sun's rays from entering on the sides, offering better protection. Remember sunglasses don't have to be expensive to offer the right kind of UV protection. Even inexpensive glasses can protect your eyes if they offer 99 to 100 percent UV-A and UV-B protection.

Don't forget the kids. Protect their eyes with hats and sunglasses. In addition, try to keep children out of the sun between 10:00 a.m. and 2:00 p.m. when the sun's ultraviolet rays are the strongest.

National Health Observances

July:	UV Safety Month
August:	National Immunization Awareness Month Cataract Awareness Month Psoriasis Awareness Month
September:	National Cholesterol Education Month America on the Move Month Fruit & Vegetable Month Healthy Aging Month Food Safety Month Take a Loved One for a Check-up Month

What's new in Public Health?

The Atlantic County Division of Public Health has announced the start of its free Men's Health Clinic, aimed at increasing early detection and improving the health of male residents. The program will offer free men's health screenings to residents 40 years or older including blood pressure, cholesterol, diabetes and prostate-specific antigen (PSA), as well as referrals for men over 50 with high risk conditions. Abnormal results of PSA and hemocult will be referred to the Shore Memorial Cancer Program. Screenings will be provided by appointment at the Stillwater Building, 201 S. Shore Road, Northfield. Call 609-645-5933 for an appointment.

What's good for the body is good for the spirit as well. The keys to Healthy Aging....

It's never too late!



As people grow older, it is very important to keep motivated, to say to yourself, "I can do it." Regular exercise is even more important for seniors than other age groups since the risk of disease and lost mobility is greater and the positive effects are realized more quickly. But as we all know, the hardest part is getting started. Try the following to help you over the getting started hurdle:

Look for daily opportunities to exercise in work and play. Force yourself to walk by parking your car several parking aisles away from the store or your office and walk briskly.

- Choose an exercise you like and stick with it.
- Use the buddy system. Arrange to have a friend meet you—it's harder

to say no to exercise when you exercise with a friend.

- Walk, swim, climb, bicycle, dance, fish!
- Join a walking group or visit your local Y, recreation center, park, church, or senior center.

Mental exercise is also important, so stay active doing things that use your memory:

- Take a class, play games, be with people.
- Pick up the phone and call someone just to chat.
- Volunteer your time.
- Seek out variety and challenge in your daily life.

Remember: It's Never Too Late!



Atlantic County Division of Public Health: Working for Healthy People and Healthy Communities
Atlantic County Executive Dennis Levinson. Atlantic County Board of Chosen Freeholders, Joseph F. Silipena, Chairman

More Color More Health



Growing up you may have been told to eat your greens, but what about your reds, oranges, yellows and blues? The Centers for Disease Control and Prevention and the 5 A Day Partnership encourages YOU to "Sample the Spectrum" of the colorful vegetables and fruit available this season. By putting something of every color on your plate or in your lunch bag, you are more likely to eat the 5 to 9 recommended servings of vegetables and fruit every day. Just think: 1 cup of dark, leafy GREENS, ½ cup of RED tomatoes, ½ cup of YELLOW peppers, 6 oz. ORANGE

juice and ½ cup of BLUEberries. And you have 5 A Day! It's quite simple when you Sample the Spectrum.

The more reds, oranges, greens, yellows, and blues you see on the plate, the more health promoting properties you are also getting from your vegetable and fruit choices. Nutrition research shows that colorful vegetables and fruit contain essential vitamins, minerals, fiber, and phytochemicals that your body needs to promote health and help you feel great.

Here are the specifics...

Reds

When you add deep reds or bright pinks to your daily diet, you are also adding a powerful antioxidant called lycopene. Diets rich in lycopene are being studied for their ability to fight heart disease and some cancers.

Greens

Do you know why this color is so essential to your diet? Not only do green vegetables look great and taste wonderful, but they are rich in the phytochemicals that keep you healthy. For example, the carotenoids

lutein and zeaxanthin that are found in many of the green vegetables have antioxidant properties and are being studied for their ability to protect your eyes by keeping your retina strong.

Oranges/Yellows

Orange, the color of a blazing sun, is a must have in your daily diet. Orange vegetables and fruits contain beta-carotene. This is a natural antioxidant that is being studied for its role in enhancing the immune system. In addition, the orange group is rich in Vitamin C. Folate, most often found in leafy greens, is also found in orange fruits and vegetables, and is a B vitamin that may help prevent some birth defects and reduce your risk of heart disease. Bright yellows have many of the same perks as the orange groups: high in essential vitamins and carotenoids. Yellow fruits and vegetables belong to many different families, but they all share the common bond of being health enhancing with great taste. Go for the gold!

Blues/Purples

Blues and purples not only add beautiful shades of tranquility and richness to your plate, they add health-enhancing flavonoids, phytochemicals, and antioxidants. Anthocyanins, a phytochemical, are pigments responsible for the blue color in vegetables and fruits, and are being studied for their role in the body's defense of harmful carcinogens. Blueberries, in particular, are rich in Vitamin C and folic acid and high in fiber and potassium.

Whites

Vegetables from the onion family, contain the phytochemical allicin. Research is being conducted on:

- Allicin to learn how it may help lower cholesterol and blood pressure and increase the body's ability to fight infections.
- Indoles and sulfaforaphanes, phytochemicals in cruciferous vegetables like cauliflower, for how they may inhibit cancer growth.

For more information visit www.5aday.org.

Take a Loved One for a Checkup Day— September 19, 2006

Take a Loved One for a Checkup Day encourages individuals to see a health care professional on September 19, 2006 or to make an appointment for the near future. This day is part of a national campaign, *Closing the Health Gap*, by the U.S. Department of Health and Human Services (HHS), that focuses on the health gap between racial and ethnic minorities and the general population. The campaign was launched November 19, 2001.

By focusing on a single day, we believe we can help generate a greater understanding of the importance of regular health screenings while at the same time focus on those populations that tend to have the least access to health care. Prior to and after Take a Loved One for a Checkup Day, health messages will be aired on radio stations across America discussing the health gap and offering specific tips on leading a healthier life.

So why not join the many Americans that will be doing something to help someone they love get healthy and the Atlantic County Division of Public Health to make an appointment for one of our free health clinics, 609-645-5933.

America's on the Move...Are You??

More than 60% of American adults do not get the recommended 30 minutes of physical activity a day and 25% of American adults aren't physically active at all. To help adults get healthier the *America On the Move* message is simple: move more and eat less by making 2 small daily changes...

- Take 2000 more steps (about 1 mile)
- Eat 100 fewer calories (about a pat of butter).

2000 more steps a day

Achieving an extra 2000 steps a day may take a little extra effort or be a goal you work toward over several weeks. Either way, it means taking each opportunity to increase your walking. The *America On the Move* website www.americanonthemove.org, shows you simple steps to an active lifestyle.

See how you can add 2000 steps to your day without making drastic changes to your routine. You'll be delighted to learn how easy it is to increase your activity and how motivating it is to track your progress with *America On the Move*.

Adding more steps to your day will get easier as you go. To reinforce your progress, there are fun goal-setting, logging and tracking tools for you to use once you register at *America On the Move*. So get moving and have fun!

Wellness Tip of the Quarter: Walk for FUN, FITNESS, and HEALTH. Walking is one of the most popular physical activities in this country. Whatever your age, it's a safe, inexpensive, enjoyable way to stay fit. Walk for health, weight loss, companionship, time alone or just to get somewhere.



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