

Make Health a Priority!



Did you know April is Cancer Control Month? Statistics that you should know:

- Nonmelanoma skin cancer is the most common cancer in the U.S.; over 1 million people are expected to be diagnosed with it in 2008.
- Women ages 40 and over should have a mammogram done every 1 to 2 years.
- Prostate cancer is the most common nonskin cancer among American men.
- Early cancer detection gives individuals the best chance of survival; this can only be done with regular cancer screenings.

Cancer is sometimes preventable. To decrease your risk of developing the disease, follow these tips:

- Don't smoke! We are all aware of its dangers, yet 45 million adults continue to partake in this nasty habit. Whenever possible, avoid secondhand smoke too.
- Head for those leafy greens – All fruits and vegetables are rich in

antioxidants, but studies have shown that dark green leafy vegetables, such as spinach and romaine lettuce, can actually inhibit the growth of certain cancer cells.

- Stay safe in the sun – Wear sunscreen outdoors even if it is cloudy, and be aware of any changes in moles or freckles.
- Eat right and exercise! Being overweight greatly increases the risk for cancer.

For more information, visit the American Cancer Society at www.cancer.org.

Allergy Woes?

Now that spring has sprung, perhaps so have your allergies! Here are some recommendations to help thwart the sneezes and sniffles:

- Change the filter in your furnace and air conditioner every 2 months, or even monthly if you live in an environment with pets, excessive pollen, and/or mold.
- Change bedding every week and wash it in hot water.
- When starting that dreaded spring cleaning, wear a mask and gloves to limit exposure to chemicals and dust.



Protect that Bundle of Joy!
National Infant Immunization Week
is April 19-26.



While newborns are immune to disease due to the antibodies acquired in the womb, this only lasts no more than a year after birth. This is why it is important to get your baby up to date on his/her vaccinations. Talk to your child's physician about what is needed and when.

For more information, visit the Centers for Disease Control and Prevention at www.cdc.gov/vaccines.



Sweet!

Have a hankering for something sugary? How about giving sweet potatoes a try? Not only do they provide abundant amounts of fiber, potassium, and vitamins A, C, and B6 – they also satisfy the palate! When selecting a sweet potato, look for a firm one with flawless skin. These need to be stored in a cool, dry, dark place such as the basement, because the refrigerator tends to harden them. If the potatoes will be used within a week, room temperature suits them just fine.

While We're on the Subject...

Try this quick and easy recipe that's sure to please everyone in the family – including the little ones!

Sweet Potato Sticks

2 large sweet potatoes

Sea salt

Black pepper

Preheat oven to 450 degrees. Coat a cookie sheet with nonstick cooking spray. Cut the potatoes so they look like french fries. Arrange in a single layer on the baking sheet and coat the strips with cooking spray. Add the salt and pepper; bake for 10 minutes. Then stir the potatoes and bake for 10 more minutes (or to preferred doneness.)

** For a twist, try using garlic salt, cinnamon and brown sugar, or parmesan cheese instead of the sea salt and black pepper.

Health and Wellness tips for your work, home and life – brought to you by the insurance and healthcare specialists at Penn-Ohio Health Care Alliance