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April is Cancer Control Month. Cancer control includes prevention, early detection, and treatment. Prevention is the most effective way to control the deadly disease.



Regular screening examinations by a health care professional

can result in early detection of cancer. Early detection is another effective way of control the disease. Cancers are most treatable when they are diagnosed at an early stage. To control cancer, critical measures are prevention and early diagnosis. With efforts, effective control of cancer is reachable

The Wellness Connection

APRIL 2010

Alcohol Awareness Month

April has been designated Alcohol Awareness Month to help recognize the serious problem of alcohol abuse. Many people think of alcohol abusers as teenagers sneaking drinks before high school football games or at unsupervised parties. However, alcohol abuse is prevalent within many demographic groups in the United States. People who abuse alcohol can be:

- College students who binge drink at local bars.
- Pregnant women who drink and put their babies at risk for fetal alcohol syndrome.
- Professionals who drink after a long day of work.

Senior citizens who drink out of loneliness.

Warning Signs of Alcohol Abuse

If you answer "yes" to any of the following questions, you may have a problem with alcohol:

*Do you drink alone when you feel angry or sad?



*Does your drinking ever make you late for work?

*Does your drinking worry your family?

*Do you ever forget what you did while drinking?

*Do you ever drink after telling yourself you won't?

*Do you get headaches or have a hangover after drinking?

If you think you or someone you know might have a problem with alcohol the first step to getting better is reaching out for help. You can contact AI – Anon at 1 (800) 356-9996. They can provide information on alcohol abuse to callers and offers support through local chapters to the family and friends of alcoholics.

Overcoming Mental Blocks for Weight Loss

Sometimes being on a diet just seems overwhelming. You might feel as though you don't have the heart to stay in the weight-loss fight. Well, it's not always your heart that keeps you from diet success — sometimes it's all in your head

One of the main reasons that diets fail is because people approach weight

loss the wrong way. Making small decisions and exchanges, like eating only half of a cookie instead of a whole one or adding a few short, quick walks to your overall exercise program, are what ultimately lead to weight loss.

The trigger that makes you realize you don't lose weight through a diet, but

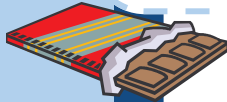
through a lifestyle change, is different for everyone.

Drastic dieting can be a vicious cycle that leaves people angry, depressed, frustrated, and finally just giving up. But if you learn a healthy way to approach weight loss, both mentally and physically, you can ultimately find success.



Your children's foot health is a vital part of their health and well-being. Learn healthy children's foot care habits to get your kids off to the right start and help them enjoy the benefits of optimal foot and ankle health their entire lives. Children's feet grow fast so check their shoes regularly to see if they are getting snug.

Did you know that Chocolate is rich in antioxidants called flavonoids. New studies have shown that these antioxidants help prevent strokes and may also lower the risk of death after suffering a stroke



If the threat of cancer can't persuade you to quit smoking, maybe the prospect of poverty will. The financial consequences of lighting up stretch far beyond the cost of a pack of cigarettes. Smokers pay more for insurance. They lose money on the resale value of their cars and homes. They spend extra on dry cleaning and teeth cleaning. Long term, they earn less and receive less in pension and social security benefits.



Are your Feet Healthy?

April is National Foot Health Awareness Month. Feet take an awful pounding. They support our bodies and balance us – and the average person walks the equivalent of five times round the Earth in a lifetime. However, most people give very little thought to their feet until problems occur; they may be meticulous about regular check-ups for their eyes and teeth, but not their feet. Taking care of your feet is always

important, particularly as they spend much of their time encased in hot shoes and walking on hard surfaces. Basic hygiene and nail cutting may be all that is needed to keep your feet in good health, but when apparently healthy feet start experiencing problems, it is best to seek professional help. Problems can be inherited, develop from illness or be caused from the pressures of ill-fitting shoes or boots. Doctors of

Podiatric Medicine (DPMs) are trained in all aspects of care for the feet and lower limbs, and play a critical role in keeping people on their feet, healthy, active and productive.



Information courtesy of : The California Podiatric Medical Association

The Health Benefits of Dark Chocolate

Dark chocolate is good for your heart. A small bar of it every day can help keep your heart and cardiovascular system running well. Two heart health benefits of dark chocolate are:

Lower Blood Pressure: Studies have shown that consuming a small bar of dark chocolate everyday can reduce blood pressure in individuals with high blood pressure.

Lower Cholesterol: Dark chocolate has also been shown to reduce LDL cholesterol (the bad cholesterol) by up to 10 percent.

Chocolate also holds benefits apart from protecting your heart:

1. It tastes good
2. It stimulates endorphin production, which gives a feeling of pleasure
3. It contains serotonin,

which acts as an anti-depressant

4. It contains theobromine, caffeine and other substances which are stimulants

This information doesn't mean that you should eat a pound of chocolate a day. Chocolate is still a high-calorie, high-fat food. Most of the studies done used no more than 100 grams, or about 3.5 ounces, of dark chocolate a day to get the benefits.

4 Great Reasons to Quit Smoking

You'll live longer if you quit smoking. To quit is to literally gain a new lease on life. About half of all smokers who continue with their habit will die of a smoking-related disease, according to the Cancer Society

You'll be protecting family and friends if you quit smoking. Smokers aren't

just taking themselves down. They're also harming everyone exposed to their smoke.

Your body can start to repair itself when you quit smoking. Your body starts repairing itself within hours after that last cigarette.

You'll also look better. Smoking prematurely ages the skin, causing wrinkles.

Smoking stains your teeth, fingers, and fingernails, and causes bad breath.

People will like you more if you quit smoking. Smoking is much less socially acceptable these days.



Information courtesy of Everydayhealth.com