

How Well Do You Know Your Body?

You feel great and you look great. But, do you know what is going on inside of your body? Maybe you are thin. Maybe you even have a healthy family medical history. The truth is, you may still be at risk for developing heart disease or other chronic diseases and not even know it.

Early detection is the key to early treatment and intervention. So, what should you do? Although the annual exam doesn't always lead to early disease detection, your family doctor can determine and recommend what health screenings you should have depending on your age, risk factors and family medical history. Here are some of the health screening guidelines from the *U.S. Department of Health and Human Services*.

General Health:

A full check-up, including weight and height.

Heart Health:

You should have a blood pressure test starting at age 21, then once every 1 to 2 years. A cholesterol test should be done at age 45, *sometimes younger*, then every 5 years thereafter.

Bone Health:

You should have at least one bone mineral density test during your lifetime, possibly more.

Diabetes:

A blood sugar test should be taken beginning at age 45, then every 3 years thereafter.

Oral Health:

A dental exam should be completed one to two times per year.

Reproductive Health:

At age 21 (*or beginning as soon as sexually active*), a pap-test and pelvic exam should be taken every 1 to 3 years.

Prostate Health (men):

A Prostate-Specific Antigen (*blood test*) should be discussed with your doctor.

Breast Health (women):

A mammogram is recommended every 1 to 2 years, beginning at age 40.

Colorectal Health:

Starting at age 50, a fecal occult blood test is recommended yearly and a colonoscopy is recommended every 10 years.

Eyes & Ears Health:

An eye exam is recommended between the ages of 20 and 39, then every 2 to 4 years thereafter. A hearing test should be performed at age 18, then every 10 years thereafter.

Skin Health:

A monthly mole self-exam is recommended beginning at age 18, followed by an exam by a healthcare provider every 3 years, beginning at age 20.

Mental Health:

A mental health screening should be discussed with your healthcare provider if you feel a need for concern.

Immunizations:

At 18, a Tetanus-Diphtheria booster vaccine is recommended every 10 years. An Influenza vaccine is recommended yearly, beginning as early as 6 months old. A Pneumococcal vaccine is recommended as a one-time vaccine for those 65 years of age and older.



QuickTakes



Take Control Of Your Health This Winter Season

Below are some tips that will help boost your immune system and keep your health in-check for the holidays.

- Exercise for at least 30 min. several days a week.
- Eat healthier meals by increasing your fruit and vegetable intake.
- Drink eight, 8-ounce glasses of water each day.
- Slow down on alcoholic drinks by having a glass of water in between.
- Cut down on tobacco use.
- Get quality sleep.
- Practice relaxation or meditation techniques to manage your stress.
- Work on your favorite hobbies or start a new one.
- Spend quality time with family and friends.
- **Remember to laugh!**

Keep The Germs At Bay

With millions of people on-the-go, traveling through airports and shopping in crowded stores, the most important thing you can do to keep from getting sick is to wash your hands. Frequent washing kills germs picked up from other people, contaminated surfaces, animals and animal waste. One of the most common ways to pick up the cold virus is by rubbing your nose or eyes after your hands have been contaminated with the virus. You can also spread germs to others by touching surfaces others touch, and before you know it, everyone around you is getting sick. In addition to cold and flu viruses, some serious viruses such as hepatitis A, meningitis and infectious diarrhea can be prevented if more people washed their hands.

It's especially important to wash your hands . . .

- before, during and after preparing food.
- before you eat.
- after you use the bathroom.
- when your hands are dirty.
- after handling animals or animal waste.
- more frequently when someone in your home is sick.

The proper way to wash your hands is to first, wet your hands with water and soap. Then, rub your hands vigorously together and scrub all surfaces for 10 to 15 seconds. The soap, combined with the scrubbing action, helps dislodge and remove germs. Rinse well and dry hands. An estimated 1 out of every 3 people do not wash their hands after using the restroom, so these tips are important when you're out in public places. ***A penny's worth of prevention can save you a \$100 visit to the doctor!***

Source: Centers for Disease Control

Air Travel Safety Tips

If traveling by air this holiday season, here are some travel tips to help keep you and your family safe and anxiety-free.

- Get plenty of sleep before you leave to avoid jet lag.
- Check-in for flights online from home.
- Allow yourself plenty of time to arrive and park at the airport, check luggage and get through lengthy security check-points.
- Do not pack wrapped gifts. TSA may have to unwrap packages for security reasons.
- Place valuables such as jewelry, cash and computers in carry-on baggage only.
- Put all undeveloped film and cameras in your carry-on baggage; screening equipment will damage any undeveloped film.
- Bring enough of all of your medicines to last your whole trip in your carry-on luggage. Ask your doctor whether you should change your dosages if your eating and sleeping times will change at your destination. Take extra medicine with you in case your return trip is delayed.
- Ensure that you and your family keep shoes on when walking on airplane floors to avoid picking up germs, especially when using the lavatory.
- Bring snacks, toys and books for children. Air traffic and snow delays are common, especially during the holiday season.
- Be sure to move around and stretch your legs, especially during lengthy flights, for your blood circulation.
- The air in airplanes is dry, so drink nonalcoholic, decaffeinated beverages and water to avoid becoming dehydrated.

Source: Transportation Security Administration

Curried Turkey

Makes: 4 servings

Ingredients:

3/4 lb. ground turkey
2 Tbsp. chopped onion
1 Tbsp. parsley flakes
1/8 Tsp. pepper

Curry Sauce:

2 Tbsp. margarine
1/2 cup minced onion
1 medium-large tart apple
1 to 2 Tsp. curry powder
1/4 to 1/2 Tsp. ginger
1/8 Tsp. ground cloves
4 Tsp. flour
1-1/4 cups chicken broth or bouillon
1 Tsp. lemon juice



Preparation:

1. Brown ground turkey and onion in a skillet. Add parsley and pepper. While turkey cooks, mince apple into small pieces.
2. Melt margarine in a saucepan; add onion, apple, curry and ginger. Cook, stirring occasionally, until onion and apple are transparent - *do not brown.*
3. Stir in flour and simmer 1 minute. Blend in liquid and cook, stirring until mixture comes to a full rolling boil. Add lemon juice and meat mixture. Heat to boiling. Serve over hot brown rice.

Nutritional Information (per serving):

216 Calories; 12g Fat; 3g Saturated Fat; 10g Carbohydrate; 19g Protein; 2g Fiber; 586mg Sodium