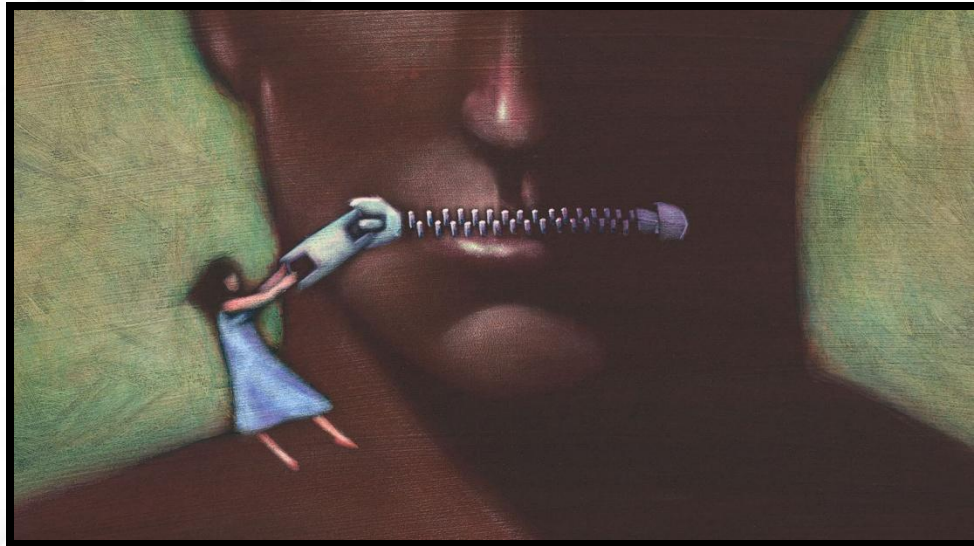


What You Don't Know Can Kill You:

10 Lies About Health and Wellness



What You'll Learn

In this presentation you'll learn:

- The ten most common myths about health and wellness
- How to dispel common health myths with facts
- How common health myths apply to our everyday lives
- Strategies for living a happier and healthier life



Myth #1:

Natural/Light Cigarettes are Better for You Than Regular Cigarettes



Myth Dispelled

- There is no such thing as a safe cigarette.
- People who switch from regular to “light” cigarettes tend to smoke more and inhale more deeply.
- There are over 4,000 chemicals in cigarettes—many of them poisonous.



Consider This...

- Philip Morris USA was ordered to pay \$10.1 billion for deceiving customers into believing that light cigarettes were less harmful.



Tips for Quitting Smoking

- Set a quit date.
- Identify your barriers to quitting.
- Encourage yourself.



Tips for Quitting Smoking

- Exercise to relieve some of the stress of quitting.
- Use stress reduction techniques.
- Get support from family, friends, and coworkers.



Myth #2:

***You Don't Need to Wear Your Seat Belt
if You Have an Airbag***



Myth Dispelled

- You DO need to wear your seat belt even if your car is equipped with an airbag. Why?
- Airbags were designed to be used in conjunction with seat belts—not by themselves!



Consider This...

- Wearing your seatbelt cuts your risk of dying in a crash by almost half.
- About half of drivers killed by airbags were not wearing their seat belt at the time of the crash.



Tips for a Safer Commute

- Fasten your seat belt—first thing.
- Make sure all passengers are buckled up.
- Organize yourself before you leave the driveway.
- Leave plenty of time for your journey.



Tips for a Safer Commute

- Never tailgate.
- Avoid eating and drinking behind the wheel.
- If you have to use your cellular phone while driving, purchase a hands-free set.
- Set rules and expectations for your family and other passengers in your vehicle.



Myth #3:

Exercise and You'll Feel Great



Myth Dispelled

- There is an inherent amount of physical discomfort associated with exercise—at least when you first begin.
- When beginning an exercise routine, there is risk of physical injury.
- Rapid fatigue is possible when you first start exercising.



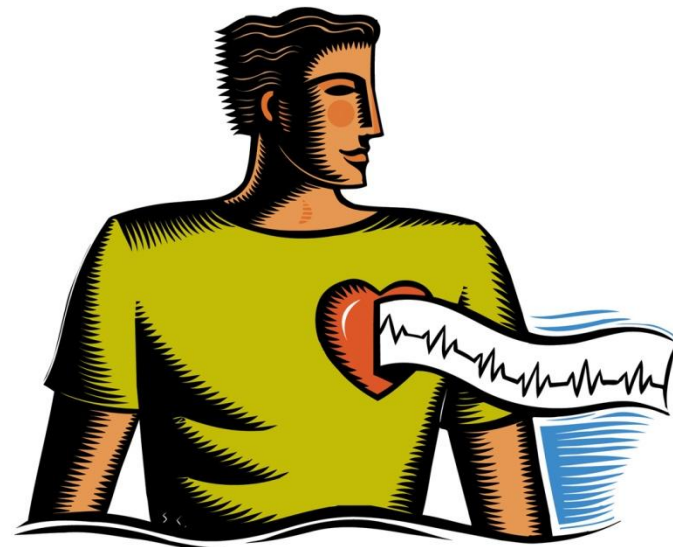
Consider This...

- In 1998, emergency rooms treated more than 1 million sports injuries sustained by baby boomers alone.
- A high percentage of people who begin exercise programs quit within the first six months.



The Benefits of Being Active

- Regular physical activity improves health in the following ways:
 - Reduces the risk of premature death
 - Reduces the risk of dying from heart disease
 - Reduces the risk of developing diabetes
 - Reduces the risk of colon cancer



Tips for Getting Active

When starting an exercise program, experts agree:

- Start slowly and build.
- Remember to stretch.
- Pick an exercise you enjoy.



Myth #4:

***I Don't Need to See the Doctor,
I'll be Just Fine***



Myth Dispelled

- Preventive care is a key factor in living a long and healthy life.
- It is recommended that you get a routine physical at least every five years.



Consider This...

- Of the estimated 17 million people in the US with diabetes, 5.9 million are undiagnosed.
- Heart disease is the leading cause of death in the US.
- Pneumonia and influenza are responsible for 30,000 deaths in the US each year.



Tips for Meeting With Your Physician

- One week before your appointment...
 - Write down what you want to tell or ask the doctor about your symptoms.
 - Consider asking a family member or friend to come along.



Tips for Meeting With Your Physician

- One hour before you go...
 - Gather the medications you're taking.
 - Call to ask if the doctor is on schedule.



Tips for Meeting With Your Physician

- During the appointment...
 - Tell the doctor right away that you have a list of things to discuss.
 - Ask your questions.
 - Ask about options.
 - Ask the doctor to sum up the visit before he leaves.



Tips for Meeting With Your Physician

- After the appointment
 - Write down main points.
 - Call the doctor's office if you have further questions.



Myth #5:

***I'm Sure My Blood Pressure is Fine;
I Don't Need to Have it Checked.***



Myth Dispelled

- It doesn't matter how you feel, there are no signs or symptoms of high blood pressure.



Consider This...

- Nearly a quarter of Americans have high blood pressure, and 1/3 of them don't even know it.
- High blood pressure was directly responsible for more than 40,000 deaths in 1999, and contributed to the deaths of about 227,000 Americans that same year.



Tips for Managing Your Blood Pressure

- Stop smoking.
- Lose weight.
- Exercise regularly.
- Limit alcohol intake.
- Eat a well-balanced and varied diet.
- Avoid stressful situations.
- Take your medication.



Myth #6:

Fast Food is Good For You



Myth Dispelled

- Fast food is packed with calories and loaded with saturated fat.
- Americans are eating it up. The average American now consumes three hamburgers and four orders of French fries in a given week.



Consider This...

- In April, 2003, a lawsuit against McDonalds alleged that the company promoted their chicken nuggets as a healthy menu item.



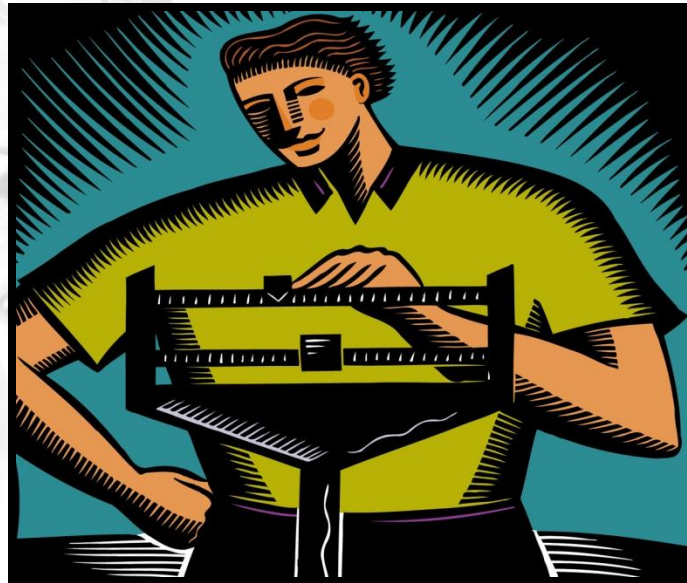
Tips for Healthy Eating

- Cut down on portion size.
- Substitute low-fat or fat-free products for regular ones.
- Choose fruit.



Myth #7:

***It's Natural to Gain a Few Pounds
as You Get Older***



Myth Dispelled

- Weight gain isn't a natural part of our aging process—it's more a part of our changing behaviors.



Consider This...

- A recent study found that people who stayed within four pounds of their high school weight, stayed healthier throughout the course of their lives.



Tips for Managing Your Weight with Age

- Be active.
- Plan, plan, plan.
- Eat plenty of fruit and fiber.
- Engage in enjoyable activities to keep your bones and muscles strong.



Myth #8:

Fasting and Quick Fixes are Good Ways to Lose Weight



Myth Dispelled

- To be healthy, your body actually needs a certain amount of calories and nutrients.
- Fasting inhibits your body's ability to lose weight.



Consider This...

- To guard itself from starvation, your body releases a “hunger hormone.”



Tips for Identifying Fad Diets

The following tips will protect you from falling prey to a fad diet.

Look out for...

- Miracle foods that burn fat.
- Bizarre quantities.
- Rigid menus.
- Specific food combinations.
- Promises of rapid weight loss.
- No physical activity involved.



Myth #9:

A Healthy Suntan is Your Ticket to Looking Good



Myth Dispelled

- UV radiation from the sun, tanning beds, or sun lamps increases your risk for skin cancer.



Consider This...

- In 2002, the National Toxicology Program added UV light—whether from the sun, or from artificial sources like tanning beds—to the list of known human carcinogens.



Tips for Staying Sun Safe

- Use sunscreen liberally and apply it often.
- Wear protective clothing.
- Wear sunglasses and brimmed hats.
- Be aware of reflective surfaces like water.



Myth 10:

***It Doesn't Matter What I Do...
It's all in the Genes.***



Myth Dispelled

- According to a landmark study in the Journal of the American Medical Association, approximately 70% of the leading causes of death in the US are lifestyle related.



Consider This...

- The legend of old “Uncle Norman.”
 - “Uncle Normans” don’t exist.
 - “Uncle Normans” are six times more likely to die of a heart attack.



Ten Tips for Living Longer

1. Don't smoke.
2. Exercise regularly.
3. Eat healthy foods.
4. Visit your doctor for regular check ups and screenings.
5. Limit the amount of alcohol you consume.



Ten Tips for Living Longer

6. Learn to manage your stress.
7. Always wear a seat belt when riding in automobiles.
8. Maintain healthy relationships.
9. Always be aware of and manage your weight.
10. Avoid fast and fatty foods whenever possible.

