



# Health Talk

January 2012

## January Health Tips

### Making Resolutions?

Think in baby steps—you'll be more likely to stick with your healthy lifestyle choices and less likely to get discouraged.

- **Quit Smoking:** Don't stop cold turkey—gradually step down and use a quit aid and counseling to help. Call 1-877-U-CAN-NOW for free support.
- **Weight Loss:** Set goals of improving your diet and increasing physical activity, rather than watching the scale. If you need to know the numbers, aim for healthy, realistic changes: 1-2 pounds per week or 5-10 pounds per month.

### Reduce Stress

The holiday season can be stressful for many reasons. Make sure to take time out for yourself.

- **At Home:** Read a book, take a yoga class, soak in a bubble bath, enjoy some time outdoors.
- **At Work:** Make use of your break times to rest your mind and reduce potential for burnout.

### STARRY NIGHT WALK

Robinson Preserve  
Wed, Jan 25, 6:30-8 PM

Search the heavens above for constellations, stars, and planets during this special evening walk. Call 941-722-5757 x8 for reservations and other upcoming event information.



## National Cervical Health Awareness Month

According to the Centers for Disease Control and Prevention, 12,000 women are diagnosed with cervical cancer each year, and approximately 4,000 die from the disease. A routine Pap smear and pelvic exam can detect early signs of cervical cancer; when detected early, treatments can be provided to prevent the disease from worsening. Generally, all women between the ages of 21 and 70 should have a Pap smear performed every 2-3 years, regardless of sexual activity. HPV (human papillomavirus) is the most common cause of cervical cancer; an HPV vaccination is available and recommended for all females ages 11-26.



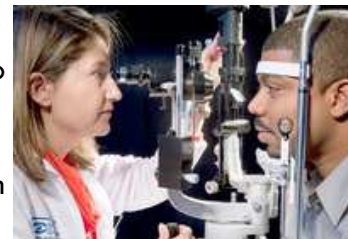
During the month of January, remind the women in your life about these easy, safe, and effective ways to stay healthy and cancer-free.

## National Glaucoma Awareness Month

Glaucoma is an eye condition resulting in optic nerve damage, typically caused by high pressure inside your eye. Glaucoma is the second leading cause of blindness, and there are often no symptoms aside from gradual vision loss.

Risk factors include:

- **Age:** Adults over 60 are at highest risk.
- **Race:** African-Americans are 5 times more likely to develop glaucoma than Caucasians.
- **Family history.**
- **Medical Conditions:** Diabetes and hypothyroidism increase your risk.
- **Other eye conditions**



Early diagnosis and treatment can minimize or prevent optic nerve damage and limit vision loss; it is important to get your eyes checked regularly and have your eye doctor measure your intraocular pressure.

## National Blood Donor Month

Every minute of every day, somebody needs blood. Most people have blood to spare, but only 3% of Americans donate. Donating blood is easy, safe, and saves many lives.

Tips for a successful donation process:

- Drink plenty of **fluids**.
- Maintain an **iron-rich diet:** leafy greens, meat, beans, and iron-fortified cereals.
- Get a good night's **sleep** prior to donating.
- **Eat a snack** afterwards.
- **Avoid heavy physical activity** for five hours after donating.
- **Relax.**



Blood donation centers in Manatee County are located at **216 Manatee Ave East, Bradenton** and **11161 State Road 70, Ste 108, Bradenton**. Call 941-746-7195 to make an appointment.

*Health Talk* is a monthly publication created by the Manatee County Health Department. To request additional copies, please call: 941-748-0747 ext. 1406.