

## LOWER YOUR RISK: Ideas to get started

### ■ Eating Well

a) **Eat a variety of foods.** Picking foods from each of the categories below everyday will help you get all the vitamins and minerals you need to be healthy. Eat at least 5 fruits and vegetables a day.

- **Vegetables** – especially dark green leafy vegetables, deep-yellow vegetables, & legumes
- **Fruits** – especially melons, berries, and citrus fruits (such as oranges and grapefruits)
- **Meats/Beans** – choose lower fat meats (such as lean pork or poultry prepared without the skin), eggs, fish, & beans (such as navy, kidney, or black beans)
- **Dairy products** – choose low-fat milk, yogurt, & cheese
- **Grains** – especially whole grains (such as oatmeal or whole grain breads)

b) **Limit foods that are high fat.** High-fat foods can cause weight gain because they are high in calories. They can also increase your cholesterol. These include ice cream, butter, cheese, cream, whole milk, & meats like bacon or chicken with the skin.

c) **Limit portion sizes.** If you have smaller amounts at every meal, you can make a big difference in how many calories you eat and how much weight you gain *over time*. Have half a chicken breast instead of eating the whole thing. Have 1 scoop of mashed potatoes instead of 2. Have 1 Coke a day instead of 3. Use smaller plates! To find out how much you need to eat, go to [www.mypyramid.gov](http://www.mypyramid.gov).

### ■ Physical Activity

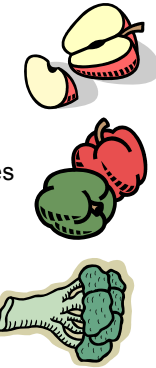
All kinds of **moderate physical activity** can help you stay healthy, including walking, water aerobics, gardening, and shooting baskets with the kids.

**Adults should aim for 30 minutes of moderate physical activity most days of the week.** In general, the more physically active you are, the healthier you will be. If you haven't been active before, walking is a great way to start. Ask your medical provider for advice. Find a partner and a place and time to walk. Warm up with stretching before you start and cool down when you are finished. Start slow with just 10 minutes a day. Add 5 more minutes each week until you work up to walking 30 minutes most days.

### ■ Being Smoke-Free

Smoking is probably one of the hardest unhealthy habits to break, but quitting now is one of the best things you can do for your health. Ask your medical provider about medications to help you quit. Call Louisville Metro Public Health and Wellness to register for free stop smoking classes so you can get the support you'll need: **(502) 574-7867**. Call the Kentucky Tobacco Quit Line for more information and support: **(800) QUIT-NOW**.

- Ask your medical provider about other adult health issues, such as taking medicines correctly, sexual health, menopause, depression, pain management, alcohol and drug addictions, dental health, hearing and eye tests, and immunizations. ■



# Making Healthy Choices

Why do **YOU** want to be healthy? Is it so you can **be active and feel good**? Spend time with your **family and friends**? Look forward to a **long life**? Once you've figured out why you want to be healthy, here's how to do it:



## 1. LOWER YOUR RISK: Make healthy choices

Making healthy choices means **eating well**, regular **physical activity**, and being **smoke-free**. Changing unhealthy habits can be a challenge. You **can** be successful if you:

**Start small...** Set a small goal for something **you** want to change – such as adding 1 piece of fruit to 1 meal each day, walking around your block twice after dinner 3 times a week, or cutting out desserts at lunch. Practice this goal for 1 or 2 weeks to make it a habit. Feel successful! Then make a new goal.

**Get support...** Make these changes with the help of friends, family, and your health care provider. Ask your sister to go to Stop Smoking classes with you. Get a co-worker to walk with you at lunch. Ask your family to change eating habits with you. Join a water aerobics class for beginners.



Eating well, exercising, and being smoke-free are the best ways to **lower your risk** for health conditions like heart disease, heart attack, stroke, diabetes, and many cancers. You can also control conditions you already have by making healthy choices. **Ask your doctor what you can do and check the back of this sheet for ideas to get started!**

## 2. CATCH IT EARLY: Keep up with health screenings

**Many diseases and health conditions can be prevented or controlled if they are caught early.** That's why screening tests are so useful – they can find problems a long time before you would notice any signs that something was wrong. Sometimes catching it early can mean the difference between life and death.

Men and women should have regular screenings for heart health, diabetes, cancers, and other conditions. **Check the Screening Checklist inside to see if you are due for any screenings.** Make an appointment with your doctor to get screened today!



Family Health Centers



# CATCH IT EARLY: Screening Checklist



## MEN and WOMEN

### Blood pressure

- Why?** ▶ If you have high blood pressure, blood moves through your arteries with more force than normal. This can damage your blood vessels, which can cause heart disease, heart attack, stroke, and kidney disease. Screening can find high blood pressure early so you can take action to prevent these serious conditions.
- How?** ▶ Blood pressure cuff on arm.
- When?** ▶ Age 18 and up, at least every 2 years.

AM I DUE FOR A SCREENING?  YES  NO MY QUESTIONS:



### Cholesterol

- Why?** ▶ Cholesterol is a soft, fat-like substance found in the bloodstream and in your body's cells. When there is too much cholesterol in your blood, it can join up with other fats to clog your arteries (the "pipes" that carry blood through your body). These clogs can reduce blood flow to the heart or brain and cause heart attack or stroke. Screening can find high cholesterol early so you can take action to prevent these serious conditions.
- How?** ▶ Blood test for cholesterol level.
- When?** ▶ For MEN: age 35 to 65, every 5 years. For WOMEN: age 45 to 65, every 5 years.

AM I DUE FOR A SCREENING?  YES  NO MY QUESTIONS:



### Diabetes

- Why?** ▶ Everyone has some glucose (sugar) in their blood, because your body uses it for energy. But if your blood sugar is too high, you are at risk for diabetes or may already have the disease. Diabetes can cause heart disease, stroke, nerve damage, and kidney or eye problems. Screening can find high blood sugar early so you can take action to prevent diabetes or keep it under control to prevent these serious conditions.
- How?** ▶ Blood test for glucose level.
- When?** ▶ Age 45 and up, every 3 years (especially if you are overweight).

AM I DUE FOR A SCREENING?  YES  NO MY QUESTIONS:



### Colorectal cancer

- Why?** ▶ Cancers of the colon and rectum can be deadly because often they are found too late to be treated. Colorectal cancer develops from growths in the colon and rectum called "polyps." Screening can actually *prevent* colorectal cancer because the polyps can be removed *before* they become cancerous.
- How?** ▶ Fecal occult blood test (patient receives kit to collect stool sample at home so it can be tested for blood at the clinic); Colonoscopy (flexible tube with camera is inserted to check entire rectum and colon for problems); or other similar procedures.
- When?** ▶ Age 50 and up, every year for fecal occult blood testing OR every 10 years for colonoscopy (more often if colorectal cancer runs in your family).

AM I DUE FOR A SCREENING?  YES  NO MY QUESTIONS:

### Dental cleaning

- Why?** ▶ Regular dental check-ups and cleanings keep your teeth and gums healthy.
- When?** ▶ Age 6 months and up, every 6 months. Also make sure to brush and floss daily.

AM I DUE FOR A SCREENING?  YES  NO MY QUESTIONS:



## WOMEN

### Breast cancer

- Why?** ▶ Breast cancer can develop when breast cells divide and grow abnormally. Screening can find breast cancers at an early stage, when they are small and treatments will work best.
- How?** ▶ Mammogram (each breast is pressed between two plates so that an X-ray image can be made).
- When?** ▶ Age 40 and up, every 1 to 2 years (more often if breast cancer runs in your family). Women should also do self-breast exams every month. Ask your health care provider for instructions.

AM I DUE FOR A SCREENING?  YES  NO MY QUESTIONS:



### Cervical cancer

- Why?** ▶ Cervical cancers can develop if cells in the lining of the cervix become abnormal (sometimes caused by STDs). Screening can find abnormal cells early so they can be removed before they become cancerous.
- How?** ▶ Pap test (a metal or plastic instrument is placed in the vagina so that the cervix can be seen clearly and a sample of cells and mucous can be taken from the cervix to be tested).
- When?** ▶ Age 21 (or earlier if sexually active) to 65, at least every 3 years (more often if you have a history of abnormal results or your medical provider requires the test to receive birth control).

AM I DUE FOR A SCREENING?  YES  NO MY QUESTIONS:



## MEN

### Prostate cancer

- Why?** ▶ The prostate is a gland in men that produces fluid for semen. Some prostate cancers grow very slowly and remain in the prostate; others grow quickly and spread – but it can be difficult to tell the difference.
- How?** ▶ Blood test for prostate-specific antigen (PSA); Digital rectal exam (the prostate gland is in front of the rectum, so the doctor can feel if there are any bumps or hard places in the prostate which might be cancer).
- When?** ▶ Age 45 and up: talk with your doctor about the benefits and risks of testing.

AM I DUE FOR A SCREENING?  YES  NO MY QUESTIONS:

■ Your medical provider may recommend that you be screened **sooner** or **more often** than listed above, depending on your age, race/ethnicity, health, family history, or other factors. ■ Your provider may also recommend testing for **sexually transmitted diseases**, a **bone density scan**, or a **chest x-ray**. ■ Ask about staying up-to-date with immunizations for **Tetanus, Flu, Hepatitis B, and Pneumonia**. ■