

Diabetes

Diabetes is having too much sugar in the blood and not enough in the body's cells. Glucose needs to get into the cells to be used for energy. Insulin is the hormone needed for glucose to get from the blood into the cells. Diabetes results when no insulin is made, not enough insulin is made, or the insulin made is not used properly.

Some health organizations recommend that you get a test to screen for diabetes every 3 years starting at age 45. Diabetes has no cure, but can be controlled.



Fasting Blood Glucose Test	
99 mg/dL and below	Normal
100 to 125 mg/dL	Pre-diabetes (impaired fasting glucose)
126 mg/dL and above	Diabetes*
*Confirmed by repeating the test on a different day.	

Depression

Depression is a medical illness.

Depressed people withdraw from others. Social and family life suffers. Yet, over 80% of people with depression can be treated with success, usually in a short time.

Places to Get Help

- * Your health care provider.
- * Your employee assistance program (EAP) at work.
- * A mental health clinic or local health department.
- * Hospitals in your area.

Tobacco use is the top preventable cause of illness and premature death in the U.S. Each year over 400,000 people in the U.S. die from tobacco related illnesses.

3 Phase Plan for Quitting Smoking

Phase 1 - Preparing to Quit

Make a quit date on your calendar 1 week in advance.
Track each time you use tobacco.
Create a butt bottle or chew bottle.

Phase 2 - Quitting

Get rid of everything related to your smoking habit.
Whenever you have an urge, take a clean breath then exhale thru pursed lips.
Keep your hands busy. Keep your mouth busy with gum or mints.
Change your routine.

Phase 3 - Staying Off

Renew your commitment each day.
Continue using the ideas in Phase 2.

Breast Cancer

Beginning at age 20, do a breast self exam (BSE) monthly or as advised by your doctor. Your job isn't just to find lumps, it's to notice if there are any changes. If you have questions, ask your doctor. Don't self-diagnose.

Risk Factors:

- * Cancer in one breast in the past.
- * Never giving birth or having a first full-term pregnancy after age 30.
- * Menstruation started before age 12.
Menopause occurred after age 55.
- * Family history of breast cancer.
- * Changes in BRCA1, BRCA2 and other cancer genes.
- * European or Jewish ancestry.
- * Race. White women have a greater risk than Latin, Asian or African American women.
- * Obesity after menopause.

Smoking Cessation