

TOPHEALTH®

We Care About Your Health

The Health Promotion and Wellness Newsletter

APRIL 2011

Can you get lung cancer without smoking?
Turn the page to find out.



Strike Out Skin Cancer

You can almost smell the hot dogs — another season of Major League Baseball (MLB) begins and with it, a reminder to stay safe in the sun. The MLB and the American Academy of Dermatology have teamed up to launch the “Play Sun Smart” program, raising awareness of skin cancer prevention and detection. Fans are also urged to take advantage of free skin screenings (see www.playsmartsun.org or www.aad.org for locations). In addition to getting regular skin checks, there’s a lot you can do to bench cancer:

☀ **Generously APPLY** broad spectrum, water-resistant sunscreen (SPF 30) to all exposed skin before going outside and every two hours thereafter, even on cloudy days and especially after sweating or swimming.

☀ **WEAR tightly-woven** protective clothing such as long-sleeved shirts, long pants, a wide-brimmed hat and sunglasses.

☀ **SEEK shade** whenever possible. Use extra caution between 10 a.m. and 4 p.m. or consider going to a night game. Shade and hydration will also help prevent heatstroke.

☀ **AVOID tanning beds** — they can cause wrinkling and skin cancer. If you want to look sun-kissed, try a self-tanning product instead.

(continued other side)

AUTISM and Family STRESS

Once considered rare, autism is now estimated to effect on average one in 110 children. Primary features of autism include speech/communication delays, social withdrawal and behavioral problems. Having a child with autism spectrum disorder (ASD) often presents significant challenges for families in several ways:

- 1. Grief:** Parents’ expectations for their child change after the diagnosis. They may mourn the hopes they once had for their child and family.
- 2. Financial/career concerns:** Costly evaluations and therapies can create debt, displacing family vacations or other opportunities. One parent may stop working to coordinate the intensive treatment needs of the child with autism.
- 3. Lack of support:** Family and friends may not understand autism, causing them to withdraw or criticize. Childcare, though desirable, can be elusive.
- 4. Marital problems:** The stress of managing the autistic child can lead to parental fighting. A parent who takes on a greater share of responsibilities may become resentful.
- 5. Guilt/blame/shame:** Parents may blame themselves or each other for the autism. Also, children with ASD can exhibit bizarre behavior in public, causing strangers to stare or offer unsolicited advice.
- 6. Sibling issues:** Brothers and sisters might feel jealous of the extra attention that an autistic sibling gets, angry about destructive behavior or afraid that the sibling will embarrass them in front of friends.

What’s In That Meal?

New food-labeling requirements call for vending machines, certain restaurants and retail food chains to post the number of calories in standard menu items. Other information such as the amount of saturated fat and sodium will also need to be available upon request. Look for enhanced food labeling this spring, although the FDA allows companies some time to make the required changes. It’s information that can help you make your best choice.



 Getting and Giving Help ... other side

Smart moves for reaching a heart healthy best are at www.personalbest.com/extras/april11tools.



But I Don't Smoke ... How Can I Have LUNG CANCER?

People who have never lit a cigarette are often stunned when diagnosed with lung cancer. Their shock is understandable, given that smoking is the leading cause of lung cancer. **But other factors can contribute to this disease:**

- ➔ **The invisible killer.** Radon, an odorless, colorless gas naturally found in soil and rock, is the second leading cause of lung cancer. It seeps into buildings through small gaps and cracks. Luckily, it's fairly easy to detect and fix. Learn more about radon and if your home may be at high risk for exposure.
- ➔ **Secondhand smoke.** Being around smokers can also contribute to lung cancer. Encourage family members and roommates to kick the habit.
- ➔ **Hazard zone.** Exposure to asbestos, uranium, arsenic, cadmium, chromium, nickel and some petroleum products can add risk. Workers exposed to these materials should carefully follow company safety regulations and discuss concerns with supervisors or safety officers.



➔ **CT scans.** There appears to be evidence of increased risk, especially for CT scans. Overexposure probably affects a relatively small number of individuals, but people should be aware that CT radiation has a cumulative effect. Children are particularly susceptible.

➔ **In the genes.** Lung cancer can run in families — if this applies to you, ask your health care provider how you can reduce your risk.

It adds up: These factors can interact to raise your risk, so eliminate as many of them as possible.

AUTISM

Getting and Giving Help

Social service agencies, religious organizations, therapists and support groups can help (see www.autism-society.org for resources).

Friends and family can learn more about the challenges (see www.nationalautismassociation.org) and perhaps offer a helping hand.

Concerned parents, see www.cdc.gov/ncbddd/actearly/index.html.



“Age does not depend upon years, but upon temperament and health. Some men are born old, and some never grow so.”

~Tryon Edwards

Go GREEN for Better Health!

Kale, spinach and collards are making other vegetables green with envy. These powerful, nutrient-dense choices are an important part of a healthy diet. In a study from the Center for Science in the Public Interest, seven of the top 10 vegetables rated for their overall nutrient content were leafy greens.

Kale scored highest for its combined level of vitamins, minerals, fiber and antioxidants. Spinach, collards, turnip greens, Swiss chard and mustard greens showed in the top 10 too.

Research suggests this healthy combination of nutrients serves as strong defense against heart disease. And while there have been some recent questions with regard to cancer protection, there's no question dark green vegetables are essential to good health and possibly cancer protection too.



LONGEVITY CORNER

Bedtime stories. Kids — especially adolescents — need lots of sleep. Teens tend to go to bed too late to get nine hours of sleep, which is what they need for optimal performance at school. A recent study found that when school start was delayed from 8 to 8:30 a.m., kids did better in school and reported better sleep. If you can't get school to start later, the next best thing is getting your teens to bed earlier.

How? Switch to reading. Electronics are energizing and interfere with sleep onset, while reading is generally more calming. **Tip:** Collect keyboards and cell phones at a regular time each night so kids know for certain that it's a time to disconnect.

— Zorba Paster, MD

More Measures

Strike Out Skin Cancer

☀️ **CHECK your skin** regularly and see your dermatologist if you notice any spots changing, growing or bleeding.

☀️ **TAKE extra care** around water, sand and snow — they reflect the sun, increasing your chance of sunburn.



Featured Recipe Online