The following information can help you make better choices and possibly be the atlas that will help guide you along the way to a longer, healthier, more productive life.

Heart/Stroke

Risk Factors
* Family/personal history
* Cigarette smoking
* High blood pressure
* High cholesterol

Statistics
* America's No. 1 Killer
* 42.1% deaths in America
* Nearly 59 million Americans have heart disease.

Interventions
* Do NOT smoke.
* Get blood pressure checked regularly.
* Eat a diet low in fat, saturated fats and cholesterol
* Get blood cholesterol checked yearly.
* Exercise regularly and manage stress.
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Lung Disease

Risk Factors
* Cigarette smoking and second-hand smoke.
* Pollen, dust, other air pollutants

Statistics
* 10 million Americans have asthma.
* About 15 million Americans have chronic obstructive lung disease, making it the fourth most common cause of death.

Interventions
* Do NOT smoke. Ask your health care provider for smoking cessation help.
* Use air filters to help reduce pollen and mold. Stay indoors when pollen or air pollution is high.
* Wear a dust mask while performing dusty jobs.
* Avoid very cold temperatures.

Cancer

Risk Factors
* Family history of cancer
* Excessive sun exposure
* Smoking and second-hand smoke
* Radiation or asbestos exposure
* Industrial/atmospheric pollution

Statistics
* America's No. 2 Killer

Accidents

Risk Factors
* Drinking and driving
* Failure to use seat belts and car seats
* Environmental hazards

Statistics
* Auto accidents are the leading killer of young adults.
* Drunk driving is associated with more than 40% of motor-vehicle deaths involving 16-20 year olds.
* One out of four children will require medical attention for accidental injuries.

Interventions
Avoid automobile tragedies
* Buckle your seat belt!
* Children under 40 pounds: use a car safety seat.
* Children 40-70 pounds: Use a booster seat with the car safety belt.
* For older children: Use car safety belts at all times.
* Whenever possible, put children in the back seat of the vehicle.

Make your home safe
* Keep medicines and other dangerous substances in childproof containers.
* Keep hot water temperature below 120 degrees.
* Keep unused electrical outlets covered with plastic guards.
* Use smoke detectors and check batteries yearly.

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7 Warning Signs of Cancer
* Bowel/bladder habit changes
* Sore that does not heal
* Unusual bleeding or discharge
* Thickening or lump in breast or elsewhere.
* Indigestion or difficulty swallowing
* Obvious change in wart or mole
* Nagging cough or hoarseness

Interventions
* Eat high fiber foods, fresh vegetables and fruits.
* Avoid excessive sun exposure, use sunscreen, SPF 15 at least.
* Over age 50, an annual fecal occult blood test and a flexible sigmoidoscopy every 3 to 5 years.

Screenings for Women:

Cervix: All women, annual pap smear beginning at age 18 or with onset of sexual activity. Over age 65, check with your health care provider.

Lock up guns and ammunition.
* Keep emergency numbers near the telephone.
* Prevent choking: Keep coins, balloons, peanuts and hot dogs away from children.

Teach your children safety
* All children should wear a safety helmet when riding on a bicycle, motorcycle, or four-wheeler.
* All children should use protective equipment when playing contact sports, roller skating or skateboarding.
* Don't allow your child to ride on or drive heavy farm equipment.

Pneumonia/Influenza

Risk Factors
* Elderly population
* People with chronic illnesses or medical problems.

Statistics
* About 60,000 Americans die each year from pneumococcal infection or influenza (flu).
* Only 14% of the elderly have received the pneumococcal vaccine, and only 30% of eligible adults receive annual vaccinations.

Interventions
Get vaccinated!
* Vaccinations can prevent or minimize the effects of these infections.
* The flu vaccine should be given
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Screenings for Men:
* Prostate: Over age 40, digital rectal exam (DRE) annually. Over age 50, DRE and prostate specific antigen (PSA) annually.

Liver Disease

Risk Factors:
* Abusing alcohol
* Viral Exposure
  * Injecting illegal drugs
  * Engaging in male homosexual activity
  * Receiving blood transfusions or blood products

Statistics
* Alcoholic liver disease is the 11th most frequent cause of death.
* Alcohol consumption is associated with 90% of cirrhotic liver deaths.
* About 600,000 new cases of viral hepatitis annually.

Interventions
* Limit alcohol consumption. One drink per day for women and two drinks per day for men.
* Avoid viral exposure. Hepatitis B is transmitted by direct contact with an infected person's bodily fluids. Inform your health care provider if you are a health care worker, have received blood products, engage in male homosexual activity or use illegal drugs.

Who should get vaccinated?
* People 65 years and older.
* Adults (and children over 2 years old) who have a chronic illness such as: diabetes, kidney disease, lung disease, heart disease and liver disease.
* Nursing home residents.
* People with a weakened immune system.

Acquired Immunodeficiency Syndrome (AIDS)

Risk Factors
* Unprotected sexual contact
* Sharing unclean intravenous needles
* Exposure to contaminated blood products
* Maternal-fetal transfer

Statistics
* CDC estimates that 800,000 to 1.2 million Americans are infected with the AIDS virus.
* AIDS is a leading cause of death in men ages 35-44.
* More than 200,000 Americans have died from AIDS.

Interventions
* Practice safe sex.
* Do not share unclean intravenous needles.
* Check with your health care provider for ways to decrease...
* Get vaccinated.
  Hepatitis B can be prevented by vaccination. Ask your health care provider about vaccination.

Homicide

Risk Factors
* Poverty and discrimination
* Lack of opportunities for education and employment

Statistics
* Second leading cause of death for persons 15-24 years of age.
* Leading cause of death for African American and Hispanic youth in this age group.
* Most homicide victims are killed with a firearm.

Interventions
* Strategies for reducing violence should begin early in life, before young people adopt violent beliefs and behavioral patterns.
* The risk factors must be addressed.
* If you feel you are at risk of violent behavior, discuss this with your health care provider.

Birth Defects and Complications

Risk Factors
* Birth defects/complications can happen to anyone
* Poor nutrition and/or vitamin deficiency
* Medication use
* Drug or alcohol abuse
* Cigarette smoking
* Toxin exposure

Statistics
* There are 3,000 to 5,000 different birth defects.
* More than 150,000 babies are affected each year.
* Every 3½ minutes a baby is born with a birth defect.

Interventions
Pre-pregnancy planning
* Take folic acid, 400 micrograms daily.
* Eat nutritious foods and take a multi-vitamin.
* Achieve your ideal body weight; being over or under-weight may cause problems during pregnancy.
* Check your vaccination records, be sure you have had rubella and measles vaccinations.
* Stop smoking and minimize alcohol intake.
* Get medical problems like diabetes, epilepsy or high blood pressure under control.
* Ask your health care provider to

Diabetes

Diabetes
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Risk Factors
* Over age 45 and overweight
* Family history of diabetes
* Hispanic, Native American, or African American
* History of gestational diabetes

Statistics
* Approximately 14 million Americans have diabetes, only half have been diagnosed.
* Diabetes is a leading cause of adult blindness and end-stage renal disease, and accounts for 55,000 lower extremity amputations per year.

Interventions
Prevent diabetes:
* Eat a well-balanced diet and maintain a normal body weight.
* Exercise regularly

Detect diabetes early:
* Contact your health care provider if you experience: extreme thirst, blurry vision from time to time, frequent urination, unusual tiredness or drowsiness, unexplained weight loss, or recurring skin, gum or bladder infections or tingling/numbness in the hands or feet.
* Ask your health care provider about routine diabetes screening if you are over 45 years old.

Diabetes management:
evaluate your health and identify any health risks.
* Discuss any previous problem pregnancies or familial birth defects with your health care provider.

Healthy pregnancy
* Exercise, don't drink, smoke or use drugs.
* Eat a nutritious and balanced diet.
* Take prenatal vitamins and increase your calcium intake.
* Avoid exposure to toxic substances and chemicals.
* Don't eat undercooked meat or handle cat litter; they can cause toxoplasmosis, which can seriously harm a developing baby.
* Ask your health care provider which prescription or over-the-counter drugs are safe.

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You make choices as you travel the road of life that impact the two factors that affect 70% of your health status - Lifestyle & Environment!

50% Lifestyle - Diet, Exercise, Safety
20% Environment - Safe, Sanitary, Protected
20% Genetics - Family History
10% Medical Care
* Prevent of delay long term complications through good glucose control.
* Follow your diet and exercise regimen.
* Monitor your blood glucose regularly.
* Take your insulin or medication as prescribed.

Sources for stats: National Center for Death Statistics and the Bureau of the Census
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