



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.



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.

- * 500,000 deaths per year

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:

Breast: All Women, monthly breast self-examination. Over age 40, baseline mammogram and



annual breast exam by clinician. Ages 20-39, breast exam by clinician every 3 years.

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



* **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.

annually (each fall).

- * The pneumococcal vaccine is a one-time vaccine (certain high-risk patients can receive every 6 years).

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.

Diabetes

your risk of infection.

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

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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