

Here's to Your Health!

Thyroid Disease: What You Should Know

Your thyroid gland, a small organ at the base of your neck, is one of many glands that make up your body's endocrine system, which regulates the function, growth, & development of virtually every cell, tissue, & organ in your body through the production of hormones.

Thyroid disease occurs when your thyroid produces either **too much** thyroid hormone (called **hyperthyroidism**, causing your body's systems to speed up) or **too little** hormone (called **hypothyroidism**, causing your body's systems to slow down). Both can negatively affect your health. Untreated, the disease can lead to high cholesterol, heart disease, infertility, osteoporosis, diabetes, arthritis, & anemia.

It's important to safeguard yourself by knowing the symptoms & risk factors associated with the disease. Here are some things you should know about thyroid disorders:

1. More than 27 million people in our country have a thyroid disorder, but more than half don't know it.
2. Thyroid disorders affect more women than men.
3. The disease tends to run in families.
4. The most common symptom for hypo- and hyperthyroidism is fatigue.
5. A blood test called TSH is the most useful test for thyroid

6. Thyroid diseases are best managed through regular check-ups with your endocrinologist.
7. Never change your dose of thyroid medication without consulting your doctor.
8. Changes in formulations and dosage should be followed up with retesting.
9. Thyroid conditions during pregnancy require close attention.

10. Thyroid cancer is swiftly becoming the most common cancer in America. It also happens to be one of the most curable!

Be sure to speak to your doctor if you are experiencing symptoms or may be at risk for the disease.



Did you Know...

Cervical cancer is nearly 100% preventable, yet according to the American Cancer Society, an estimated 13,000 new cases of cancer will be diagnosed this year and about 4,100 women will die of the disease.

The good news is that cervical cancer is preventable and curable if detected early. Regular pap tests to help screen for cervical cancer can help reduce your risk. Pap testing should begin at age 21 or 3 years after the onset of sexual activity. Pap testing should be repeated at least every 3 years.



Health & Wellness Frequently Asked Questions!

Q: I've heard that Folic Acid is supposed to be good for you, especially during pregnancy. What is it, why is it important, and where can I get it?

A: Folic Acid, also known as vitamin B9 or folate, is a nutrient needed to

carry out many of our bodily functions, such as the development and repair of DNA. Both children and adults need folate to produce healthy red blood cells and prevent anemia, and it is needed during pregnancy for proper development of the baby's brain, skull, and spinal cord. Folate deficiency can lead to many health problems including cancer, heart disease, stroke, osteoporosis, and birth defects in developing embryos.

The best source of folate is green leafy vegetables such as spinach, as-

paragus, and romaine lettuce. Other good sources include dried/fresh beans and peas, orange and pineapple juices, melon, banana, raspberry, grapefruit, strawberry, broccoli, corn, and bok choy. Many pastas, cereals, and breads are fortified with folate as well.



Ways to Shed the Holiday Stress!

Have a glass of wine • Get a massage • Take a walk • Take a hot bubble bath • Drink lots of water • Get a manicure or pedicure • Go for a hike • Go off-roading • Build a sandcastle • Volunteer at a charity • Take a nap • Play cards • Do a crossword puzzle • Watch your favorite TV show • Get a punching bag •



Scream into your pillow • LAUGH! • Learn yoga • Start going to the gym • Draw what you're feeling • Visit the Guam museum • Go watch a movie • Watch a movie in 3D • Learn to paint • Go to the beach • Get a tan • Listen to relaxing music • Listen to music that gets you excited • Go for a drive • Learn how to ride a Rip-Stick • Make hot chocolate • Pray • Put marshmallows in it • Write in a journal • Meditate • Rent some DVDs • Play a video game • Bake cookies • Bake with your kids • Fly a kite • Learn to surf • Go fishing • Go snorkelling • Take an underwater submarine tour • Visit a landmark • Start a garden • Water your plants • Learn to play an instrument • Sing karaoke • Wash your car • Take some pictures • Grow a mustache • Shave your hair off • Go test drive a new car • Mow your lawn • Trim your hedges • Start recycling • Start an aquarium • Play the kazoo •



Berry Batch Pie

Pie pastry (9-inches) 1 1/2 cups raspberries
 3/4 cup sugar 1 cup blackberries
 1/4 cup cornstarch 1 cup blueberries
 2 cups strawberries, halved 1 Tbs. lemon juice

On a lightly floured surface, unroll pastry. Transfer to a 9-inch pie plate. Trim pastry to 1/2 inch beyond edge of plate; flute edges. Line unpricked pastry with a double thickness of heavy duty foil. Bake at 450 F for 8 minutes. Remove foil; bake 5-7 minutes longer or until golden brown.

In a large saucepan, combine sugar and cornstarch. Stir in berries and lemon juice.

Cook, stirring occasionally, over medium heat until mixture just comes to a boil; pour into prepared crust. Cool completely on a wire rack.



Nutrition Facts

Servings per Recipe	8
Calories	250
Fat	7g
Saturated Fat	3g
Cholesterol	5mg
Sodium	101mg
Carbohydrates	46g
Fiber	4g
Protein	2g

February 5th is

National Wear Red Day!

February 5, 2010 is National Wear Red Day — a day to take women's health to heart by wearing red to show their support for women's heart disease awareness. Join us on National Wear Red Day to help spread the critical message. Everyone can participate in the movement by wearing their favorite red dress, shirt, tie, or pin. Help Spread the Heart Truth.



4 Things to Know About Birth Defects

- Did you know that birth defects are common?**
 - ▶ Birth defects affect 1 in 33 babies every year and cause 1 in 5 infant deaths.
- Did you know that some birth defects can be diagnosed before birth?**
 - ▶ Tests like an ultrasound and amniocentesis can detect spina bifida, heart defects, or Down Syndrome. Prenatal care and screening are important because early detection allows families to plan for the future.
- Did you know there are ways a pregnant**

woman can keep her unborn baby safe from infections?

- ▶ The best way to protect your unborn baby is to wash your hands often, especially after touching raw foods, pets, and other children.

4. Did you know that some birth defects can be prevented?

- ▶ A woman can take folic acid, have regular checkups, make sure any conditions are under control, get tested for infectious diseases, get necessary vaccinations, and not use cigarettes, alcohol, or other drugs to help prevent birth defects.

