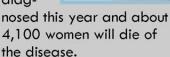
Here's to Your Health!



Did you Know...

Cervical cancer is nearly 100% preventable, yet according to the Ameri-

can
Cancer
Society,
an estimated
13,000
new
cases of
cancer
will be
diag-



The good news is that cervical cancer is preventable and curable if detected early. Regular paptests 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.

Thyroid Disease: What You Should Know

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

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.

the production of hormones.

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

screening.

- Thyroid diseases are best managed through regular check-ups with your endocrinologist.
- Never change your dose of thyroid medication without consulting your doctor.
- Changes in formulations and dosage should be followed up with retesting.
- 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.





Health Frequently Asked Quest

Wellness Frequently Asked Quest

Q: I've heard that Folic Acid is sup
carry out many of our bodily parage

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 Berry Batch Pie 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 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 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 •

Pie pastry (9-inches) 3/4 cup sugar 1/4 cup conrnstarch 2 cups strawberries, halved 1 1/2 cups raspberries 1 cup blackberries 1 cup blueberries 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

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

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.



Things to Know About Birth Defects

1. Did you know that birth defects are common?

▶ Birth defects affect 1 in 33 babies every year and cause 1 in 5 infant deaths.

2. 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

3. 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,

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

pets, and other children.

▶ 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.