

HealthyBy Choice

...One Day at a Time

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Be Your HEALTHIEST YOU in 2020

9 Tips from CDC for the New Year



Eat a Healthy Diet. Make healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.



Move More, Sit Less. Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least two (2) days a week.



Rethink Your Drink. Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.

Get Enough Sleep. Adults need at least seven (7) hours sleep per night. Being active during the day can help you fall asleep at night.



Quit Smoking. You can do it! Call 1-800-QUIT-NOW for free support!

Be Sun Safe. Wear layered clothes and apply sunscreen. Even in cold weather, the sun can damage your skin!



Brush Your Teeth. Brush twice a day with fluoride toothpaste.

Get Your Checkups. Visit our physicians regularly for preventative services.



Learn Your Health History. Talk to your family and your doctor about your family health history.



Make 2020 your healthiest year ever!



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National Blood Donation Month

- Every 2 seconds someone in the United States needs blood.
- 35,000 pints of blood are needed every day in the U.S.
- The national blood supply must cover every day needs and unexpected disasters. Frequent volunteer blood donors ensure that blood is ready (collected and tested) and available year-round whenever and wherever it is needed.
- Research has found evidence of some **health benefits** that come from donating blood.

Lower risk of heart disease

- Blood donation may lower the risk of heart disease and heart attack. This is because it reduces the blood's viscosity.
- A 2013 study found that regular blood donation significantly lowered the mean total cholesterol and low-density lipoprotein cholesterol, protecting against cardiovascular disease. Researchers note this is consistent with findings in other studies which found that blood donors had a lower risk of heart disease and heart attack.
- Donating blood regularly may also lower iron stores. This may reduce the risk of heart attack. High body iron stores are believed to increase the risk of heart attack.

Lower risk of cancer

A 2008 study found a small decrease in the risk of certain cancers in people who regularly donated blood. These included cancers that are linked to high iron levels, including cancer of the:

- liver
- colon
- lung
- esophagus
- stomach

A 2016 study also found that donating blood can lower inflammatory markers and increase antioxidant capacity.

Free health checkup

In order to give blood, you're required to undergo a health screening.

- pulse
- blood pressure
- body temperature
- hemoglobin levels

Your blood is also tested for several diseases. These include:

- hepatitis B
- hepatitis C
- HIV
- West Nile virus
- syphilis
- *Trypanosoma cruzi*



The Need is Constant. The Gratification is Instant.

