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HealthyLiving



Tips for a Longer Life

No one can guarantee you a long life, but there are things you can do to improve your odds. The Centers for Disease Control and Prevention (CDC) reports that people can live longer if they practice 4 healthy lifestyle behaviors: avoiding tobacco, eating a healthy diet, getting enough physical activity, and limiting how much alcohol they drink. This advice is consistent with American Cancer Society guidelines and recommendations.

According to the CDC, people who engaged in all 4 healthy behaviors were 66% less likely to die early from cancer, 65% less likely to die early from cardiovascular disease, and 57% less likely to die early from other causes than people who did not engage in any of the healthy behaviors. The behaviors lower the risk of developing chronic diseases, which are responsible for 7 out of 10 deaths among Americans each year. Heart disease, cancer, and stroke combined account for more than half of all deaths.

The American Cancer Society recommends people who want to improve their odds:

1. Avoid tobacco.
 - Tobacco use in the U.S. is responsible for nearly 1 out of every 5 deaths – about 443,000 early deaths each year. About 80% of lung cancer deaths and 30% of all cancer deaths are caused by tobacco use.
 - If you don't use tobacco products, don't start. If you do, quit. For help, visit cancer.org/quitsmoking, or call the American Cancer Society at 1-800-227-2345.
2. Get physically active.
 - Physical activity can help you get to and stay at a healthy weight.
 - Adults should get at least 150 minutes of moderate-intensity (equal to a brisk walk) or 75 minutes of vigorous-intensity activity (makes your heartbeat and breathing faster, and makes you sweat) each week, preferably spread throughout the week. Clear any new activity with your doctor.
 - Kids should get at least 1 hour of moderate- or vigorous-intensity activity each day, with vigorous-intensity activity at least 3 days each week.
 - Spend less time sitting.
3. Eat a healthy diet.
 - Eat at least 2½ cups of vegetables and fruits each day.
 - Eat less red meat and less processed meat (bacon, sausage, luncheon meats, and hot dogs).
 - Choose breads, pasta, and cereals made from whole grains instead of from refined grains, and brown rice instead of white. Eat fewer sweets.
4. If you drink alcohol, limit how much you drink.
 - Men should have no more than 2 drinks a day and women no more than 1.
 - People who should not drink alcohol at all include women who are or may become pregnant, children and adolescents, and those with a family history of alcoholism or who cannot limit their drinking.



CLICK HERE to read the American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention.

Staying Active at Work

These days, few of us have jobs that require a lot of physical activity (typing doesn't count). We tend to sit at our desks most of the day, getting up infrequently to move around. But study after study links inactivity with dying earlier from diseases like cancer, so it's in our best interest to learn how to get some exercise even when we have to stay at our desks.

American Cancer Society Director of Nutrition and Physical Activity Colleen Doyle, MS, RD, has some tips to keep you active during your workday and at your desk.

If you drive to work and park in a deck or garage, find a space at the far end so you have to walk to the elevator or stairs. If you take transit, get off one stop ahead of your office and walk the extra distance. And, if you can, choose the escalator or stairs instead of the elevator. Stuck sitting at conference tables? Have a walking meeting.

Frequently sending emails to people down the hall? Walk to someone's office to deliver a message. And have you considered sending your printing to a printer far away? Or using the bathroom the farthest from your desk?

At your desk, ditch your chair and sit on an exercise ball instead. During conference calls, stand up and pace, or stay seated and do leg lifts, knee bends, and toe curls. If you're feeling really adventurous, keep a weight under your desk for bicep curls. If you have a wall, do standing push-ups.

With no extra time needed in your day, you can be active at work. Give it a try; your body will thank you.



[CLICK HERE](#) for more ways to fit fitness into your busy life.



How to Treat Sunburn

Maybe you fell asleep on the beach, or forgot to pack sunscreen. However it happened, sunburn can be painful and in severe cases, even dangerous. If you do get burned:

- Take a cool shower or bath, or apply wet, cold washcloths.
- Avoid products that contain benzocaine, lidocaine, or petroleum (Vaseline).
- Apply cortisone cream to reduce swelling.
- Cover blisters with dry bandages to prevent infection.
- Take over-the-counter pain relievers like ibuprofen, but do not give aspirin to children.

Call a doctor if you have a serious reaction:

- Feeling faint or dizzy
- Rapid pulse or rapid breathing
- Extreme thirst, no urine output, or sunken eyes
- Pale, clammy, or cool skin
- Nausea, fever, chills, or rash

- Eyes hurt and are sensitive to light
- Severe, painful blisters

Of course, it's best to protect yourself from getting burned in the first place. Exposure to the sun's ultraviolet (UV) rays can increase your risk of developing skin cancer. The American Cancer Society recommends taking these steps:

- Wear clothing and a wide-brimmed hat to protect as much skin as possible. Protect your eyes with sunglasses that block at least 99% of UV light.
- Use sunscreen with a sun protection factor (SPF) of at least 15: reapply at least every 2 hours, and after swimming or sweating.
- Avoid direct exposure to the sun, especially between 10 a.m. and 4 p.m., when UV rays are strongest.
- Avoid tanning beds and sunlamps: both can cause serious long-term skin damage and contribute to skin cancer.



[CLICK HERE](#) for more tips on staying safe in the sun.

Stock a Healthy Kitchen

Juggling the demands of a busy lifestyle can sometimes get in the way of healthy eating. When you're in a hurry, it's tempting to grab processed foods like macaroni and cheese, powdered mixes, chips, and cookies. Instead, overhaul your kitchen with nutritious staples that you can use to create a healthy, inexpensive meal in a jiffy.

Stock up on frozen and canned vegetables and fruits, making sure to avoid those with added sugar or sodium. Canned veggies, such as canned tomatoes, make a nice base for soups and pasta sauces, and canned fruit can easily serve as a healthy snack or salad topping. Whole-grain pastas and brown rice are easy to cook and have more fiber than the white, refined kinds. Keep nuts such as pecans or walnuts and dried fruit on hand for healthy midday snacks or to mix in salads.

Add heart-healthy flavor by stocking up on cooking essentials such as olive or canola oil, mustard, herbs and spices, and vinegar. With a cupboard full of nutritious choices, you'll have no excuse but to eat better!



[CLICK HERE](#) for more healthy eating tips.

Organize Your Medications



When was the last time you cleaned out your medicine cabinet? Keeping track of your medications is an important part of your health care. If you are taking more than one prescription or over-the-counter drug, vitamin, or supplement, or caring for someone who is, managing them can be complicated. Here are some tips to make the job easier:

- When you fill a prescription, verify the dose and timing with your pharmacist.
- Make sure the pharmacy has a record of every medication you're taking – including over-the-counter drugs and vitamins – and keep a list yourself. Bring the list to every doctor visit.
- Keep a chart of your daily medication schedule and follow it exactly.
- Take the exact dosage prescribed. Use a weekly or daily pill organizer to avoid mix-ups.
- Store medications in their original containers.

- Don't take medication in the dark, or when you're tired or distracted.
- Don't drink alcohol with your medications unless your doctor has told you it's safe.
- Lock up medications to keep them from children.
- Never take medications prescribed for someone else.
- Dispose of medications that your doctor has told you to stop taking, or that have expired.
- If no disposal instructions came with the medication, crush and mix it with coffee grounds, cat litter, or food scraps. Seal it in a bag or container, and throw it away with the trash.
- If you experience negative side effects from your medication, talk to your doctor. Don't simply stop taking it.



[CLICK HERE](#) for a printable list to help you track your medicines.

Everybody in the pool!

When the temperature rises, there's nothing like a good swim to cool off and get some healthy exercise. Swimming works out the whole body, yet it is easy on the joints because the water supports some of your weight. Whether you're a beginner who wants to increase your physical activity or an athlete who wants to gain strength and aerobic conditioning, swimming can help you reach your goals.

According to the Centers for Disease Control and Prevention (CDC), swimming can decrease the risk of chronic illnesses and lead to improved health for people with diabetes and heart disease. For people with arthritis, swimming improves the use of affected joints without worsening symptoms.

Physical activity like swimming can also be part of a healthy lifestyle that may reduce your risk of developing some types of cancer. The American Cancer Society recommends that adults get at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity (like swimming) each week.



[CLICK HERE](#) to learn more about the connection between cancer and exercise.

Just Peachy



Savor the sweet taste of summer with plump, juicy peaches. The fuzzy fruit is in season until the end of August.

You can tell a peach is ripe and ready to eat when its flesh gives slightly when you press it, and it smells, well, like a peach! If your peaches are too firm or a little green, store them in a paper bag for a day or two. If your peaches are already ripe, but you're not ready to eat them yet, keep them in a plastic bag in the refrigerator.

Before eating peaches or preparing them for a recipe, wash the fruit in cool, soapy water and rinse well. Unless a recipe calls for it, you don't need to peel peaches; in fact, many of the peach's nutrients are contained in its peel. Peaches are good sources of vitamins C and A.

Peaches can be eaten raw, added to recipes and salads, and made into jams and preserves. They're also a delicious ingredient in salsas, like this one from the American Cancer Society's *Healthy Eating Cookbook*.

Pineapple, Peach, and Jalapeño Salsa

2 cups pineapple, chopped finely

2 cups peaches, chopped finely

4 pickled jalapeño slices, minced

2 scallions, chopped finely, divided

¼ teaspoon garlic salt

In a medium bowl, mix all ingredients together except for 1 tablespoon of scallions. Transfer to serving bowl, top with remaining scallions, and chill 1 hour. Makes 8 servings.

Approximately 48 calories, 0 grams of fat per serving.



CLICK HERE to order this and other great books from the American Cancer Society bookstore.



In the Next Issue: • Healthy Ideas for School Lunches • Ways to Reduce Stress • Recipe: Green Curry Shrimp

Articles contributed by Stacy Simon and Becky Slemons.

To sign up for this e-newsletter, please **CLICK HERE**. To learn more about American Cancer Society programs, services, and upcoming events, please call 1-800-227-2345 or visit cancer.org.



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