



Stay Well, Manchester College!!

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Toilet Talk

Are you feeling tired, moody and fat? It may be your thyroid...

BBO lovers may be at higher risk for cancer.

A recent study showed that postmenopausal women who consumed the most grilled, barbequed or smoked red meat over their lifetime had a 47% increased risk for breast cancer.

The study also showed that grilled, barbequed or smoked poultry or fish did not increase the risk of breast cancer in postmenopausal women.

Also, women who consumed a large amount of red meat, while skipping fruits and vegetables had a 74% increased risk for breast cancer.

-CNN Health

The thyroid is a small gland at the base of the neck. It can be considered the body's thermostat, and controls energy flow. It is believed that as much as 10% of the population has a thyroid problem, almost half of these problems will go undiagnosed.

Hypothyroidism occurs when your body is not producing enough hormones for your thyroid to do its job. A shortage of the thyroid hormones makes you feel sluggish and slows down the body at every level.

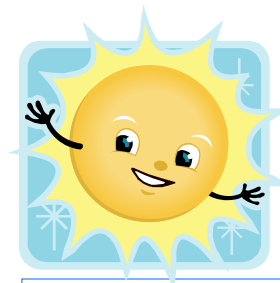
Your digestion will be slowed down, which causes

constipation. Your metabolism will also be slowed down, which can lead to weight gain. Hair and skin will begin to become coarse and dry because your body cannot give them nutrients fast enough.

The brain also needs the thyroid hormones to control levels of serotonin and dopamine, which regulates emotions. A shortage of the thyroid hormones lead to moodiness as well as difficulty thinking.

Thyroid problems are easily diagnosed by a simple drug test performed by your doctor.

-Health.com



Sun Safety

Sunlight is the main source of Ultraviolet radiation, which can damage the tissues of the eyes. Spending long hours in the sun, without sunglasses or eye protection increases the risk of eye problems later on in life, including blindness!

-National Safety council

Tips to Avoid Heartburn

- 1) Eat smaller portions at meals
- 2) Avoid chocolate and fatty or fried foods.
- 3) Do not lie down or exercise 2 to 3 hours after eating.
- 4) Avoid tight clothing, such as tight belts, waistbands and panty hose that press on the stomach.
- 5) Avoid sleeping on your right side.
- 6) Be careful when lifting or bending. Bending over tends to increase acid reflux.
- 7) Do not take aspirin, or products that contain aspirin (like Alka-Seltzer). Aspirin can irritate the stomach and esophagus, which can make heartburn worse.
- 8) Do not smoke or use tobacco products. Smoking causes the valve between the stomach and the esophagus to relax and not close completely, allowing stomach acid to reflux into the esophagus.
- 9) Maintain a healthy weight.
- 10) Decrease stress levels.

-Yahoo! Health

Pain in the lower back????

Low back pain is often triggered by a combination of overuse, muscle strain, or injury to the muscles and ligaments that support the spine.

Smoking, lack of regular exercise, poor posture, being overweight and long periods of depression are risk factors that increase the chance of having lower back pain.

It is important to note that the disks in your spine, experience 10x the amount of weight you lift. So if you lift 40 pounds, the pressure on your disks is 400 pounds!

-Healthwise