

MONTAGE
INSURANCE SOLUTIONS

February 2012

Wellness and Safety News



Monthly Newsletter for the Employee

NATIONAL CANCER PREVENTION MONTH

Reduce Your Cancer Risk

Source: <http://www.aicr.org/reduce-your-cancer-risk/>



The choices we make every day affect our chances of getting cancer. Three factors that we control have a lot to do with our risk of developing this terrible disease: how much we move, how much we weigh and what we eat.

DIET:



Foods can fight cancer both **directly** and **indirectly**.

In laboratory studies, many individual minerals, vitamins and phytochemicals demonstrate anti-cancer effects. Yet evidence suggests it is the synergy of compounds working together **in the overall diet** that offers the strongest cancer protection.

Carrying excess body fat increases the risk of seven cancers. Vegetables and fruits are low in calories, which help us get to and stay a healthy weight. Whole grains and beans are rich in fiber and moderate in calories.

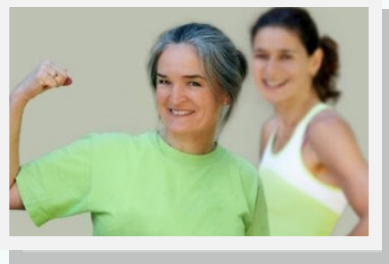
Some of the foods that fight cancer are: blueberries, cranberries, flaxseed, beans, tomatoes, green tea, soy, grapes, and garlic.

WEIGHT:

The fat we store in our bodies is not an inert mass. Fat cells produce estrogen, which promotes cell growth. They also produce a variety of proteins that cause inflammation and insulin resistance, which in turn promote cell growth. Fat at the waist is even more active in producing these growth stimulants. Overweight people have high levels of substances circulating in their blood that stimulate cell division. The more often cells divide, the more opportunity there is for cancer to develop.

PHYSICAL ACTIVITY:

Physical activity can help reduce your risk of cancer. Adding 30 minutes of physical activity a day can help you: gain strength, relieve stress, reduce anxiety, sleep better, and feel more energetic.



Dancing or yard work can help burn an approx. 165 calories in 30 minutes. The simple act of stretching can burn 90!

To find out more about cancer prevention visit www.aicr.org.

FEBRUARY IS NATIONAL CHERRY MONTH



Cherries are the New Antioxidant "Super Fruit"

Growing studies reveal tart cherries have among the highest levels of disease-fighting antioxidants, when compared to other fruits. They also contain more beta carotene (19 times more than blueberries or strawberries), vitamin C, potassium, magnesium, iron, fiber and folate.

Emerging evidence links cherries to important health benefits such as, easing the pain of arthritis and gout, and reducing the risk of certain types of cancer and diabetes.

University of Michigan reveals new evidence of a cherry-enriched diet lowering total weight, cholesterol and body fat inflammation.



To find out more about the health benefits of cherries, visit www.choosecherries.com



Firm crunchy fruits (such as apples and pears) have high water content, which dilutes the effects of the sugars they contain, and stimulate the flow of saliva (which helps protect against decay by washing away food particles and buffering acid).



AMERICAN HEART MONTH

February gives awareness to keeping a healthy heart. You can have a healthier heart when you make changes in your lifestyle. Managing your emotions better may help, because some people respond to certain situations in ways that can cause health problems for them.



For instance, someone feeling pressured by a difficult situation might start smoking or smoke more, overeat and gain weight. Finding more satisfactory ways to respond to pressure will help protect your health.

For more information, please visit www.heart.org

How Can I Manage Stress?

What is stress?

Stress is your body's response to change. There's no way to say that one thing is "bad" or "stressful" because everyone's different. Not all stress is bad, either. The key is to manage stress properly, because unhealthy responses to it may lead to health problems in some people. Stress can make you feel angry, afraid, excited or helpless. It can make it hard to sleep, or cause aches in your head, neck, jaw and back. You may not even feel it at all, even though your body suffers from it.

How can I cope with it?

Outside events can be upsetting. But remember that it's not the outside force, but how you react to it inside that's important. You can't control all the outside events in your life, but you can change how you handle them emotionally and psychologically. Here are some good ways to cope:

- Take 15-20 minutes a day to sit quietly, breathe deeply and think of a peaceful picture.
- Try to learn to accept things you can't change.
- You don't have to solve all of life's problems. Talk out your troubles and look for the good instead of the bad in situations.
- Engage in physical activity regularly. Do what you enjoy - walk, swim, ride a bike or jog to get your big muscles going. Letting go of the tension in your body will help you feel better.
- Limit alcohol, don't overeat and don't smoke.

GIVE KIDS A SMILE DAY!

FEBRUARY 3, 2012



Each year on the first Friday in February, thousands of the nation's dentists and their dental team members provide free oral health care services to children from low-income families across the country. The ADA's Give Kids A Smile® program enhances the oral health of large numbers of needy children. Give Kids A Smile (GKAS) activities also highlight for policy makers the ongoing challenges that disadvantaged families face in finding dental care.

To find out more information or how you can get involved visit: www.ada.org