

HEALTH NEWS AND FEATURES

Cancer Kickoff



(L-R) Annie Quarterman, Vera Green, Elaine Johnson, Yasmine Zavahir, Susan Madamootoo, Ashani Johnson-Turbes, and Ingrid Hall

The African American Health Information & Resource Center, Daniels Communications Group, Sisters Network, and the Centers for Disease Control and Prevention launched the kickoff of the African American Women and Mass Media Pilot Intervention to increase awareness of breast cancer, mammography, and the availability of local screening services among women aged 40-64 years in our community. The Kick-off event was held on Thursday, July 24, 2008 at the African American Health Information and Resource Center, a project of St. Joseph's/Candler Hospital.

All members of the community, including Breast Cancer survivors,

family, and friends attended this free reception sponsored by the African American Health Information & Resource Center, Daniels Communications Group, Sisters Network, and the Centers for Disease Control and Prevention.

At the event, information was shared on the vital role that early detection using mammograms and preventive care plays in reducing the number of breast cancer deaths. Our community's breast cancer survivors were honored, and we celebrate our collective effort to save the lives of African American women stricken with this condition.

Welcome and Remarks were made by Ella

Williamson, SJCH, AAHIRC The Keynote Speaker was Ingrid Hall, CDC. Poem of Hope was recited by Michelle Moore. The Recognition of Survivors was done by Annie Quarterman, Sisters Network Cancer Survivor. A presentation was made by Jewel Daniels to Ms. Quarterman. Ashani Johnson-Turbes and Yasmine Zavahir, Macro International, Inc. delivered the closing remarks.

This project is free of charge to participants. Space is limited. Contact Jane Dukes at 912-354-8888 or by email at: jdukes@danielscommunicationsgroup.com <<mailto:jdukes@danielscommunicationsgroup.com>>.

The Fountain of Youth is Within

The goal of this column and the goal of the Health Restoration 101 programs are to help to maximize your chances of living a longer, healthier life. Finally, the book has been published, "Health Restoration101: Creating a healthy lifestyle"

A NEW Formula for Health Success
by Carolyn Guilford, Certified Nutritionist

The numbers grow, as we add each year to our age. But must we look the years? Are you wearing the years well? We know that we can actually look half our age, and lengthen our lives, by following a healthy lifestyle and by keeping a positive and happy outlook. The fountain of youth occurs from within, not from jars or fads, pills or potions.

Here are some thoughts to take note of in your anti-aging regime: In a study conducted by the John and Catherine MacArthur Foundation called "Successful Aging", their evidence shows that our genes make



up only 30 percent of the over all course of aging. The balance is dependent on how we use or abuse the body.

Habits which impact poorly on our lives include cigarette smoking, drinking alcohol, sedentary lifestyle, pessimistic outlook, and poor food choices are just some of the lifestyle factors that affect the aging process, health and length of life.

Cigarette smoking often results in lung problems like emphysema, cancer, and can rob

the body of ease of circulation, leading to pallor and a pasty appearance. Ingredients in cigarettes cheat the body of vitamins like Vitamin C, which is critically needed for skin renewal and cell regeneration. Drinking alcohol can damage tiny blood vessels in the skin and cause us to appear older than our years.

The lack of exercise is also a factor. Prolonged inactivity steals from the body the ability to regenerate, and to flush out toxins. In addition to getting rid of fats and cholesterol that clog the pores of the skin, exercise builds muscles and keeps us strong, and keeps oxygenated blood in circulation. Another important factor in skin aging is the right foods. Nourishing the body by eating a balanced diet will provide the vitamins and minerals needed for growth and renewal. An abundance of fresh fruits and vegetables are the super-foods containing antioxidants to keep aging to a snails pace.

We know we need to get at least 8 hours of sleep but there are those who rest for only 4 to 6 hours at night. Worst are those who only sleep during the day, or who work the night shift, and rarely sleep at night. The lack of 7-8 hours of good restful sleep many times is the precursor of heart disease, stroke, insulin resistance and other chronic diseases, and mental decline.

Stress accelerates aging, but is easily controlled by getting organized. You can keep a to-do list, make a daily agenda, or take a class in organization, but don't rely on your memory. Forgetting just one thing can cause undue stress and keep you going downhill for along time. Let your mind be clear to work on creative issues for you. Laughter is probably the single most effective stress reliever. It seems to just dissolve stress out of the entire body. Find and read a good joke book, or get with people who can lift you with humor. When stressful situations occur, you will be relaxed in no time.

Practice these anti-aging factors for yourself and you will soon see a difference. Go ahead now, and create your own fountain of youth.

If you have any comments or questions about health issues, or an issue you'd like addressed, please call or write to:

Carolyn Guilford and learn 'Nutrition for Life'
www.HealthRestoration101.com
P.O. Box 2814, Savannah, GA 31402
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Health Care Rally to be Held Aug. 24 in Savannah

Life o' Mike presents a health care rally 2-4 p.m. Sunday, Aug. 24 at Daffin Park.

The rally is dedicated to Mike Danforth, who died April 1 because he didn't have health insurance, which would have given him access to the diagnostic tests that could have saved his life. He was 33.

Danforth is one of an estimated 200,000 people who have died prematurely since 2000 because they didn't have health insurance.

Danforth lived in Savannah when he became ill. He was a full-time honors student at Armstrong Atlantic State University, and he was active at the local and state levels of 12-step recovery groups.

For more information on the rally and on Life o' Mike, visit <http://lifeomike.org>.