

HEALTH AND COMMUNITY NEWS

The Anti Aging Lifestyle



Carolyn Guilford

Can you really add years to your life by making smarter food choices, and smarter lifestyle choices, than you practice today? Research recognizes that people who live into their 90's and beyond, have many habits in common.

Let's look at some of the major similarities:

- Were active through out their lives.
- Exercise, in the sunshine;
- Ate from the land, where they live;
- Drink lots and lots of water, clean and pure;
- Did not go to the Doctor, at least not very often;
- Did not take medicines, at least not for very long;
- Enjoyed work, family and home. Low stress levels;
- Had hobbies, and played. Fun. Enjoyed their life.

So, let's look at each of these areas:

a. People who lived into old age, 90's and beyond were active most of there lives. They worked, for hours at a time, they didn't sit around watching TV, reading, talking on the phone, sitting at a desk or checking email, nor many of the things we consider work today. We live a very sedentary lifestyle. But the body needs movement, activity. Many worked the land, growing food, raising animals, worked on the railroad, worked in building trades. And so, their lungs were strong, their muscles were

strong and the lymph system was active. The strong heart pump could send blood to the toes and back to the brain in seconds, carrying life sustaining oxygen. And most of the time they worked outside in the sun.

b. They ate from the land where they lived; they didn't eat food that was brought in from other countries, Chile, China, Japan, and other far away lands.

Foods brought from far away are treated so that they can still be fresh on arrival to your store, and to your kitchen. The ways that the foods are treated, the chemicals used to preserve the freshness, and radiation to eliminate pests and parasites, cause cancer, heart disease and allergies in millions of people.

c. They drank lots and lots of water. They didn't drink a lot of juice, Kool-Aid, sodas, coffee, and tea, energy and power drinks. They drank water. All these other drinks came along to make money, and add to our desire for convenience. We pick up these drinks not even realizing that they have caused more heart attacks, strokes and diabetes, than any other one thing we eat or drink. There is no substitute for water.

The body is 80% water and the brain is 90% water. The body needs water to fulfill every process, every second of our existence. From metabolism, to cell division, detoxifying via the lungs and skin, for muscular movement, and chewing and swallowing. Everything the body does requires adequate hydration. Kool-aid, juices, sodas and energy drinks can not give the body the water it needs to do the work it does.

d. Persons and cultures who lived a long life, did not embrace what we call western medicine. As they lived off the land, in times of illness, they sought relief in

herbal remedies, fasting, and rest. For thousands of years man used natural measures to treat illness and injury in the most natural ways possible. Today we use drugs made of chemicals which add another layer of toxins to the body over and above the illness or injury the body is attempting to fight.

e. People who live a simple life, have less stress, and learn to manage stress in ways that affirm wellness. The center of life was family, and work, so life management was simpler. A strong belief system made it easy to remain committed to the family and the lifestyle. They rested well at night, going to bed early, and arose early to keep their life's obligations.

Today our lives are over committed and many times fragmented with too many commitments and little time to keep them all. After a while we loose focus and start to drop the balls.stress.

f. Many persons who live a long happy, productive life, had hobbies. Reading, writing, sewing, gardening, painting and countless other crafts that brought joy, peace, and sometimes even an additional income to the family. The thing they made time for and slipped away to enjoy, after work. Every one has a talent that needs to be fostered and brought to life. It's one of the ways we glorify our Maker. Expressing that one-of-a-kind talent we each possess.

Could living into the ninth decade of life and beyond be as simple as adopting a simpler, less complicated lifestyle, with clean water, locally grown foods, more rest and personal time? A closer commitment to the Creator, family and ones own self? A simpler, less complicated life. Imagine That!

P.O. Box 2814,
Savannah, GA 31402

Georgia Transplant Foundation to hold Trends in Transplant Conference

Savannah-area organ transplant candidates and recipients are invited to attend the Georgia Transplant Foundation (GTF) Trends in Transplant conference at the Hoskins Center at Memorial University Medical Center on Saturday, June 6, from 8:30 a.m. to 3:00 p.m.

The Trends in Transplant (TNT) conference is designed to provide transplant candidates, recipients, living donors, and their families with educational information and support as they experience transplantation.

This year's conference will contain several seminars, including: Transplantation Past, Present & Future, led by Dr. John Welchel of Piedmont Hospital, and Nutrition: Healthy Eating for Life, led by Shannon Davis from

Piedmont Hospital.

GTF staff will also be on hand to provide information on financial strategies, mentoring support, and JumpStart, the foundation's accredited employment and career development service.

The Georgia Transplant Foundation is a nonprofit organization that provides financial, educational and emotional support to organ transplant candidates, recipients, living donors, and their families in Georgia.

"There are currently more than 677 transplant recipients and 351 candidates residing in the Savannah area," says David Bakelman, Executive Director of the Georgia Transplant Foundation. "GTF is committed to making sure that our services are available to all transplant candidates and recipients throughout the state, bring-

ing the latest information about transplantation to the transplant community of Savannah."

Transplantation is not a cure, but a treatment, and its financial, physical and emotional effects continue for life.

Statewide, there are more than 2,630 people waiting for organ transplants, while more than 9,669 Georgians are living successfully with a transplant.

The conference is free for all transplant candidates, recipients, living donors and one guest. Continental breakfast and lunch will be provided.

Please register to attend the Savannah TNT Conference by June 1 by calling (678) 514.1178 or toll-free at (866) 428-9411.

For more information about GTF, visit www.gatransplant.org.

Minimally Invasive Therapy for Prostate Cancer

Urologist Dr. Stephen Scionti, of Coastal Carolina Urology, and Associate Clinical Professor of Urology at New York University School of Medicine, is hosting a series of community information sessions about emerging minimally invasive prostate cancer treatment options.

There will be a presentation here in Savannah, on Tuesday, May 28, 2009 from 6:30pm-7:30pm Holiday Inn Express 199 E. Bay St.

The free information session will provide an opportunity for men and

their families to learn about new technologies and therapies for prostate cancer and allow them to ask questions.

During the presentation, Dr. Scionti will also discuss his experience with HIFU, which stands for High Intensity Focused Ultrasound.

HIFU is a state-of-the-art technology that uses the power of ultrasound to destroy deep-seated tissue with pinpoint accuracy for treatment of prostate cancer.

HIFU focuses sound waves in a targeted area, which rapidly increases the

temperature in the focal zone, causing tissue destruction.

HIFU is not approved for use in the U.S. but is undergoing Phase III clinical trials as a treatment for prostate cancer across the U.S.

The session is open to all and refreshments will be provided.

To RSVP call Coast Carolina Urology at 1-866-422-2282.

Learn more about HIFU at www.HIFUCareCenter.com.

Memorial Receives Patient Safety Excellence Award

For the second year in a row, Memorial Health received the Patient Safety Excellence Award from HealthGrades, the leading independent healthcare ratings organization.

Receiving the award for two straight years places Memorial in an elite group of only 160 hospitals nationwide.

According to HealthGrades, Memorial ranks among the top 5 percent

nationally for patient safety. Memorial is the only Savannah-area hospital to earn the recognition.

"Patient safety is a top priority at Memorial. We are proud that we can offer our patients one of the safety hospitals in the nation," said Marty Scott, M.D., MBA vice president for quality and patient safety at Memorial. Memorial University Medical Center (MUMC) is a two-state

healthcare organization serving a 35-county area in south-east Georgia and southern South Carolina. The system includes its flagship hospital, a 530-bed academic medical center; Memorial primary and specialty care physician networks; a major medical education program; business and industry services; and NurseOne, a 24-hour call center. Visit our Web site at www.memorialhealth.com.

Volunteers Needed to Help Cancer Patients on Their Road to Recovery

The American Cancer Society's Road to Recovery program provides free transportation for cancer patients to and from these life-saving appointments.

Volunteer drivers donate their time and the use of their personal vehicle to transport these patients.

Road to Recovery is the very essence of the American Cancer Society mission- people helping people overcome cancer.

Road to Recovery volunteers provide an essential service because even the greatest medical advance is useless if patients can't get to treatment.

The American Cancer Society is always looking for Road to Recovery volunteer drivers.

These drivers are needed to ensure that all patients are getting the care they desperately need.

Road to Recovery volunteer driving requires no special skills or education- just a safe driving record, a valid drivers

license, some free time, a vehicle in good working condition, and a desire to help.

This volunteer opportunity is designed to be an easy and stress-free service for both patients and volunteers. Training sessions, maps, and directions are provided to those who volunteer their time.

For more information on becoming a Road to Recovery volunteer, call your American Cancer Society at 912.355.5916 or email kylene.hartsfield@cancer.org.

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer through research, education, advocacy and service.

For information about cancer, call 24 hours a day, seven days a week to 1-800-ACS-2345 or visit www.cancer.org.

Stop the Violent Crimes Rally

We, the Voices of Homicide Victims and Greater Gaines Chapel A.M.E. Church, will hold a Stop the Violent Crimes Rally on Saturday, May 23, 2009 at Greater Gaines Chapel A.M.E. Church, 1006 May Street, from 12:00 to 2:00 p.m.

We are asking the support of the mayor, aldermen, chief of

police, district attorney, silent witness, pastors, surrounding churches, various interested groups, schools and parents to bring your children so we can discuss the crimes that are taking place in the city.

Everyone is invited to attend the Stop the Violent Crimes Rally. Thank you for all we will do to help our City.



NOTICE OF FY 2009-2010 CAT Board Budget Workshop

Location: Old Chatham County Courthouse
Commission Meeting Room,
2nd Floor, 124 Bull Street

Date: May 27, 2009

Time: 10:00 a.m. – 12:00 p.m.

Topic: Discussion of CAT's FY 2009 / 2010 Budget

The public is invited to attend.
For additional information please call Rosemary Bush
(912) 629-3914
Chatham Area Transit Authority, P.O. Box 9118
Savannah, GA 31412-9118
catchacat.org

INVITATION TO BID

Sealed bids/proposals will be received by the Board of Education for the City of Savannah and County of Chatham at the Purchasing Department, 208 Bull Street, Room 213, Savannah, Georgia 31401.

09-84 Microfilm Duplication
Closing Date: 05/26/09 @ 11 AM

09-124 Sale of Surplus Buses
A Pre-bid meeting will be held on 05/26/09 at 10 AM at Maintenance Operations located at 2219 Gamble Road, Savannah, GA 31405
Closing Date: 06/02/09 @ 11 AM

09-125 Hand Held 2 Way Radios (Annual Contract)
Closing Date: 06/16/09 @ 2 PM

RFP 09-126 Property Insurance (Annual) Agent / Broker Services. A Pre-bid meeting will be held on 05/26/09 at 10 AM at Risk Management located at 208 Bull Street, Room 212, Savannah, GA 31401
Closing Date: 06/16/09 @ 3 PM

At the time and place noted above, bids will be publicly opened. No extension of the bidding period will be made unless indicated by written addendum. The Board reserves the right to reject any and all bids and to waive any irregularities or technicalities in proposals received whenever such rejection or waiver is in the best interest of the Board. The Board has the right to disqualify a bid of any bidder deemed non-responsive to the Board. Bidding documents may be obtained from the Purchasing Department, 208 Bull Street, Room 213, Savannah, Georgia 31401 or they may be downloaded from the District's web site, www.savannah.chatham.k12.ga.us.

The Board of Education is an Equal Opportunity Employer.