

MAKING STRIDES AGAINST CANCER

"Why Me?" The Antigua & Barbuda Cancer Society

BRAIN TUMOR

DEFINITION: A brain tumor is a mass or growth of abnormal cells in your brain. Many different types of brain tumors exist. Some brain tumors are non-cancerous (benign), and some brain tumors are cancerous (malignant). Brain tumors can begin in your brain (primary brain tumors), or cancer can begin in other parts of your body and spread to your brain (secondary, or metastatic brain tumors).

The number of brain tumors diagnosed each year is increasing. There's evidence the increase has been occurring for decades. But it's not clear why.

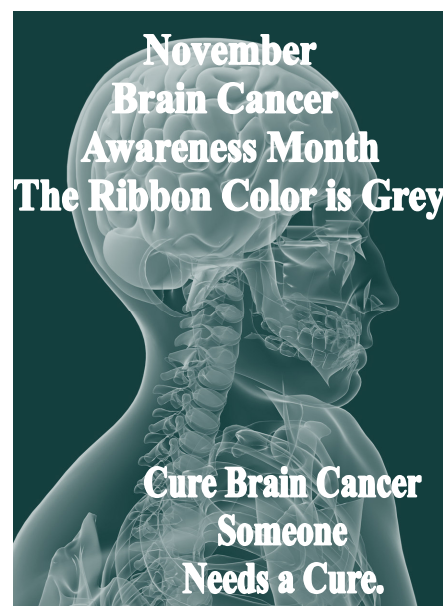
SYMPTOMS: The signs and symptoms of a brain tumor vary greatly and depend on the brain tumor's size, location and rate of growth. General signs and symptoms caused by brain tumors may include:

- New onset or change in pattern of headaches
- Headaches that gradually become more frequent and more severe
- Unexplained nausea or vomiting
- Vision problems, such as blurred vision, double vision or loss of peripheral vision
- Gradual loss of sensation or movement in an arm or leg
- Difficulty with balance
- Speech difficulties
- Confusion in everyday matters

- Personality or behavior changes
- Seizures, especially in someone who doesn't have seizures
- Hearing problems
- Hormonal (endocrine) disorders

CAUSES: Brain tumors that begin in the brain—primary brain tumors originate in the brain or close to it, such as in the brain covering membranes (meninges), cranial nerves, pituitary gland or pineal gland. Primary brain tumors begin when normal cells acquire errors (mutations) in their DNA. These mutations allow cells to grow and divide at increased rates and to continue living when healthy cells would die. The result is a mass of abnormal cells, which forms a tumor. Primary brain tumors are much less common than secondary brain tumors, in which cancer begins elsewhere and spreads to the brain. Many different types of primary tumors exist. Each get its name from the type of cells involved.

Cancer that begins elsewhere and spreads to the brain—secondary (metastatic) brain tumors are tumors that result from cancer that starts elsewhere in your body and then spreads (metastasizes) to your brain. In some cases you may have a history of cancer when a brain tumor is discovered. In other cases, a brain tumor is the first sign of cancer that began elsewhere in your body. Secondary brain tumors are far more common than are primary brain tumors. Any cancer

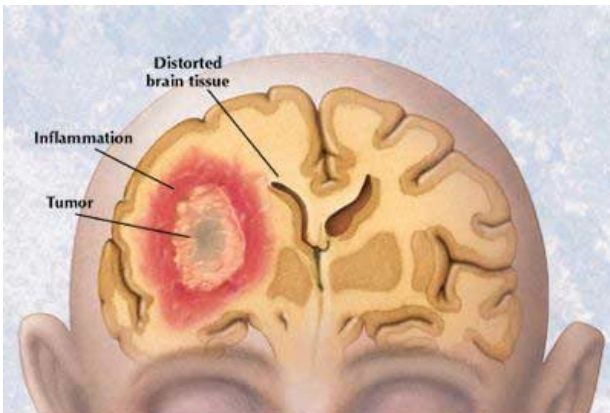


can spread to the brain, but the most common ones include:

- Breast cancer
- Colon cancer
- Kidney cancer
- Lung cancer
- Melanoma
- Neuroblastoma
- Sarcoma

Continue on next page.

What you don't know about cancer can kill you...or someone you love.



RISK FACTORS: Though doctor's aren't sure what causes the genetic mutations that can lead to primary brain tumors, they've identified factors that may increase your risk of a brain tumor. They include:

- *Your race.* Brain tumors occur more frequently in whites than they do in others. One exception is meningioma, which occurs most frequently in blacks.
- *Your age.* Your risk of a brain tumor increases as you age. The majority of brain tumors occur in people 45 and older. However, a brain tumor can occur at any age. And certain types of brain tumors, such as medulloblastomas, occur almost exclusively in children.
- *Exposure to radiation.* People who have been exposed to a type of radiation called ionizing radiation have an increased risk of brain tumor. Examples of ionizing radiation include a radiation therapy use to treat cancer and radiation exposure caused by atomic bombs. Most common forms of radiation, such as electromagnetic fields from power lines and radiofrequency radiation from cell phones and microwave ovens, have not been conclusively linked to brain tumors.
- *Chemical exposure on the job.* People working in certain industries have an increased risk of brain tumors, possible because of the chemicals they're exposed to on the job. Studies don't always agree, but there is some evidence of an increase risk of brain tumor in certain industries, including agricultural, electrical, health care and oil refineries.
- *Family history of brain tumors.* A small portion of brain tumors occur in people with a family history of brain tumors or a family history of genetic syndromes that increase the risk of brain tumors.

WHEN TO SEEK MEDICAL ADVICE: Make an appointment with your doctor if you have any of the signs and symptoms that concern you. These may include headaches that progressively worsen, are par-

ticularly severe, are always in the same location or are accompanied by nausea or vomiting or by blurred or double vision.

TESTS AND DIAGNOSIS: If it's suspected that you have a brain tumor, your doctor may recommend a number of tests and procedures, including:

- *A neurological exam* which may include, among other things, checking your vision, hearing, balance, coordination and reflexes. Difficulty in one or more areas may provide clues about the part of your brain that could be affected by a brain tumor.
- *Imaging tests*
- *Tests to find cancer* in other parts of your body. One example might be a chest X-ray to look for signs of lung cancer.
- *Collecting and testing samples* of abnormal tissue (biopsy). A biopsy can be performed as part of an operation to remove the brain tumor. Or a biopsy can be performed using a needle. A stereotactic needle biopsy may be done for brain tumors in hard to reach areas or very sensitive areas within your brain that might be damaged by a more extensive operation. Your neurosurgeon drills a small hole, called a burr hole, into your skull. A narrow thin needle is then inserted through the hole. Tissue is removed using the needle, which is frequently guided by computerized tomography (CT) or MRI scanning.

The biopsy sample is then viewed under a microscope to determine if it is cancerous or benign. This information is helpful in guiding treatment.

- **COMPLICATIONS:** A brain tumor can cause complication depending on the part of the brain that's affected. tumor can be very similar to that caused by a stroke.

TREATMENT AND DRUGS. Treatment for a brain tumor depends on the type, size and location of the tumor as well as your overall health and your preferences. Your doctor can tailor treatment to fit your particular situation.

- Surgery if the tumor is located in a place that makes it accessible for an operation.

- Radiation therapy is used to kill tumor cells. Whole brain radiation is often used in situations where cancer has metastasized to the brain.
- Radiosurgery or Stereotactic radiosurgery is not a form of surgery in the traditional sense. Instead, radiosurgery uses multiple beams of radiation to give a highly form of radiation treatment to kill the tumor cells in a very small area. Each beam of radiation isn't particularly powerful, but the point where all the beams meet—at the brain tumor—receives a very large dose of radiation to kill the tumor cells.
- Chemotherapy
- Targeted drug therapy
- Clinical trials. Ask your doctor about clinical trials together you can discuss the benefits and risks and decide if a trial is appropriate for you.

A diagnosis of a brain tumor can be overwhelming and frightening. It can make you feel like you have very little control over your health. But you can take steps to cope with the shock and grief that may come after diagnosis. Make sure you find out as much as you can about your particular illness the more you understand the more confident you'll feel when it comes to making treatment decisions.

Take care of yourself. Take care of your body and your mind during treatment. Choose a healthy diet rich in fruits, vegetables and whole grains. Reduce stress in your life by taking time for relaxing activities, such as listening to music or writing in a journal.

No complementary and alternative brain tumor treatments have been proven to cure brain tumors, however, they may help you cope. Speak with your doctor.

THE WHOLE STORY

Whole grains can help your health—if you know where to find them. With the emergence of the U.S. Department of Agriculture’s new Food Guide Pyramid, whole grains have been elevated to a celebrity status. Once thought of as a culinary option for only the healthiest of health nuts, whole grains are now considered a must have staple for everyone’s diet.

Whole grain foods are a source of complex carbohydrates, dietary fiber, vitamins and minerals. They are low in fat—mostly unsaturated fat—and they contain antioxidants and phytonutrients. Whole grains also have been shown to help reproduce the risk of heart disease, stroke, diabetes, cancer and obesity. But now that “whole grain” is the latest buzz word on the nutrition scene, everything from cereal to tortillas have begun to tout the magic ingredient—making it tough to determine real whole grains from imposters. Here’s what you need to know to make sure you and your family are getting the right type of whole grains in your diet.

In the Grain

When it comes to the necessary daily quality of whole grains, the USDA recommends that half of the grains you consume each day be whole grains, and to consume at least three ounces of a whole grain product every day.

Determining what a whole grain is can be a bit trickier. A “whole grain” status include whole wheat flour, bulgur (cracked wheat), oatmeal, whole corn meal and brown rice. While refined grains that have been stripped of their bran and germ include white flour, bulgur (cracked wheat), oatmeal, whole cornmeal and brown rice. While refined grains that have been stripped of their bran and germ include white flour, de-germed cornmeal, white bread and white rice.

Just because “wheat” is emblazoned on the package, however, doesn’t mean you’re actually getting good whole grain. “Wheat breads, and words such as 7 grain or multigrain don’t mean the bread is the best choice either. The trick is to look for “Whole wheat” on the label. By law, any bread labeled whole wheat must be made from 100% whole wheat flour.

The Whole Grains Council also recommends looking for phrases such as “good source of whole grain” or “excellent source of whole grain” to determine if you’re actually getting a whole grain product. Words such as wheat flour, semolina, multigrain and organic flour means some parts of the grain may be missing—causing you to lose out on important nutrients.

Finally pay attention to the order in which ingredients are listed on a label. According to the Whole grains Council, if the word “whole”, such as whole wheat, or whole oat is listed first, you are receiving a whole grain product. But if “whole is listed as the second ingredient, you could be receiving anywhere from 1% to 49% whole grain.

Food for Thought

Once you know the health benefits of whole grain, and how to determine what qualifies as a whole grain, how can you incorporate it into meals, especially when you’re cooking for younger, often finicky eaters? Sneak whole grain foods into the family’s diet by trying whole wheat pasta. How about making a homemade trail mix of high fiber cereal or popcorn along with dried fruits and nuts, subbing brown rice for white rice, using oats instead of bread crumbs when making meatloaf or burgers, and using half whole wheat flour and half all purpose flour in recipes.

BEYOND BREAD

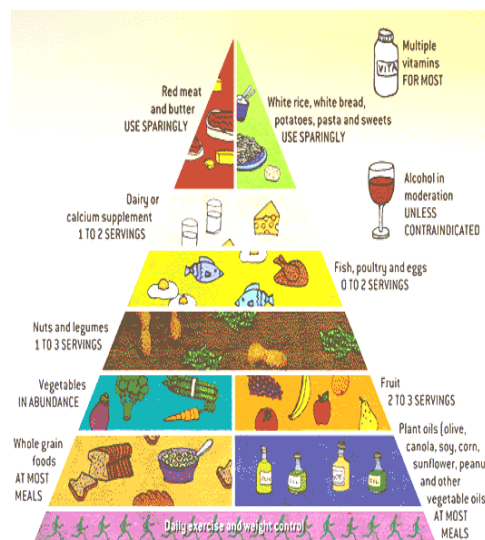
While whole wheat bread is an excellent source of whole grain, try these other options from the USDA’s mypyramid.gov and the Whole grains Council.

- Popcorn
- Brown or wild rice
- Whole wheat pasta/tortillas
- Tabbouleh (a grain salad)
- Oatmeal

Learn how to eat Healthy!

ABII & Why Me?

We’re Making Strides Against Cancer!!



NEW FOOD PYRAMID

outlined by the authors distinguishes between healthy and unhealthy types of fat and carbohydrates. Fruits and vegetables are still recommended, but the consumption of dairy products should be limited.



**Making Strides...
ABII & Why Me?**

Better Health/Lifestyles

CANCER PREVENTION

We know a lot about what causes cancer, and what people can do to avoid it.

Living a cancer smart lifestyle may mean making some changes—and changing the habits of a lifetime isn't easy.

But even small changes can help cut your chances of developing cancer or help you spot cancer early, when it is easier to treat.

- *Be Sun Smart!!* Protect yourself from serious damage and keep your skin looking good longer.

- *Checkups and Screening.* Most cancer can be detected in the early stages. It is important for people of all ages to have an annual checkup.
- *Healthy Eating and Physical Activity.* Eating more vegetables, fruits, wholegrain cereals, breads and pastas can reduce the risk of getting cancer.
- *Cancer Risk Fact Sheets.* Myths and facts about what causes cancer.
- Smoking and Tobacco Issues.

Smoking and tobacco resources and information facts and quit now.

What you don't know about cancer or prevention of cancer can kill you...or someone you love.

For more information contact Why Me? The Antigua and Barbuda Cancer Society.



Laughter—The Best Medicine

1. Why isn't the number 11 pronounced onety-one?
2. If 4 out of 5 people suffer from diarrhea...does that mean that one out of five enjoys it?
3. Why do croutons come in airtight packages? Aren't they just stale bread to begin with?
4. If people from Poland are called Poles, then why aren't people from Holland called Holes?
5. If a pig loses its voice, is it disgruntled? Why is a person who plays the piano called a pianist, but a person who drives a racecar is not called a racist?
6. If it's true that we are here to help others, then what exactly are the others here for?
7. If lawyers are disbarred and clergymen defrocked, then doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and dry cleaners depressed?
8. If Fed Ex and UPS were to merge, would they call it Fed UP?
9. Do Lipton Tea employees take 'coffee breaks'?
10. What hair color do they put on the driver's licenses of bald men?
11. Thought about how mothers feed their babies with tiny little spoons and forks, so I wondered what do Chinese mothers use, Toothpicks?
12. Is it true that you never really learn to swear until you learn to drive?
13. If a cow laughed, would milk come out of her nose?
14. Whatever happened to Preparations A through G?



LAUGHTER IT'S STILL THE BEST MEDICINE!!

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tickets today!!**

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Five Things You Should Know About Cholesterol

Are you at risk for a heart attack? You probably know that cholesterol is a type of fat found in the bloodstream, and that having very high levels of the stuff is bad for your heart. You may be also aware that there are two kinds of cholesterol: HDL (good) cholesterol and LDL (bad) cholesterol. But there's another type of fat that circulates in blood that many of us don't know about: triglycerides. We call it the forgotten fat because many people don't know what it is or that they need to have it tested. Like elevated cholesterol, elevated triglycerides are closely linked to increased risk of cardiovascular disease, including heart attacks, stroke, coronary artery disease, and atherosclerosis. For this reason, it is important to note that some medicines used to lower cholesterol do not work as effectively on triglycerides.

So you really need to know the following:

1. You can have high triglycerides even if your total cholesterol level is normal. That's why it is important to ask your doctor to test for triglycerides (fasting plasma lipids) when he does a blood lipid panel—and that you learn and understand the results.
2. High triglycerides are more dangerous for women than for men. If a woman's triglycerides level increases by 88 points, it boosts her heart disease risk by 37%. If a man's triglyceride level increases the same amount, it boosts his heart disease risk by just 14%.
3. You can be slim and still have high triglycerides levels. Being slim is no guarantee of having healthy blood lipid levels. Get checked.
4. High triglycerides can damage more than just your heart. It can lead to liver damage and

pancreatic inflammation. Hypothyroidism (to little thyroid hormones) can lead to high triglycerides.

5. There's plenty you can do to lower your triglycerides. The things that you do to make your good HDL cholesterol go up are the same things you can do to make your triglycerides and bad LDL cholesterol go down. Elevated triglyceride levels should be treated early and aggressively.

Focusing on bad cholesterol but not good cholesterol triglycerides may raise your risk of heart attack. It's important to address the three main parts of your cholesterol.

SPEAK WITH YOUR DOCTOR TODAY!!



Shortly, after Rasheed began eating his lunch, his childcare provider noticed he seemed to be trying to scratch an itch in his mouth. After he vomited and began wheezing, the care provider sought medical treatment for Rasheed, who was later diagnosed with a food allergy, in this case to peanuts.

Along with milk, eggs, soy, wheat, tree nuts, and shellfish, peanuts are among the most common foods that cause allergies.

Learning how to recognize an allergic reaction will help you get your child the medical care needed if a reaction occurs. If your child has already been diagnosed with a food allergy, it's important to know:

- A. How to accommodate your child dietary needs
- B. What emergency preparations to make in case your child has a n allergic reaction

With a food allergy, the body reacts as though that particular food product is harmful. As a result, the body's immune system (which fights infections and disease) creates antibodies to fight the food allergen, the substance in the food that triggers the allergy. The next time a person comes in contact with that food by touching or eating it or inhaling its particles, the body releases chemicals, including one called histamine, to "protect" itself. These chemicals trigger allergic symptoms that can affect the respiratory system, gastrointestinal tract, skin, or cardiovascular system. These symptoms might include a runny nose, an itchy skin rash, a tingling in the tongue, lips, or throat, swelling, abdominal pain or wheezing.

People often confuse food allergies with food intolerance because of similar symptoms. The symptoms of food intolerance can include burping, indigestion, gas, loose stools, headaches, nervousness, or a feeling of being "flushed." But food intolerance:

FOOD ALLERGIES

- ◆ Doesn't involve the immune system
- ◆ Can be caused by a person's inability to digest certain substances, such as lactose
- ◆ Can be unpleasant but is rarely dangerous.

A child can be allergic to any food, but here a few of the most common:

- ◆ Milk, eggs, peanuts,
- ◆ Soy, wheat, tree nuts
- ◆ Fish, shellfish (such as shrimp)

In general most kids with food allergies will out grow them.

A serious allergic reaction with widespread effects on the body is known as anaphylaxis. This sudden, potentially life threatening allergic reaction involves two or more of the body areas such as skin, or gastrointestinal tract. There could also be swelling of the airway, difficulty with breathing, a drop in blood pressure, or even death.

If you suspect that your child might have a food allergy, contact your doctor. To diagnose an allergy, the doctor will likely refer you to a specialist, who will probably perform a physical exam and ask a lot of questions to help make a clear diagnosis.

You will need to familiarize yourself with food labels so you can avoid the allergen. There's no cure for food allergies, medications can treat both minor and severe symptoms.

You and your child should work together to develop a written food allergy emergency plan to give to the school, childcare provider and other care givers.

Need practical advice on Diet and exercise?

E-Mail: whymeoutmail@yahoo.com



Lifestyle Recipe!!

Physical Activity is without a doubt a great recipe for better health. Let's talk about your diet's right hand for a moment —*exercise*.

Remember you have to use it or you'll lose it. The direct results and the overwhelming evidence of the benefits of exercise is in chronic disease prevention.

Most adults and those 50 or older who are generally fit, should walk, dance, yard work, jumping jacks, yoga and you are encouraged to spread the activity over a week's time-frame.

More is better. If you double it — you achieve greater health benefits. Regardless of where you fall in the spectrum of activity, be smart about how you increase your physical activity; talk to your doctor before beginning.

Now we all know that any physical activity that increases your heart rate is a positive lifestyle factor.

Now we all know that any physical activity that increases your heart rate is a positive lifestyle factor.

Now if you feel you can't partake in any physical activity—just watch your calorie intake closely. Too many calories while being sedentary increase body fat, and studies suggest that while you gain

fat, you lose muscle mass and your body has an increased stress response. **A Double whammy.**

Embody Life with Healthier Lifestyles ABII & Why Me? Making Strides!

One in Four Teenage Girls Receives HPV Vaccine

National Cancer Institute, October 21, 2008, Volume 5, No. 21 from the NCI Cancer Bulletin:

One in four teenage girls have begun the process of vaccination against human papillomavirus (HPV) with the three shot series of Gardasil, according to the 2007 National Immunization Survey-Teen. In March 2007, the Advisory Committee on Immunizations Practices (ACIP) recommended that all girls age 11–12 be routinely vaccinated with three doses of quadrivalent HPV vaccine. The new survey was the first official government report on compliance.

The vaccination series can be started as young as 9. The ACIP also advises females age 13–26 to obtain “catch-

up” vaccinations, even though Gardasil is preventive, not therapeutic, and they may have already been exposed to HPV. The quadrivalent vaccine protects against HPV types 6, 11, 16, and 18 which accounts for up to 70% of cervical cancers and 90% of genital warts.

The 25.1 percent vaccination rate drawn from the sample groups suggests that 2.5 million of the 10 million teenage girls in the United States were vaccinated. However, the survey was completed by telephone interview in 5,474 households where a teen boy or girl age 13–17 lived, and results were confirmed from medical records for only 2,947 of those teens. Furthermore, the vaccination schedule calls for three shots over the course of six months; thus those surveyed as having received one dose of the vac-



cine may not complete the full, three shot series.

Finally, some structural aspects of the survey methodology and health care provider histories could make it difficult to generalize these results either to the entire population or to specific groups, such as the Spanish community.

The results were published October 10 in the *Morbidity and Mortality Weekly Report*, as part of a report on recommended vaccinations for adolescents.

It also included compliance reports for several other ACIP recommended vaccines indicated for adolescents.

Isn't time to seek out the information you need to make informed decisions regarding your health and your children's health?

Isn't it time to understand your role as a true advocate for your health and your family's health?

YOU DESERVE MORE...

YOU'VE GOT THE POWER

You've got the power to decrease your odds of getting cancer. And if you think you can't do anything about your chances of getting cancer, you're wrong. You've got the power every single day to make a difference in your future health. **USE IT!**

Most cancers are caused by smoking, eating unhealthy food, too little exercise, and too much sun.

Pass up the smokes and alcohol.

Don't use cigarettes, cigars, chewing tobacco, or any other tobacco products. If you smoke now...**QUIT!** Also avoid people who smoke. Secondhand smoke can be just as harmful. Avoid or at least limit how much alcohol you drink. Just a few beers, glasses of wine, or mixed drinks a week can

increase your chances of getting breast cancer and other cancers.

Eat right. Eat five or more servings of fruits and vegetables every day, and cut back on high fat foods like fried foods.

Watch your weight. Check with your doctor to find out what's healthy for you and stay within that range.

Exercise. Get moving. Regular physical activity may improve your odds of getting breast cancer and other cancers later in life. Just as they say, 30 minutes or more of aerobic activity (such as walking, swimming or biking) on most days can make a difference.

Run from the sun. The sun's rays can make your skin wrinkled and leathery and can even lead to skin cancer. When outside, wear sunscreen that's SPF 15 or higher. Wear sunglasses, protective clothing and hats that shade your face and neck.

What can you do to find cancer early, when you

have the best chance to beat it.

Starting right now for people age 20 and older having periodic health exams, a cancer related checkup should include health counseling and, depending on a person's age and gender exams for cancers of the thyroid, oral cavity, skin, lymph nodes, testes, ovaries as well as for some non-malignant (non cancerous) diseases.

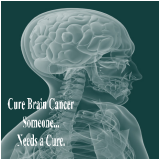
Why Me? is dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy and service.

No matter who you are, we can help.

Contact us at whymeout-mail@yahoo.com or 562-6295.



You've Got the Power



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CARING:

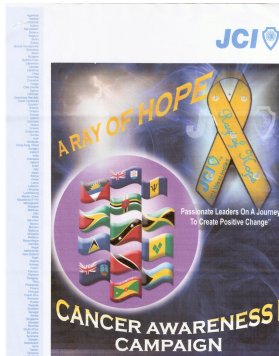
Jews in the middle ages used to tell the story of a rabbi who asked God about Heaven and Hell. "I will show you Hell", said God, who took the rabbi to a room with a huge and delicious smelling cauldron of soup. Surrounding the cauldron were people weak and famish. They held spoons long enough to reach the soup, but too long to get it into their mouths. "Now, said God, "I will show you Heaven," and the rabbi was brought to another, identical room where the people held identical spoons and were joyously feasting on the soup. "It's simple," said God, "'You see, they have learned to feed one another."

I have always loved this Jewish story, seeing it as a sign of a caring community. As I continue each day on this journey, I have come to realize that feeding one another can be complicated. With the reflection of a little experience I find myself turning from the simple and obviously answered question, "Should we care for one another?" and perhaps even more complicated "how should we care for one another?"

"Cure without care makes us into rulers, controllers, manipulators and prevents a real community from taking shape. Cure without care makes us preoccupied with quick changes, impatient and unwilling to share each other's burden." The root of genuine care is not in power and control, but in lamentation and grief. The root of care is not in eliminating tears but in joining in. The friend who can be silent with us in a moment of sadness, and face with us the reality of our powerlessness, that is the friend who cares." A true expression of care respects that dignity, of the afflicted and the affliction. And in giving our respect when care...we also give hope.

When hope is hard to find...we bring a **SONG** of love. ***THAT'S WHAT "CARING" IS.*** It means listening to one another and acknowledging our expectations, concerns, sorrows and celebrations. It really doesn't take that much. A gentle word here, a smile there, a conversation, a visit, a kindness. We may never see how much of a difference we are making, but I tell you, it is that **CARE** that is the difference between Heave and Hell. It is that **CARE** which lifts us from isolation to a **RAY OF HOPE.**

Why Me?



WORDS CAN NEVER EXPRESS OUR JOY AND GRATITUDE WE THANK EACH AND EVERYONE OF YOU!



**Fit For Fun...
Fit For Life
December Fundraiser!**

Eyestrain and Your Computer Screen: Tips For Relief

Your eyes hurt. Your head aches. And there you sit, peering at your computer monitor. If you're one of the many people who use computers every day—either at work or personal use—you may experience eyestrain as a result.

Eyestrain: Sign and Symptoms include:

- ☞ Sore, tired, burning or itching eyes
- ☞ Watery eyes
- ☞ Blurred or double vision
- ☞ Headache and sore neck
- ☞ Increased sensitivity to light
- ☞ Difficulty shifting focus

between monitor and paper documents in your work area

- ☞ Color fringes or afterimages when you look away from the monitor

Eyestrain associated with computer use isn't thought to have serious or long term consequences, but it's disruptive and unpleasant. Though you may not be able to change the nature of your job or all the factors that cause eyestrain, you can take steps to reduce the strain.

New habits can help relieve eyestrain. Follow these simple tips:

- ☺ Take eye breaks. Throughout the day give your eyes a break by forcing them to focus on something other than your screen.
- ☺ Change the pace. Stand up and move around at least once every hour or so.
- ☺ Blink often to refresh your eyes.
- ☺ Get appropriate eyewear.

