

In The Center

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January / February 2007
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Now Hear This!

Happy New Year!

This New Year, we would like to inform you about ways to improve your well-being. Instead of telling you all about resolutions, we want to give you the knowledge to make wise, healthy choices.



Lower Your Cancer Risk

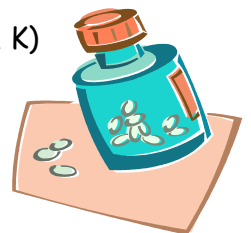
The American Cancer Society recommends six lifestyle changes to help reduce cancer risk. The following suggestion could help to greatly reduce the risk of death from cancer.

- ☞ **Don't smoke** - if you do, do whatever it takes to quit
- ☞ **Maintain a healthy weight** - even a minimal loss lowers your risk
- ☞ **Exercise regularly** - 30 minutes at least five days per week
- ☞ **Eat a healthy balanced diet** - emphasize fruits and vegetables
- ☞ **Limit sun exposure** - always use protective sunscreen
- ☞ **Get regular cancer screenings** - regular check-ups are available for colon, breast, cervix and prostate

Vitamins: Fact Versus Fiction

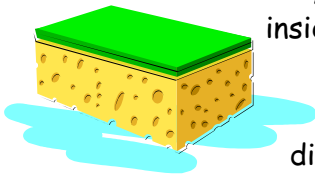
We all know that maintaining proper balance, of vitamins and minerals, is critical to good health. Vitamins and minerals help to support many body functions and when we are short on one of the critical elements it can lead to poor overall health. Use these tips to determine if your body is in need of supplemental vitamins and/or minerals:

- ☞ **Not everyone needs a supplement** - if you are eating a well-balanced diet then you probably do not need supplements, but the average American does not get all necessary elements in a daily diet
- ☞ **Vitamins are not all the same** - it's a good idea to choose special vitamin blends (for men, women, seniors, etc.). Keep in mind that generic vitamins are just as good as the name-brand ones
- ☞ **No need to take extra doses** - excess water based vitamins (Vit. C) are simply excreted by the body, but fat soluble vitamins (Vit. A, D, E, & K) can build up in the body causing major illnesses. Follow package recommendation or the advice of you doctor
- ☞ **Look for the "USP" on the label** - this means the products meet criteria set forth by the U.S. Pharmacopeia



Germs: Be on the Look-Out

It is prime time cold and flu season, and you can come into contact with millions of ailment causing germs in a day. Take a look at these germ hot spots and take precaution.



☞ **Kitchen sponge** - the average sponge has nearly 7.2 billion germs hiding inside. To keep spreading to a minimum, microwave the wet sponge for 30sec., put in the dishwasher with each load, and replace it once a month

☞ **Kitchen sink** - don't put veggies or anything else to be washed directly into the sink, instead use a separate container to allow soaking time. Spray the sink with a disinfecting cleaner at least once daily, including the drain!

☞ **Office space** - the average worker will touch 30 things in one minute at work, this could leave your hands covered with bacteria. Always wash hands before eating and try to avoid touching your mouth and face. Wipe your desk and phone down at least once a day with a disinfectant wipe

☞ **Cell phone** - your cell phone is a germ magnet, but most of them are yours

The good news is that your skin acts as a natural barrier against germs, it's the cuts and mucus membranes that allow passage. The best defense is good hand washing, using warm water and soap for as long as it takes to sing "Happy Birthday".

"We either make ourselves miserable or we make ourselves strong. The amount of work is the same."
Carlos Castaneda

Sodium and Asthma?

Nearly one in ten people experience exercise-induced asthma. Recent research has reported that lowering your sodium (salt) intake, along with other regular precautions, may help to decrease the rate of asthma attacks. The reports show that people on lower sodium diets had fewer symptoms both at rest and during exercise. The researchers stress that this should be used as an extra step against minimizing attacks and not as a sole means of prevention. Although, it is not completely understood why lowering sodium intake affects asthma symptoms, it is a key finding as exercise-induced asthma affects exercise performance and is a leading cause of sudden death.

CPR... A Life Saver

The Fontana Center is proud to recognize one of it's own student interns, **Camille Vincent**. Camille is a student at Lafayette High School's Academy of Health Careers and was recently awarded the Meritory Service Award by Acadian Ambulance. Camille, along with fellow student, Sarah Decuir were honored for performing CPR on a man who went into cardiac arrest at a Lafayette High School football game.

After the man collapsed in the stands, Camille and Sarah rushed to his aid and performed CPR until EMS arrived. The girls had been trained in basic life support as part of the Academy's program. When commenting on the incident, Camille says "I wasn't thinking about it, I just performed CPR and did just what I was taught to do". **We are proud of you Camille!**



Camille Vincent