

FORGING THE FUTURE:



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Friday FACTS

3 May 2002

"Leadership, Partnership, and Championship"

May- Mental Health Month

May 1st is National Anxiety Disorder Screening Day! If you missed participating as a clinic screening site, then consider visiting the sponsoring organizations website! Freedom from Fear at 888-442-2022 <http://www.freedomfromfear.org> offers a free and confidential screening test for anxiety and depression.

National Domestic Violence Hotline

A phone number 1-800-799-SAFE has been set up as a confidential resource for domestic violence victims seeking information within the United States. Domestic violence includes not only physical abuse and violence, but also psychological and emotional abuse, economic and financial control, stalking and interference with personal liberties. Domestic violence hurts individuals, children, families, communities and harms military readiness. The Family Advocacy Program is available to assist individuals, families and commands deal with domestic violence.

To commemorate Mental Health Month, a new presentation - Stress, Stress, Stress is now available on the Stress Management Page <http://www-nehc.med.navy.mil/hp/stress>

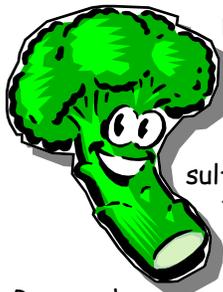
APRIL SHOWERS BRING MAY BICYCLISTS

For the 46th year running, the League of American Bicyclists has declared May "National Bike Month." In conjunction with Bike Month, the



League is also promoting May 13 through 17 as Bike-to-Work Week. Finally, for those who can muster only one day of pedaling to the office, Friday, May 17, is Bike-to-Work Day. And if you're the type who likes to get the wheels rolling, you can obtain a National Bike Month Organizer's Kit by visiting <http://www.bikeleague.org/educenter/bikemonth.htm>

The following are 2 health tips taken from the American Institute for Preventive Medicine's health-tip-of-the-day online content. There are 610 of these tips which come from the nationally syndicated "HealthTips" newspaper column. The tips you received today generally coincide with a national health observance for this month. For additional tips visit: <http://www.healthylife.com/healthtipaday/healthtips.asp>



BENEFITS OF BROCCOLI

President Bush may not like to eat it, but broccoli is a food of great value. Broccoli, as well as other deep green, yellow and orange vegetables is a good source of beta-carotene, a substance that may prevent cancer. Broccoli also contains another possible cancer-prevention compounds, sulforaphane and dithiolthiones, as well as good amounts of vitamin C, calcium, potassium and fiber. The next time you want to say, "I love you," give your special someone a bouquet of broccoli.

DIET REDUCES CERVICAL CANCER RISK

Research conducted at the Hutchinson Cancer Research Center has found that women who consume large amounts of Beta Carotene and vitamin C, which can be found in dark green and yellow vegetables and fruits, were less likely to get cervical cancer. In addition, women with diets high in vitamin E reduced their risks by 33%.

"Widening highways to cure coggestion is like trying to cure obesity by loosening you belt." - Stephen Goddard