

# FORGING THE FUTURE:



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## Friday FACTS

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18 July 2003

"Leadership, Partnership, and Championship"

### Women and Men Prevention Checklist available from AHRQ

Do you and your family feel inundated with information about prevention and medical screening tests? From mammograms to prostate cancer screenings to cholesterol and blood pressure tests, it can be confusing to figure out which tests are needed and when. Two brand-new pamphlets from the AHRQ-sponsored U.S. Preventive Services Task Force, "Women: Stay Healthy at Any Age: Checklist for Your Next Checkup" and "Men: Stay Healthy at Any Age: Checklist for Your Next Checkup" tell you exactly what you need to know about the most important screening tests. As always, the recommendations from the Task Force are based on scientific evidence. The pamphlets also include information about how to stay healthy and allow patients to record which screening tests they've received, when, and when they should be tested again.



The women's checklist can be viewed and downloaded at <http://www.ahrq.gov/ppip/healthywom.htm> in English and at <http://www.ahrq.gov/ppip/healthywomsp.htm> in Spanish.

The men's checklist can be viewed and downloaded at <http://www.ahrq.gov/ppip/healthymen.htm> in English and at <http://www.ahrq.gov/ppip/healthymensp.htm> in Spanish.

Printed copies of the checklists can be mailed to you. Copies may be ordered from the AHRQ Publications Clearinghouse by calling (800) 358-9295 or sending an email message to [ahrqpubs@ahrq.gov](mailto:ahrqpubs@ahrq.gov)

Of course, you may visit [www.healthfinder.gov](http://www.healthfinder.gov) any time you have a health question or for the latest health news.

**SOURCE:** This message is from the healthfinder-1 listserv, one of the free U.S. government e-mail newsletters featured on FirstGov at [http://www.firstgov.gov/healthfinder\(r\)](http://www.firstgov.gov/healthfinder(r)) or [www.healthfinder.gov](http://www.healthfinder.gov). This site is a Web guide to reliable health information, developed by the U.S. Department of Health and Human Services.

### Tips for Shift Workers to Combat Sleepiness and Drowsy Driving



While everyone is susceptible to drowsy-

driving crashes, shift workers run a particularly high risk.

Here are some tips to help you get more sleep and avoid drowsy driving:

1. Make your bedroom dark—like nighttime—and sleep at the same time every day.
2. Block or mask outside sounds.
3. Lower your thermostat before going to bed.
4. Maintain or improve your overall health.
5. Avoid caffeine several hours before bedtime.
6. Avoid alcohol several hours before bedtime.
7. Know the side effects of your medications.
8. Close the bedroom door and hang a "Do Not Disturb" sign on it.
9. Unplug the telephone in your bedroom.
10. Develop a relaxing sleep ritual.

**Source:** U.S. National Highway Traffic Safety Administration, <http://www.nhtsa.gov>.



"They say a person needs just three things to be truly happy in this world; someone to love, something to do and something to hope for."

- Tom Bodett