

FORGING THE FUTURE:



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Friday FACTS

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3 October 2003

"Leadership, Partnership, and Championship"

TIPS4 YOUTH



Say No to Smokeless Tobacco

Is smokeless tobacco safe?

NO WAY!

Many people think smokeless tobacco (also known as chewing or spit tobacco, or snuff) is safe. One study quoted in the Surgeon General's Report for Kids About Smoking said only 40 percent of kids thought smokeless tobacco was very harmful. Very wrong! The truth is that smokeless tobacco use is connected with all sorts of problems.

BAD HEALTH!

Smokeless tobacco can cause bleeding gums and sores of the mouth that never heal. Eventually you might end up with cancer.

TOUGH TO QUIT!

Tobacco is tobacco—it all contains nicotine, and nicotine is addictive!

VERY DISGUSTING!

It stains your teeth a yellowish-brown color. It gives you bad breath. It can make you dizzy, give you the hiccups, even make you throw up. Definitely NOT cool! So spit it out and say no to smokeless tobacco.



Source: The Surgeon General's Report for Kids About Smoking, CDC Tobacco Information and Prevention Sources, <http://www.cdc.gov/tobacco/tips4youth.htm>.

Keeping Flexible May Reduce Osteoarthritis

Maintaining joint flexibility may reduce your risk for developing osteoarthritis according to new research published in the April 2003 *Journal of Rheumatology*. The flexible people in the study showed no evidence of premature osteoarthritis or reduced bone mineral density.



To maintain your flexibility as you age, do activities daily that provide all-over body stretches. Exercises that are good for flexibility include swimming, yoga, and tai chi. These activities will increase your flexibility without damaging your joints. For suggestions on convenient exercises you can do to increase your flexibility, download free *Pep Up Your Life: A Fitness Book for Mid-life and Older Persons* at the President's Council on Physical Fitness and Sports website <http://www.fitness.gov>. Under "Publications," select "Learn About the Active Life." Then select "Pep Up Your Life." The book includes detailed sketches for all flexibility exercises.

Heart Disease

Did you know that heart disease not only does in men but also is the number one killer of women? One out of every three women will die of heart disease. Also close to two-thirds of women in the United States who die of a heart attack do not experience any symptoms.

There is some Good News! Many of the risk factors may be prevented or controlled! Several groups have teamed up to address the issue of heart disease. A website has been developed to help women get on the healthy lifestyle road! <http://www.lifewiseonline.com> and <http://www.nhlbi.nih.gov/health/hearttruth>



"Some people weave burlap into the fabric of our lives, and some weave gold thread. Both contribute to make the whole picture beautiful and unique." -Anon