
INTRODUCTION



Lilly for Better Health™ goes beyond medicine to help you and your family become aware of and make choices toward a more balanced and healthy lifestyle. Everyone's personal definition of wellness is different. Our goal is to offer quality resources to meet your needs. And, we understand that wellness is more than just physical; it also includes mental and emotional well-being.

In this section, find resources that will guide you toward living a healthier, happier life, such as tips on healthy eating, practical ways to exercise and manage stress, and preventing illness.

Please discuss questions or concerns about your health with your health care provider. And remember, support makes the journey easier. Invite friends and family to join you!

HEALTHY EATING



Have you ever noticed that no two people are exactly alike? We are all different, including our food needs. Sometimes we don't know how to meet those needs in a healthy way. Thank goodness there are food guidelines to help us eat better! The U.S. Department of Health and Human Services and the U.S. Department of Agriculture have created general rules for eating to help you manage your weight.

Learn more about balancing your plate with healthy portions of each food group.¹

COLOR CAN BE HEALTHY!

Eating different colored fruits and vegetables gives your body a wide range of important nutrients, including fiber, folate, potassium, and vitamins A and C. Experiment with the different colors, such as green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon or white onions.²

Breakfast is an important meal — don't skip it! To make your breakfast even healthier, cut back on the amount of cereal in your bowl and add sliced bananas, peaches or strawberries to fill the bowl with fewer calories.³

Eating healthy is one of the most important things you can do to lower your risk for Type 2 diabetes and heart disease.⁴ Here are a few tips for picking healthy groceries.

- Use a grocery list (and stick to the list!) to help you choose more fresh vegetables, fruits and whole grains.
- Buy lean meats (such as chicken, turkey, and lean cuts of pork or beef such as sirloin or chuck roast) and lower-fat dairy products (like low-fat or skim milk and yogurt).
- Buy whole grain breads and cereals.
- Save money by buying less soda, sweets, chips and other snack foods.

Snacking can be good for you — if you make healthy choices! When you get home from work or school, put fresh carrots, grapes or pretzels out on the counter instead of a bag of chips.⁴ In addition to fruits and vegetables, make sure your diet also includes whole grains; fat-free or low-fat dairy products; lean meats, poultry, fish, dry beans, eggs and nuts; and is low in saturated fats, trans fats, cholesterol, salt and added sugars.⁵

1. U.S. Department of Agriculture. Dietary Guidelines 2010. Selected Messages for Consumers. June 2011. Available at <http://www.choosemyplate.gov/downloads/MyPlate/SelectedMessages.pdf>. Accessed on July 22, 2011.

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4. American Diabetes Association. Healthy Eating. Available at <http://www.diabetes.org/diabetes-basics/prevention/checkup-america/healthy-eating.html>. Accessed on April 7, 2011.

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HEALTHY EATING CONTINUED

Fiber has great health benefits, including aiding in decreasing your risk of diabetes and heart disease, and helping to normalize bowel movements.⁶ These foods all have a healthy serving of fiber: navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas and lentils.⁷

Potassium can help you maintain a healthy blood pressure. Good fruit and vegetable sources of potassium include sweet potatoes, tomato paste or puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice and prune juice.⁷

Eating at a restaurant? Follow these tips for a healthy alternative to the standard restaurant fare.⁴

- Ask if your meat can be grilled instead of fried.
- Order your salad dressing on the side.
- Choose fruit, salad or other vegetables as a side, instead of fries.
- Order a salad or soup to start and then share an entrée.
- Save money and calories by skipping dessert.

Sneaky veggies! Vegetables don't have to fight for a place at your family's table. You can add veggies to your family's diet by sneaking them into marinara sauce, chili, soups, tacos or other family favorites. Discover other ways to help your family be healthy in *A Healthy You!: America's Guide to Healthy Living*.

Not sure how much to eat? Test your serving size skills with this simple quiz: *What Counts as a Serving?*

6. Mayo Clinic. Dietary Fiber: Essential For A Healthy Diet. November 19, 2009. Available at <http://www.mayoclinic.com/health/fiber/NU00033>. Accessed on April 7, 2011.

7. Centers for Disease Control and Prevention. Nutrient Information. Available at http://www.fruitsandveggiesmatter.gov/benefits/nutrient_guide.html. Accessed on April 7, 2011.

LIVING SMOKE FREE



Although most people know that smoking is bad for you — it can be bad for almost every part of your body¹ — about one in five adults in the U.S. are smokers.² The good news is that fewer and fewer people smoke! In 1965, 42% of people over age 18 in the U.S. smoked. Today, it's around 20%.³

Do you smoke? Take the Fagerström Test for Nicotine Dependence to see how strong your nicotine dependence is. Share the results with your health care provider so the two of you can come up with a plan to help you quit.

Others have quit, and you can, too! There are lots of benefits to quitting smoking. You'll be surprised by how good you feel, and you may:⁴

- Feel in charge without having the need to smoke or find a place to smoke.
- Not worry about the smell of smoke on your clothes, hair and breath.
- Look and feel better and more energetic. Your skin may look healthier, too!

Why quit now? It doesn't matter how long you have smoked — quitting can help you live longer and be healthier. People who are smoke free enjoy a higher quality of life, have fewer illnesses like colds and the flu, and feel healthier than people who smoke.⁵

Teens with parents who smoke are more likely to smoke themselves. Set a good example by not smoking or quitting smoking.⁶ And, kids are quick to observe any difference between what their parents say and what they do. Most kids really do want to be like their parents when they grow up! If you smoke:⁷

- First, admit to them that you made a mistake by starting to smoke and that if you had it to do over again, you'd never start.
- Second, quit! It's not simple, and it may take a few attempts and the extra help of a program or support group. But your kids will be encouraged as they see you overcome your addiction to tobacco.

If you have trouble quitting smoking on your own, consider joining a support group. Many hospitals, workplaces and community groups offer classes to help people quit smoking.⁶ For more information, visit the Smoking and Addictions health topic on the Health Education Answers website.

1. Centers for Disease Control and Prevention. Smoking-Attributable Mortality, Years of Potential Life Lost, and Productivity Losses--United States, 2000-2004. Available at <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5745a3.htm>. Accessed on April 7, 2011.

2. Centers for Disease Control and Prevention. Vital Signs: Current Cigarette Smoking Among Adults Aged ≥ 18 Years - United States, 2009. Available at http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5935a3.htm?s_cid=mm5935a3_w. Accessed on April 7, 2011.

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4. Smokefree.gov. Benefits of Quitting. Available at <http://www.smokefree.gov/topic-benefits.aspx>. Accessed on April 7, 2011.

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6. National Heart, Lung and Blood Institute. How To Prevent and Control Heart Disease Risk Factors. Available at http://www.nhlbi.nih.gov/health/dci/Diseases/hd/hd_prevention.html. Accessed on April 7, 2011.

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LIVING SMOKE FREE CONTINUED

GET STARTED!

There are many helpful programs for people who want to quit smoking. You can do it! Ask your health care provider for information or find out more at:

- American Lung Association
- The Foundation for a Smokefree America
- Smokefree.gov

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PHYSICAL ACTIVITY



Here are some helpful tips about being active. Be sure to talk with your health care provider before starting a fitness program.¹ Regular physical activity is an important part of being healthy. People who are active live longer and feel better.²

Physical activity can help you maintain a healthy body weight and help reduce:^{3,4}

- High blood pressure;
- Risk for Type 2 diabetes, heart attack, stroke and several forms of cancer;
- Arthritis pain;
- Risk for osteoporosis and falls;
- Stress; and
- Symptoms of depression and anxiety.

There are 1,440 minutes in every day. Try to spend 30 minutes doing a physical activity!² Feel like you're too busy to exercise? Try everyday activities like taking the stairs or parking your car far away from the building entrance to add extra walking steps.

Physical activity is anything that gets your body moving!⁵ Choosing physical activities that you enjoy and that match your ability will help you stick with them.¹ How much activity do you need?

- Children need at least one hour of physical activity each day.⁶
- Adults need two and a half hours of moderate physical activity per week, combined with strength exercises (such as lifting weights or yoga) two days a week.^{5,7}

Some examples of moderate physical activity are mowing the lawn, going for a brisk walk, dancing, swimming for fun or riding a bike. And, stretching and weight training can help make you stronger and more physically fit.⁵ Get started! Download Lilly's *Being Active to Feel Your Best* brochure.

1. Centers for Disease Control and Prevention. Adding Physical Activity to Your Life. February 16, 2011. Available at <http://www.cdc.gov/physicalactivity/everyone/getactive/index.html>. Accessed on April 7, 2011.

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7. Centers for Disease Control and Prevention. How Much Physical Activity Do Older Adults Need? March 30, 2011. Available at <http://www.cdc.gov/physicalactivity/everyone/guidelines/olderadults.html>. Accessed on April 7, 2011.

PREVENTIVE CARE



Take care of yourself and your family! It's important to take steps to get and stay healthy. This may include eating healthy, staying active, getting enough sleep, reducing stress, and not smoking, to name a few. Your health care team can be a great resource for you and your family, too.

Seeing your health care provider regularly is really important — not only when you feel sick but also when you're healthy. Having regular screenings and exams that are right for you can help keep you well and may provide early detection of certain health problems. Learn which self exams you can do at home.

Preventing illness is another way to keep you and your family healthy. Stay up-to-date with immunizations, including those for children. Learn more in the Wellness section of the Health Education Answers website.

Be empowered and know your numbers: blood pressure, cholesterol and body mass index (BMI). Your health care provider can help you determine numbers that are right for you. Learn your BMI with this simple *BMI calculator*.

Know your family's health history. It may play a part in your risk for certain diseases, such as heart disease, cancer and diabetes.^{1,2} The best way to advocate for your own health is to be prepared when you go to see your health care provider. Bring a list of all of your current medications, along with any questions you have about your health.

Read more about prevention and healthy living in *A Healthy You! America's Guide to Healthy Living*.

1. Centers for Disease Control and Prevention. Genomics Translation. Updated on January 21, 2011. Available at <http://www.cdc.gov/genomics/famhistory/famhist.htm>. Accessed on April 7, 2011.

2. Centers for Disease Control and Prevention. Family Health History. Updated on January 21, 2011. Available at <http://www.cdc.gov/genomics/famhistory/index.htm>. Accessed on April 7, 2011.

STRESS



In today's world, there are stressors all around us. What is stress? It's the way a person reacts to life's conditions, changes and demands.¹ Stress can be good and bad. For example, the kind of stress you experience when you take a test can be good for your body. It activates your "fight or flight" response when you are placed in a tough situation, and can boost your body's ability to fight infections.²

Stress can be how you react to a short-term situation, such as being stuck in traffic. Or, it can last a long time if you're dealing with serious situations such as relationship problems or the death of a loved one. Stress can get in the way of you living your normal life. You may feel tired, unable to concentrate or irritable. Stress also can damage your physical health.³

Stress is different for everyone. What is stressful for one person may not be stressful for someone else, and each person responds to stress in a different way.⁴ A "Stress in America" poll conducted by the American Psychological Association found that:⁵

- One-third of people in the U.S. report experiencing extreme levels of stress.
- One-in-five report that they are experiencing high levels of stress 15 or more days per month.

HOW CAN STRESS IMPACT YOUR HEALTH?^{6,7}

- Stress can affect your immune system and your risk for illness, frailty, heart disease, osteoporosis, inflammatory arthritis, Type 2 diabetes and even certain kinds of cancer.
- Stress also can worsen into a chronic depression.
- Excessive stress can make existing conditions — such as high blood pressure — worse.
- Stress can have a negative impact on important, personal relationships with family and friends.

It is important to recognize how you deal with stress. If you partake in unhealthy behaviors (such as smoking, excessively drinking alcohol, and/or over- or under-eating), look for more positive ways to manage your stress.⁵

- Consider activities such as meditation, exercising, or talking with your friends and family.
- Remember that unhealthy behaviors can be hard to change over time.
- Don't take on too much at once! Focus on changing only one behavior at a time.

1. Mayo Clinic. Stress Management. March 19, 2011. Available at <http://www.mayoclinic.com/health/stress-management/MY00435>. Accessed on April 7, 2011.

2. Medical News Today. Stress Is Good For Your Immune System. July 5, 2004. Available at <http://www.medicalnewstoday.com/articles/10335.php>. Accessed on April 7, 2011.

3. American Psychological Association. Stress. Available at <http://www.apa.org/topics/stress/index.aspx>. Accessed on April 7, 2011.

4. American Psychological Association. Six Myths About Stress. Available at <http://www.apa.org/helpcenter/stress-myths.aspx>. Accessed on April 7, 2011.

5. American Psychological Association. Stress Tip Sheet. October 5, 2007. Available at <http://www.apa.org/news/press/releases/2007/10/stress-tips.aspx>. Accessed on April 7, 2011.

6. American Psychological Association. Mind/Body Health: Stress. Available at <http://www.apa.org/helpcenter/stress.aspx>. Accessed on April 7, 2011.

7. Mayo Clinic. Stress Symptoms: Effects on your body, feeling and behavior. February 19, 2011. Available at http://www.mayoclinic.com/health/stress-symptoms/SR00008_D. Accessed on April 7, 2011.

STRESS CONTINUED

Take charge of your stress! Follow these steps to help take care of yourself:⁵

- Eat healthy, get enough sleep, drink lots of water and stay physically active.
- Keep your mind and body healthy with activities like playing with your children, grandchildren or a pet, practicing yoga, walking, going to the gym or playing sports.
- Take a break from work. Even when your life is very busy, take time to do things that make you happy, like reading a good book, visiting with friends or listening to your favorite music.
- Don't be afraid to ask for help.

Physical activity helps relieve stress and can help you gain more energy and sleep better.⁸ Consult with your health care provider before beginning any fitness program. Test your knowledge by taking the *Test Your Stress Knowledge* quiz.

Learn more about stress at the Health Education Answers website.

8. American Diabetes Association. Top 10 Benefits of Being Active. Available at <http://www.diabetes.org/food-and-fitness/fitness/fitness-management/top-10-benefits-of-being.html>. Accessed on April 7, 2011.

WEIGHT



Making positive lifestyle changes is all a part of total well-being. And managing your weight is an important step to living a healthier, longer life. As you may know, weight management includes making long-term commitments to healthier food choices and regular exercise.¹

For most of us, we weigh too much because we either eat too much, eat unhealthy foods or are not active enough.² For many of us, it's a combination of all those. We know that isn't healthy and that making better choices will help us manage our weight.

Obesity in the U.S. has doubled in the past two decades. Nearly 35% of adults are obese, which means they have a body mass index (BMI) of 30 or greater.³ Find out your BMI index by using the *BMI calculator*.

Getting to and maintaining a healthy weight is good for many reasons. It can improve your physical health and can also improve your energy, physical mobility, mood and self-confidence.¹

If you or a loved one is trying to lose weight, any kind of healthy weight loss, even if it's small, can be good for your body. Losing weight can improve your blood pressure, blood cholesterol and blood sugars, and decrease your risk for Type 2 diabetes, heart disease and stroke.^{1,4}

Eating together as a family can be a great way to get to, and maintain, a healthy weight. Buy healthy groceries, such as fruits and vegetables, and prepare and eat meals together as a family. Eating around a table together, instead of in front of the T.V., is a great time to talk about your day. And, it helps make sure you aren't eating too fast or not paying attention to how much you're consuming.⁵

Not sure how to get started losing weight? Get tips and a sample walking program in *Being Active to Feel Your Best*.

Take the quiz, *How Did I Get Here From There?* to learn more about your current nutrition status. Also, visit the Manage Your Weight section on the Health Education Answers website to get tips on healthier eating.

1. Centers for Disease Control and Prevention. Losing Weight. January 4, 2011. Available at http://www.cdc.gov/healthyweight/losing_weight/index.html. Accessed on April 7, 2011.
2. Centers for Disease Control and Prevention. Causes and Consequences. December 7, 2009. Available at <http://www.cdc.gov/obesity/causes/index.html>. Accessed on April 7, 2011.
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STRESS

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INTRODUCTION



Managing your health often means making changes to your daily life, working with your health care team, and accepting support of family and friends. Many aspects of your health are connected. Having one disease may put you at risk for getting another. For example, having diabetes also may lead to heart disease if not properly treated.¹ But, small steps can make a big difference.

We hope the resources in this section help you on your path to managing health conditions such as diabetes, heart disease and depression. You will find helpful tools for achieving a balanced and healthy lifestyle.

1. American Diabetes Association. Heart Disease. Available at <http://www.diabetes.org/living-with-diabetes/complications/heart-disease/>. Accessed on April 8, 2011.

DIABETES



If you are newly diagnosed or have been living with diabetes for a while, we know it can be overwhelming. Living with this condition for the rest of your life may seem scary. Be assured, managing diabetes may help reduce the risk of getting complications.¹ It also may help prevent complications from getting worse. You have the power to manage your diabetes!

There are two types of diabetes — Type 1 and Type 2.²

- Type 1 diabetes is usually first diagnosed in children, teens or young adults. Treatment for Type 1 diabetes includes taking insulin and possibly another injectable medicine, making wise food choices, being physically active, taking aspirin daily — for some — and controlling blood pressure and cholesterol.
 - Type 2 diabetes is the most common form of diabetes and people can develop it at any age — even during childhood. Being overweight and inactive increases the chances of developing Type 2 diabetes. Treatment includes using diabetes medicines, making wise food choices, being physically active, taking aspirin daily — for some — and controlling blood pressure and cholesterol.
- Here are some facts you may want to know:^{3,4}
- Type 2 diabetes often does not have any symptoms.
 - Only about 10% of all people with diabetes have Type 1 diabetes.
 - The good news is that if you are reading this, you may be one of the lucky ones who know they have diabetes. About one in three people with diabetes do not know they have the disease.
 - Working with your health care team is important, along with healthy meal planning, physical activity and taking medicine, if needed.
 - The meal plan for a person with diabetes is similar to what is suggested for healthy people.
 - People with diabetes are twice as likely to develop heart disease than someone without diabetes.
 - Type 2 diabetes may be able to be prevented with moderate weight loss and 30 minutes of moderate physical activity (such as brisk walking) each day.

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DIABETES CONTINUED

KNOW YOUR RISK

Not sure if you are at risk for diabetes? Take the *Diabetes Risk* test to find out, and discuss the results with your health care provider.

People with an increased risk for diabetes are those:⁵

- Over age 45.
- With a family history of diabetes.
- Who are overweight.
- Who do not exercise regularly.
- With low HDL (“good”) cholesterol, high triglycerides or high blood pressure.

Ethnic groups in the U.S. with the highest risk for Type 2 diabetes are:⁶

- African Americans.
- Mexican Americans.
- Pima Indians.

TAKE CHARGE, STAY ACTIVE, LIVE HEALTHY!

Stay active! People who are physically active have a lower risk of developing chronic diseases. People who are physically inactive have a higher risk for being overweight or obese and having a chronic disease like Type 2 diabetes.⁷ Physical activity can lower your weight and blood glucose level, which may lower how much insulin or diabetes medicine you need to take.⁸

Live healthy! A healthy lifestyle, including a healthy diet, physical activity and maintaining a healthy weight can help reduce your risk of diabetes.⁹

Visit www.LillyDiabetes.com for more helpful information. And find more diabetes resources in Health Resources.

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HEART HEALTH



Heart disease is the leading cause of death in the U.S.¹ That's why it's important to be heart healthy at every age, and it starts with good habits.

There are risk factors for heart disease that you can't change, such as age, gender, heredity and race. People over age 65, men, children of parents with heart disease and African Americans are all at greater risk for heart disease.²

However, there are other risk factors that you can control. Eat a healthy diet, stay physically active, avoid smoking, and work to keep your good cholesterol (HDL) high and your bad cholesterol (LDL) low. Obesity, diabetes and high blood pressure can put you at greater risk for heart disease.^{2,3,4}

How healthy is your heart? Take the quiz, *What is Your Risk for a Heart Attack?* to help you learn more, and share the results with your health care provider.

GET MOVING!

Exercise — even 30 minutes a day — can reduce your risk of heart disease. For every hour of walking, you could increase your life expectancy by up to two hours!⁵ Start today by downloading *Being Active to Feel Your Best*, which includes a sample walking program.

People with excess body fat — especially around their waist — are more likely to develop heart disease and stroke even if they don't have any other risk factors.² Test your Body Mass Index (BMI) with the *BMI calculator* to determine if you may be overweight, and share the results with your health care provider.

Learn much more about heart health, heart-healthy eating and heart disease at Health Education Answers. Find more heart health resources in the Health Resources section of *Lilly for Better Health™*.

1. Centers for Disease Control and Prevention. February is American Heart Month. Last updated on January 31, 2011. Available at <http://www.cdc.gov/features/heartmonth>. Accessed on August 29, 2011.

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MEN'S HEALTH



Men may face a host of medical problems unique to them. Maybe you are concerned about yourself or someone close to you. Here you will find information and tools specific to men's health.

Men are more likely to ignore symptoms that they might be sick and often do not visit the doctor until there is something seriously wrong. In fact, men are less likely than women to visit their health care provider!¹ And, Hispanic and Black men are less likely than Caucasian men to see a physician.² It is important to visit your health care provider when you're sick, and when you're healthy.³ Ask how you can lower your chances for health problems based on your lifestyle and family health history. Also, find out what exams you need and when to have them.⁴

Read more about men's health issues and annual screenings that are important for men in *A Healthy You! America's Guide to Healthy Living*.

DID YOU KNOW?^{5,6}

The top three health threats for men are heart disease, cancer and accidental injury. The good news is that prevention can have a big impact in all three areas.

Heart disease: Take care of your heart by eating healthy, staying physically active and not smoking. Know your numbers: blood pressure, cholesterol, glucose and BMI. Read more in Heart Health.

Cancer: Lung cancer is the leading cause of cancer deaths among men — mostly due to cigarette smoking.⁷ Stay smoke free to decrease your risk for lung cancer. Read more in Living Smoke Free.

Injuries: The leading cause of fatal accidents among men is motor vehicle crashes. Stay safe by wearing your seat belt, driving the speed limit, not driving under the influence of alcohol or other substances, and not texting while driving.

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MEN'S HEALTH CONTINUED

ERECTILE DYSFUNCTION

Erectile dysfunction, or ED, is the repeated inability to get or keep an erection firm enough for sexual intercourse.⁸ ED is a real medical condition, and if you have it, you are not alone. At least 15 million American men — and maybe as many as 30 million — have ED.⁸ Many men with diabetes have ED.⁸

Sexual health is an important part of an individual's well-being. Take the *Sexual Health Inventory for Men* and share the results with your health care provider.

If you have ED, there are things you may be able to do about it! It may be treatable at any age.^{8,9} Problems with erections may stem from medications, chronic illnesses, poor blood flow to the penis, drinking too much alcohol or being too tired.⁹

Men can overcome their fears by knowing the facts about ED.¹⁰ For more information visit the Men's Health topic area at Health Education Answers.

PROSTATE CANCER

Prostate cancer is the second most common type of cancer in men. One in six men gets prostate cancer and 1 in 36 men die from it. However, there are more than 2 million prostate cancer survivors in the U.S.,¹¹ and it is highly treatable with early detection.

Age and race are two risk factors for prostate cancer:¹²

- Older men have an increased risk of prostate cancer — almost two out of three prostate cancers are found in men over age 65.
- It is more common in African American men than in men of other races.

While there are some risk factors that cannot be changed, there are some things you can do to help prevent prostate cancer, including:¹³

- Eat a healthy diet full of fruits, vegetables, whole grains and fish, which can help protect against prostate cancer because they have "good fat" such as omega-3 fatty acids;
- Try to minimize the fat you get from red meat and dairy products;
- Stay physically active to help maintain a healthy weight; and
- Avoid smoking.

It's important to talk with your health care provider about whether a prostate cancer screening is right for you.¹⁴

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MENTAL HEALTH



In today's fast paced world, we are often faced with stressful situations from job pressures to financial challenges. It is not uncommon to have mental health concerns from time to time. Circumstances and situations can cause us to feel stressed or down. But mental illness is different. It can cause frequent stress, affect your ability to function, make you sad and cause problems in your daily life, such as at work or school or in relationships.¹

Mental illness refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behavior. In this section we cover addiction, attention-deficit/hyperactivity disorder (ADHD), bipolar disorder, depression and schizophrenia.^{1,2}

ADDICTION

Substance abuse or addiction is a widespread health problem. It affects people of all ages, races and incomes. The most common substances abused are alcohol and tobacco. Some people abuse street drugs such as marijuana and cocaine. Others abuse prescription drugs they get from a doctor.

Asking someone you trust for help is an important step in getting better.

Addiction is a disease, rooted in biological function. Once someone becomes addicted, brain chemistry takes over.³

Drug abuse can harm the body. People who are addicted often have one or more medical issues, including heart disease, stroke, cancer and mental disorder.³ In some cases, the mental disorder comes before the addiction.³ The results can be harmful and even deadly.

Do you have a drug or alcohol addiction? Take this assessment and discuss it with your health care provider.

Do you or a loved one have a substance abuse problem? Take the *Drug Use* questionnaire.

For information about substance abuse, prevention and intervention, go to www.drugfree.org, the website of The Partnership at Drugfree.org. Understand the myths and facts about addiction.

ADHD

Attention-deficit/hyperactivity disorder (ADHD) is a brain disorder that affects children and adults.⁴ About 3% to 7% of school-aged children have ADHD.⁵ In children, the disorder affects boys more often than girls.⁶ However, in adults, the number of men and women with ADHD is about equal.⁷ Hispanic children are less likely than non-Hispanic white and non-Hispanic black children to have ADHD.⁸

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MENTAL HEALTH CONTINUED

There are ways you can live a productive, organized and happy life with ADHD. Work with your health care provider to get your symptoms under control and learn ways to improve your daily habits and interact better with others. This may include making healthy lifestyle changes, going to counseling and/or taking medicine. Part of helping yourself manage your ADHD may include educating others so they understand what you are going through.⁹

Do you think you might have ADHD? Complete the *Adult Self Report Scale* and share the results with your health care professional.

Do you think your child may have ADHD? Learn more about ADHD and children at the Health Education Answers website.

Learn more at www.CHADD.org, the website of Children and Adults with Attention Deficit/Hyperactivity Disorder.

BIPOLAR DISORDER

Bipolar disorder (also called manic depressive disorder) is a treatable illness involving one or more episodes of serious mania and depression. It causes a person's mood to swing from very "high" or elevated to very "low" or sad and hopeless, with periods of a normal mood in between.¹⁰ When a person with bipolar disorder becomes depressed, he or she may feel sad or hopeless and lose interest in normal activities.

When mood shifts in the other direction, he or she may feel euphoric and full of energy.¹⁰

Bipolar disorder affects more than 6 million adults in the U.S.^{11,12} Men and women are affected equally. Bipolar disorder is found among all races and ethnic groups. It also tends to run in families.¹³

Like many other serious illnesses, bipolar disorder can also affect spouses, loved ones, families, friends and coworkers.¹³ Although there is no known cure, bipolar disorder is treatable, and recovery is possible.¹⁰

Individuals with bipolar disorder can have successful relationships and meaningful jobs. The combination of medications and psychotherapy helps the vast majority of people return to productive, fulfilling lives.¹⁰

Could you or someone you know be living with bipolar disorder? Take the *Reading the signs* quiz and share the results with your health care provider.

Read more about bipolar disorder in *A Healthy You! America's Guide to Healthy Living*.

DEPRESSION

Anyone can feel down from time to time. But depression is more than feeling down for a little while. It is a sadness or loss of interest that can get in the way of everyday life.⁵

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MENTAL HEALTH CONTINUED

Depression often runs in families and women are more likely than men to have depression.¹³

Between 80% and 90% of people with depression can be effectively treated and return to their usual daily activities and feelings.¹⁴ If you think you might be depressed, the most important thing is to talk to your health care provider.¹⁵

Do you think you have symptoms of depression? Fill out the *Patient Health* questionnaire and share the results with your health care provider.

Learn more about depression by reading *Depression: Understanding it and Getting Help*.

SCHIZOPHRENIA

Schizophrenia is a serious disorder that affects how a person thinks, feels and acts. For someone with schizophrenia it may be hard to tell what is real and what is not. They may have difficulty expressing normal emotions in social situations.¹⁶

Schizophrenia is treatable.¹⁷ About 1% of people in the U.S. have schizophrenia¹⁸ Men and women among all ethnic groups are equally affected.¹⁶

Schizophrenia is **not** a split personality or multiple personality. Most people with schizophrenia are **not** violent and do not pose a danger to others.¹⁶ Symptoms are not the same for everyone. They may develop slowly over months or years, or may appear rapidly.¹⁶

Families and society are affected by schizophrenia, too. Many people with schizophrenia have difficulty holding a job or caring for themselves, so they rely on others for help.¹⁸

Learn more about the disease by taking the *What is Schizophrenia?* quiz.

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WOMEN'S HEALTH



Women make 80% of the health care decisions for their families and are more likely to take care of other people in the family when they get sick.¹ But, women also need to take care of themselves! That includes getting screenings and tests at the right time — making any detected health problems easier to treat.² Learn more about diabetes, heart disease, stress, depression and other common health issues women face at Health Education Answers.

Today, women are living longer than ever. In 2007, the life expectancy for females was 80.4 years, a 0.2-year increase from 2006. A healthy lifestyle may help you stay active and productive.^{3,4}

EAT HEALTHY

Download Tips for Action: Quick tips for healthy eating at work and home to get guidelines for healthy eating habits at home and work.

BONE HEALTH

Osteoporosis is a disease that makes your bones weak, which means you have a greater risk of breaking your bones.⁵ About one in two women over the age of 50 will break a bone because of osteoporosis. Women have lighter, thinner bones than men and many women also lose bone quickly after menopause.⁶ In fact, 80% of people with osteoporosis are women, but men can get the disease. And, the risk for osteoporosis is increasing the fastest for Hispanic women.⁷

Your bones need nutrients! Taking care of your bones will help prevent osteoporosis. Getting enough calcium, vitamin D, fruits, vegetables and regular exercise are important for your bones. Eating poorly, not exercising, smoking, or drinking too much alcohol are all risk factors for osteoporosis.⁸

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WOMEN'S HEALTH CONTINUED

BREAST CANCER

Breast cancer is the most common cancer among women in the U.S., other than skin cancer. The good news is that breast cancer death rates have been going down, which is likely the result of finding cancer earlier and better treatment. Right now, there are more than 2.5 million breast cancer survivors in the U.S.⁹

Mammograms are the best way to find breast cancer early, when it is easier to treat. They also can detect a problem before it is big enough to feel or cause symptoms. Regular mammograms are important — they can lower your risk of dying from breast cancer.¹⁰

Things that may increase your risk of breast cancer include:¹¹

- Being female.
- Increasing age — women older than 60 have a greater risk than younger women.
- Having breast cancer before.
- A family history of breast cancer.
- Being overweight or obese.
- Drinking alcohol.

Take the quiz: *What's Your Risk For Breast Cancer?* Share the results with your health care provider and remember to schedule regular mammograms. It is suggested women over age 40 get a mammogram every year.¹²

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