

# Learn To Live healthnotes

... ❖ aahealth.org ❖ learn to live ❖ healthy living

News from the Anne Arundel County Department of Health's Healthy Living Program

## Colorectal Cancer: Deadly but Preventable

Colorectal cancer is the second-leading cause of cancer deaths in Anne Arundel County. A polyp, or small growth of tissue in the colon (large intestine) or rectum, can change over time and become cancerous.

### Regular screenings can stop it before it starts.

The risk of developing colorectal cancer increases with age. All men and women over 50 should get regular colorectal cancer screenings. The best screening is a colonoscopy, during which precancerous polyps can be found and removed. If all is well, this test need only be done once in 10 years.

### Manage your risk.

People who are overweight, inactive or have a family history of this cancer have a higher risk. You can lower your risk by:

- Exercising. Even brisk walking several times a week can help.
- Eating a balanced diet that is low in fat and high in fiber.

### Learn to stop this "silent killer."

Colorectal cancer is highly preventable and treatable, if caught in time. If you have any of these symptoms, see your doctor:

- Blood in your stool
- A change in bowel habits
- General stomach discomfort
- Unusual gas or pain in your lower abdomen
- Unexplained weight loss

But remember, colon cancer may have no symptoms early on, so get screened regularly.

Free Colorectal Cancer Information Kit: Call 410-222-7979 or

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## Free Help for Healthier Eating—in English and Spanish

With a busy schedule, do you have trouble finding time to prepare healthy meals at home? Have you put on a couple of pounds from eating fast food meals and not getting enough exercise? You are not alone. Sixty-four percent of adults and nearly one in five schoolchildren in Anne Arundel County are overweight.

Eating a balanced diet that includes a variety of fruits and vegetables is a great way to maintain a healthy weight. It also reduces your chances of developing heart disease, high blood pressure, diabetes, joint problems and even some cancers.

The free Healthy Eating Kit has healthy recipes, nutrition tips, snack ideas and fun physical activity suggestions to get the whole family moving. It is updated each season with healthy and quick recipes.

Free Healthy Eating Kit:

Call 410-222-7979 or ... ❖ aahealth.org ❖ learn to live ❖ request free materials

Free Spanish Healthy Eating Kit: Call Aprenda a Vivir at 410-222-4479



## Online Help to Keep Kids Off Tobacco

How do you reach today's "cyberkids" with tobacco-free help? Go online!

The Smoking Stinks Web site, [smokingstinks-aaco.org](http://smokingstinks-aaco.org), gives tweens and teens tobacco prevention information. On the site, they can:

- Take a [smoking quiz](#) to test smoking knowledge.
- Look at [Body by Tobacco](#), which reveals the hidden effects of smoking.
- Click on the [Chamber of Horrors](#) and see gruesome cancer images.
- Send grossly funny [e-cards](#) to friends and family.
- Order free planning kits for the annual [Tobacco-Free Kids Week](#).

### New Quitting Help for Teens

The newest site feature, "I Quit," helps teens kick the habit online. Designed to look like a doodle-packed notebook, I Quit provides easy-to-follow steps to quit smoking and stay smoke-free. Teens can also download a printable version of the program.

... ❖ [smokingstinks-aaco.org](http://smokingstinks-aaco.org) ❖ [iquit](http://iquit)

# Learn To Live

Healthy Living From The Anne Arundel County Department Of Health  
[www.aahealth.org](http://www.aahealth.org)

## Play It Safe

It seems like wherever children play, there may be “boo-boos,” but most injuries are preventable. You can help prevent injuries from falls with these simple tips for playtime safety:



- Check the play area for hazards.
- Make sure playground equipment is in good condition.
- Surfaces around and under playground equipment should be covered by at least 12 inches of loose fill such as wood chips, mulch or sand.
- Have your child wear shoes with good traction.
- When children use playground equipment, do not let them wear helmets, hoods, drawstrings or other clothes that can get caught.
- Always have your child wear a safety helmet and other appropriate protective gear when doing wheeled activities such as in-line skating, skateboarding, bicycling, scooter riding and wearing sneakers with wheels.
- Check brakes, gears and wheels on bikes, skates, skateboards or wheeled sneakers to make sure they are working properly.

Also, keep children hydrated with regular water breaks and avoid sunburn by using shady play areas, covering up and using sunscreen with an SPF of 15 or higher. Most important, supervise any risky activity and make sure kids know safety rules.

Free Brochure: **Playing It Safe: How to Prevent Injuries When Children Play Outdoors.** Call 410-222-7979 or ✉ [aahealth.org](http://aahealth.org) ✉ **learn to live** ✉ **request free materials**

Also, visit the National Program for Playground Safety ✉ [uni.edu/playground](http://uni.edu/playground)

Or visit the National SAFE KIDS Campaign ✉ [usa.safekids.org](http://usa.safekids.org)

## Learn To Live HealthNotes

Learn To Live HealthNotes is a newsletter of Learn To Live, a healthy living program sponsored by the Anne Arundel County Department of Health, 3 Harry S. Truman Parkway, Annapolis, MD 21401. You may copy or reproduce any material in this newsletter.

For more information, visit [www.aahealth.org](http://www.aahealth.org) and click on Learn To Live, or call the Learn To Live Line at **410-222-7979**.

Operators are on duty Monday to Friday from 8:30 a.m. to 4:30 p.m.  
Leave a message at other times.

## MyPyramid: New Tool for Healthy Eating



Remember the Food Pyramid from your school days? Over the years, it has changed as nutritionists try to find eating guidelines that work for all types of people with different activity levels and needs.

Now comes MyPyramid from the USDA, a Web tool that lets you create your own personal pyramid based on your age, sex and physical activity level. It combines proper nutrition with physical activity for good health. At [www.MyPyramid.gov](http://www.MyPyramid.gov), you can learn how to:

- Make smart choices from every food group.
- Find your balance between food and physical activity.
- Get the most nutrition out of your calories.
- Stay within your daily calorie needs.

MyPyramid.gov will walk you through the process, as well as provide a lot of good advice on healthy eating and physical activity. Check it out! There's also a MyPyramid for school-age kids with a Blast-off game.



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