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The Stall Street Journal

Ovarian Cancer Awareness Month

Each year, approximately 21,980 women will be diagnosed with ovarian cancer. Many women don't seek help until the disease has begun to spread, but if detected at its earliest stage (Stage 1), the five-year survival rate is more than 93%. The symptoms of ovarian cancer are often subtle and easily confused with other ailments.

- Most new cases of ovarian cancer are diagnosed at Stage 3 or later, meaning the cancer has already begun to spread to the lymph nodes and outside of the pelvis.
- Approximately 50% of new cases of ovarian cancer are diagnosed in women over the age of 63.
- 1 in 73 women will be diagnosed with ovarian cancer during her lifetime

Ovarian cancer ranks **fifth** in cancer deaths among women

Ovarian cancer symptoms are often subtle and difficult to diagnose. Research suggests there are four symptoms that may be associated with ovarian cancer:

- Bloating
- Pelvic or Abdominal pain
- Difficulty eating or feeling full quickly
- Urinary urgency or frequency



For more information please visit:

<http://www.ovariancancerawareness.org/awareness.html>

Improve Your Sleep Today

To pave the way for better sleep, follow these simple yet effective healthy sleep tips, including:

- Stick to a sleep schedule, even on weekends.
- Practice a relaxing bedtime ritual.
- Evaluate your bedroom to ensure ideal temperature, sound and light.
- Turn off electronics before bed.

Source: sleepfoundation.org



Sharing the Road With Young Pedestrians

According to research by the National Safety Council, most of the children who lose their lives in bus-related incidents are 4 to 7 years old, and they're walking. They are hit by the bus, or by a motorist illegally passing a stopped bus. A few precautions go a long way toward keep children safe:



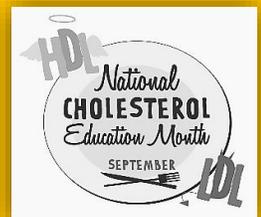
1. Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you; this could put them in the path of moving traffic
2. In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection
3. Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas

Source: nsc.org

High Cholesterol. What can you do?

You can lower your cholesterol levels through lifestyle changes:

- Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains)
- For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous of physical activity a week.



Source: cdc.gov



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