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YOUR WELLNESS IQ



At what age should you start getting screened for colorectal cancer?

At age 50.

Tip: If you are 50 or older and haven't had a screening, you should ask your doctor about scheduling a screening.

Source: CDC, Centers for Disease Control and Prevention, "Screening to Prevent Cancer Deaths," August 2005.

When should you get a mammogram?

If you are 40 or older, you should get a mammogram every 1 to 2 years.

Tip: Consider using your birthday as a reminder for important yearly screenings.

Source: National Cancer Institute, "What You Need to Know About Breast Cancer," Screening, July 2005.

How many fruits and vegetable servings should you eat a day?

5 or more based on a 2,000 calorie a day diet. Higher or lower amounts may be appropriate depending on the amount of calories your body needs. Eat a variety of colors of fruits and vegetables to get the most nutrients.

Tip: Start early to get them all in. For breakfast make a fruit smoothie, add vegetables to your omelet or add fruit to your cereal.

Source: USDA, 2005 Dietary Guidelines for Americans, May 2005.

How many calories are in a 12-ounce regular soda?

Between 140 to 160 calories depending on the brand. (152 calories according to USDA)

Tip: Save calories by switching to diet soda or better yet water.

Source: USDA National Nutrient Database for Standard Reference, 2005.

What type of fats raise LDL "bad" cholesterol?

Saturated and trans fats.

Tip: Eat foods with trans fats and saturated fats in them in moderation.

Source: NHLBI, "What Causes High Blood Cholesterol," 2006.

What are two ways to prevent osteoporosis?

Getting enough calcium and vitamin D (varies by age and gender, check with your doctor about what's appropriate for you); engage in weight bearing activity; avoid smoking and excessive alcohol; talk to your health care provider about bone health; when appropriate have a bone density test, and take medication.

Tip: Add walking to your routine and eat more dairy products, dark green leafy vegetables, calcium fortified foods, and nuts to help prevent osteoporosis.

Source: National Osteoporosis Foundation, Prevention, 2006.

What waist size puts a person at increased risk for heart disease?

40 inches or larger for men, and 35 inches or larger for women.

Tip: Measure your waist to see if you are at risk.

Source: NIDDK, Weight-control information network, "Weight and waist measurement: Tools for Adults," June 2004.

How many calories does a pregnant woman need to eat?

During the first three months, a pregnant woman doesn't have to change the amount she eats. Normal-weight women need an extra 300 calories each day during the last 6 months of pregnancy. This totals about 1,900 to 2,500 calories a day.

Tip: Focus on making healthy choices to help your baby get all the nutrients it needs.

Source: NIDDK, Weight-control information network, "Fit for Two: Tips for Pregnancy," 2003.

Name two signs or symptoms of Type Two Diabetes?

Type 1 or Type 2 Diabetes have the same signs - increased thirst ; increased hunger; fatigue; increased urination, especially at night; weight loss; blurred vision; having dry, itchy skin; losing the feeling in your feet or having a tingling sensation, and sores that do not heal. Note: you may have one or more of these signs or none at all.

Tip: If you think you are having signs or symptoms of diabetes, talk to your doctor about getting tested.

Source: NIDDK, "Your Guide to Diabetes Type 1 and Type 2," page 7, April 2006.

What is the number one cause of death among Americans?

Heart disease – for men and women. 1 in 5 Americans will die from heart disease.

Tip: Reduce your risk by quitting smoking, becoming more physically active, and improving your diet.

Source: CDC, National Center for Health Statistics, 2006.

How many Americans have high blood pressure?

1 in 3. Blood pressure more than 140/90 mmHg is considered to be high blood pressure.

Tip: If you are not sure if you are one of them, ask your doctor to check your blood pressure.

Source: NHLBI, Prevent and Control America's Blood Pressure: Mission Possible, 2006.

What does high blood pressure increase your risk for?

Heart disease and stroke – leading causes of death in the U.S.

Tip: Control blood pressure by increasing physical activity or reducing dietary salt intake, with or without medications.

Source: NHLBI, Prevent and Control America's Blood Pressure: Mission Possible, 2006.

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You should contact your doctor for additional information.