

Health, Fitness & Beauty

Stroke can happen to anyone at any age



Star basketball player, Latia Howard, suffered a life-changing stroke at 21.

(StatePoint) Lead scorer of the University of Pittsburgh

women's basketball team, Latia Howard was being recruited by the WNBA and at the top of her game. But that all changed after she suffered a stroke at just 21 years old.

Early one morning, Howard began experiencing weakness in her arm and leg. While she decided

to skip practice that day, she didn't think too much of it.

When her roommate told her trainer why Howard wasn't at practice and what she was experiencing, he called her and noticed she didn't sound right on the phone. He went straight to her apartment, and after realizing something was very wrong, he immediately called 911 and she was rushed to the emergency room.

A star athlete before her life-changing stroke, not only was Howard unable to play basketball afterward, she had to relearn how to walk and talk and went through extensive physical therapy, falling into a depression.

The stroke forced Howard to re-imagine her goal of being a professional basketball

player. She shifted her dream of playing in the WNBA to coaching young, up-and-coming basketball players.

"I am grateful I am here and can share my story," says Howard, who, now 43, is an educator and basketball coach. "I encourage my team to always give 100% because at one time in my life, I couldn't give anything."

A testament to the fact that stroke can happen to anyone, of any age, at any time, Howard encourages everyone to know their body, so they can recognize when something feels different or wrong. "When it comes to stroke, every moment counts," she says. "A person could lose everything to stroke, so it's important to call 911 the moment something seems off."

It's important for everyone to be aware of their risk fac-

tors and learn the signs to watch.

According to experts, immediate medical attention is vital when it comes to stroke and relies on everyone learning and being able to recognize the BE FAST signs and symptoms of a stroke in themselves and others and calling 911 immediately. BE FAST stands for Balance, Eyes, Face, Arm, Speech, Time and refers to these signs of stroke:

- Balance: Sudden loss of balance
- Eyes: Loss of vision in one or both eyes
- Face: Face looks uneven or droopy
- Arm: Arm or leg is weak or hanging down
- Speech: Slurred speech, trouble speaking or seems confused
- Time: Immediately call 911

For more information and resources, visit StrokeAwareness.com, developed by Genentech Inc, a member of the Roche Group.

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UV Ray Protection

(NewsUSA) –Drivers in the U. S. have an increased risk of developing skin cancer on the left side of their faces and on their left arms as a result of exposure to UVA rays through car windows, reports the International Window Film Association (IWFA)

All quality window films block 99 percent of UVA rays but the dark glass that is popular in many vehicles today may not provide sufficient UVA protection (unless it has also been treated with a window film), according to the IWFA.

Window films not only reduce your skin and eye exposure to UVA rays, they may also enhance visibility and reduce eye fatigue while driving. And many films reject more than 50 percent of the sun's heat.

For more information visit www.iwfa.com

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Health hacks for living life to the fullest

(BPT) – To help navigate which approach to health and wellness is right for you is as simple as understanding the science behind giving your body what it needs.

Here are easy ways to focus on your health and wellness goals.

The mojo of movement

The CDC published guidelines for exercise, recommending adults get 150 minutes of moderate to vigorous exercise per week – minimum. You can spread the activity throughout the week as you please. According to the CDC, more activity weekly helps lower your risk of diseases like type 2 diabetes and some forms of cancer, as well as helping to control your blood pressure.

Exercise can include anything that gets your heart rate going: brisk walking, running, cycling, swimming, or dancing. Add strength-building exercises a couple of times a week, such as weightlifting (talking to a medical



professional is advised before beginning a new exercise program).

The power of vitamins and minerals

You can improve your health by getting vitamins and minerals from a healthy diet, vitamin supplements –and the power of the sun. The following vitamins and minerals help our bodies develop and function normally:

- Vitamins A, C, D, E and K
- B vitamins: B1-6, B12
- Minerals: Calcium, Phosphorus, Potassium, Sodium, Chloride, Magnesium, Iron, Zinc, Iodine, Sulfur, Cobalt, Copper, Fluoride, Manganese

and Selenium

It's good to know what foods provide nutrients for your body, for example:

- Calcium helps strengthen bones and tooth enamel. Calcium is found in dairy products, leafy greens, beans and almonds.
- Vitamin D can help increase mineral density and helps to absorb and deposit calcium in your bones. Some dairy products and cereal are fortified with vitamin D, and you can also get it from the sun.
- Phosphorus can help protect and rebuild bones

and tooth enamel, and helps repair cells and tissues. Good sources of phosphorus are meat, poultry, fish and eggs.

- Vitamin A can help support your immune system, eye health, keeping your gums healthy and building tooth enamel. Most foods with vitamin A are orange: sweet potatoes, cantaloupe and carrots.

Don't forget your oral health

According to the Mayo Clinic, your oral health impacts your overall well-being.

If you frequently consume highly acidic food, such as

citrus fruits, that can contribute to the erosion of your tooth enamel. Minerals keep tooth enamel strong and white, but those acidic foods and drinks can dissolve the surface minerals.

It also helps to use a toothpaste designed to protect your enamel. Pronamel Mineral Boost toothpaste was developed to maximize the effects of fluoride to boost absorption of calcium and phosphate into your teeth's enamel surface for strong, white teeth.

You can still enjoy acidic foods and drinks, if you take

preventive measures to safeguard your tooth enamel:

- Eating non-acidic food (like cheese) or drinking milk or water afterward

- Using a straw

And follow these brushing tactics:

- Wait 30 minutes after eating or drinking before brushing

- Use a soft-bristled toothbrush

- Brush at least 2 minutes, twice a day

- Get regular dental check-ups every 6 months

Focusing on the basics can help you feel your best.