



Wellness Buddy Wednesday Tip

Lifestyle Diseases: Diabetes, Cardiovascular Disease, and Cancer

FACT or FICTION

What do you think? Are the following statements true or false?

1. A family history of diabetes, cardiovascular disease, or cancer can act as a warning sign for the younger generation.
2. Type 1 diabetes affects children and teenagers.
3. Obesity has no effect on Type 2 diabetes.
4. A diet very low in bread, sugar, potatoes, and other carbohydrates while high in fat and protein is best for diabetes management.
5. The heart muscle receives all the nutrients and oxygen it needs from the blood in its chambers.
6. The sound of the heartbeat can tell much about the health of the heart.
7. For a person who has had a heart attack, it is too late for lifestyle changes to be of any help.
8. You can tell whether your blood pressure is high by the way you feel.
9. You can prevent most cancers by choosing healthful ways to live.
10. People with darkly pigmented skin are naturally protected against skin cancer and so do not need sunscreen products.
11. People who like to tan without risking skin cancer can do so in tanning booths or with lamps.
12. The detection of many common cancers requires routine tests and self-examinations.

(Answers on page 2)

Answers to Fact or Fiction

1. *True.*
2. *True.*
3. *False.* Of the two types of diabetes, Type 2 is most preventable by controlling body fatness.
4. *False.* A diet of fresh, low-fat, high-fiber, high-nutrient food is best for controlling diabetes.
5. *False.* The blood that passes through the heart's chambers brings no nourishment or oxygen to the heart's tissues. The heart muscle depends on its own network of arteries and capillaries, just as other muscles do.
6. *True.*
7. *False.* Lifestyle factors can be helpful not only prevention but also in reversal of heart disease.
8. *False.* High blood pressure does not feel abnormal.
9. *True.*
10. *False.* While people with fair complexions who burn easily are at greater risk, everyone needs to use sunscreen to prevent skin cancer from sun exposure.
11. *False.* Tanning booths and lamps are no safer than sunbathing, as far as cancer risks are concerned.
12. *True.*

DYK?—*You can make yourself physically younger or older by the ways you choose to live!*

Have a healthy and safe day!

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