

OCTOBER
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Exercise your feet

Without strong and flexible feet, walking, running, and other kinds of movement may become painful.

Just like every other part of your body, your feet need exercise. Next time you work out, include these movements for healthy feet:

- **Ankle circles:** Keeping your leg still, slowly circle your ankle four or five times in one direction, then switch.
- **Calf raises:** Standing near a wall or other support, lift up onto the ball mounds of your feet, then slowly lower back down 10-20 times. Focus on lifting straight up and straight down.
- **Toe lifts:** Standing on bare feet, try lifting your big toe without moving your ankle or other toes. Then keep your big toe down and lift your other four toes together. Alternate back and forth.
- **Pick up a marble:** Either standing with support or sitting in a chair, try picking up a marble or other small object using your toes.

Source: National Library of Medicine

Cancer-fighting foods

A healthy diet plays an important role in supporting a healthy immune system. And a strong immune system can prevent and neutralize cancer cells.

Some specific foods contain compounds that have cancer-fighting properties. While more research is needed, these foods may offer protective benefits in a balanced diet.



COLORFUL FRUITS & VEGETABLES

The rich color of fruits and vegetables comes from phytonutrients, plant compounds that provide health benefits.

Eating a variety of different colored fruits and vegetables provides the body with a wealth of potent antioxidants, vitamins, and minerals to support good health.

Dark green and orange vegetables, tomatoes, cruciferous vegetables, and alliums (onions, garlic, etc.) show particular promise for cancer-fighting ability.



BEANS, PEAS, & LENTILS

Packed with fiber and nutrients, pulses such as beans, peas, and lentils show evidence of lowering the risk of colorectal cancer.

Regular consumption of these powerful plants provides a boost of fiber that feeds and nourishes the microbiome in the gut.

Your microbiome is an essential player in the immune system and one of the first lines of defense against colon cancer growth.



WALNUTS

While all kinds of nuts and seeds should be part of a healthy plant-based diet, walnuts deserve a special mention.

Walnuts contain healthy fats and plant compounds called polyphenols which may combat oxidative stress in the body.

The tannins in walnuts give them their distinctive taste and may also provide cancer-fighting benefits.



TEA

Your daily cup of tea is more than a soothing drink. Tea contains flavonoids. These compounds act as antioxidants, reduce inflammation, and may potentially be anti-carcinogens.

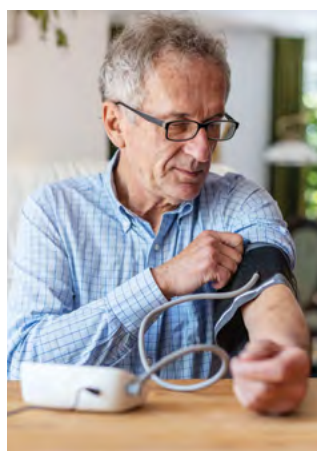
The plants found in tea create flavonoids as part of their own personal protection system. When you drink tea, those same compounds that protect the plants from disease and pests go to work defending you.

Source: National Institute of Cancer Research

When blood pressure is low

High blood pressure gets a lot of attention. But low blood pressure can cause health problems as well.

If blood pressure is too low, your organs will not receive enough blood. This can quickly become dangerous. While a one-time low blood pressure reading is not usually concerning, a doctor should address chronic low blood pressure that occurs with other symptoms.



SYMPTOMS

The normal range for blood pressure is between 90/60 mm/Hg to 120/80 mm/Hg. However, some people naturally have lower blood pressure than others. Low blood pressure is a problem when accompanied by any of these symptoms:

- Feeling dizzy or lightheaded
- Nausea or vomiting
- Blurry vision
- Confusion
- Fainting
- Fatigue
- Weakness
- Clammy, pale skin
- Rapid, shallow breathing
- Sleepiness
- Depression



CAUSES

Low blood pressure can be a sign of a problem that needs to be addressed right away.

Causes may include:

- Severe allergic reaction
- Sudden loss of blood volume due to dehydration, injury, or internal bleeding
- Septic shock caused by infection impacts the blood vessels causing blood pressure to drop
- Heart problems such as heart attack or changes in heart rhythm, which may prevent the heart from pumping blood efficiently
- Certain medications or substances can lower blood pressure
- Orthostatic hypotension which is temporary and happens when you change position quickly
- Endocrine or hormone imbalances



TREATMENT

If you have low blood pressure, your doctor is your best resource for treatment. Depending on the specific cause, treatment may include:

- Changing or switching medications if recommended by your doctor
- Drinking more fluids to stay well hydrated
- Moving slowly when going from sitting to standing
- Wearing compression socks to prevent blood from pooling in the legs
- Medicines to increase heart strength and improve blood pressure
- Avoiding alcohol
- In severe cases, receiving blood through an IV

SUCCESS
OVER STRESS

988 Crisis Lifeline



In response to the changing mental health climate, the National Suicide Hotline Designation Act designated 988 as the new crisis and suicide hotline. This important step forward makes help available 24/7 to anyone experiencing suicidal thoughts, emotional distress, or a substance use crisis.



- You can call or text 988 anytime day or night and reach a live person.
- If you have access to a computer, a live chat service is available at www.988lifeline.org/chat
- Anyone can call 988, whether you are experiencing a crisis yourself or you call on behalf of a loved one.
- 988 connects you with a trained counselor at a local call center who can listen, understand, and provide immediate support.
- A 988-trained counselor can recommend additional local resources for ongoing support.
- Dialing 988 is free and confidential. You do not have to provide any personal information.
- Spanish language service and interpreting services for an additional 250 languages are available.
- Veterans who call 988 can press 1 to be connected to the Veterans Crisis Lifeline.

Source: Substance Abuse and Mental Health Services Administration