Sleeping may seem like an individual choice but remember it also has a rippling effect that jeopardizes the safety of others. Accidents on the road and in the workplace quickly develop into social and economic problems for society. For example, did you know as much as 50 to 100 billion dollars are associated with the costs of sleep deprivation when you account for death, hospitalization, and litigation?

Although you may not realize it, driving while sleepy is very similar to driving intoxicated. Both decrease alertness, impair reaction time, and increase the risk of sometimes fatal accidents.

Falling asleep while driving is now regarded as the most preventable cause of all traffic-related accidents. As many as 15% to 33% of fatal accidents occur each year due to an inadequate amount of sleep by drivers of large trucks. Estimates of roadway crashes caused by drowsy drivers in the general public varies because it’s difficult to measure a person’s level of tiredness.

Information collected and provided by the Fisher Institute for Wellness and Gerontology, Ball State University
NOTE

America is the only place where it takes one calorie to roll down your car window to get a 700-calorie breakfast. A conventional fast-food breakfast sandwich has about 29 grams of fat and twice the number of calories as this low-fat egg sausage sandwich. This recipe is fast to prepare and tastes just like the drive-up window meal without the nitrites, excess salt, cholesterol and fat. All of the ingredients are available nationally in standard grocery stores.

LOW-FAT EGG “SAUSAGE” BREAKFAST SANDWICH

Measure

Ingredients

Preparation

Nutritional Analysis

Calories 268, Fat 4g (Sat. 1g), Cholesterol 2mg, Protein 25g, Sodium 1,049mg, Carbohydrate 33g
Many doctors use a Body Mass Index, or BMI as it is often called, to see if you are in the recommended weight range for a person your size. A good general indicator of weight range for most people, the BMI is a scale that looks at weight compared to height. BMI is also an indicator of the amount of fat each person has on their body. Doctors generally prefer the BMI because medical studies have shown there is an increased risk of developing conditions like diabetes, hypertension, and coronary heart disease for individuals who fall into overweight and obese categories of this scale.

While the BMI is not perfect in telling you if you are overweight in an unhealthy way, it does provide a general indication of whether you may need to lose weight. Here’s how you determine your BMI:

**To calculate your BMI using pounds and inches:**

\[
BMI = \frac{\text{Weight in Pounds} \times 703}{(\text{Height in Inches}) \times (\text{Height in Inches})}
\]

For example, a person who weighs 170 pounds and is 5 feet 6 inches (66 inches) tall has a BMI of 27.44.

\[
BMI = \frac{170 \text{ lbs} \times 703}{(66 \text{ inches}) \times (66 \text{ inches})} = 27.44
\]

**To calculate your BMI using the Metric formula:**

BMI can also be calculated using kilograms and meters using the following formula:

\[
BMI = \frac{\text{Weight in Kilograms}}{(\text{Height in Meters}) \times (\text{Height in Meters})}
\]

For example, a person who weighs 100 Kilograms and is 1.90 Meters tall has a BMI of 27.70.

\[
BMI = \frac{100 \text{ Kg}}{(1.90 \text{ Meters}) \times (1.90 \text{ Meters})} = 27.70
\]

Once you have determined your BMI, use the table provided below to find which category your score is in. If you are in the Overweight or Obese category, you should talk to your doctor about losing weight.

<table>
<thead>
<tr>
<th>BMI</th>
<th>Weight Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below 18.5</td>
<td>Underweight</td>
</tr>
<tr>
<td>18.5 – 24.9</td>
<td>Normal</td>
</tr>
<tr>
<td>25.0 – 29.9</td>
<td>Overweight</td>
</tr>
<tr>
<td>30.0 and above</td>
<td>Obese</td>
</tr>
</tbody>
</table>

Information collected and provided by the Fisher Institute of Wellness and Gerontology, Ball State University.
GET YOUR BICYCLE CHECKED AND SERVICED: If your bike has been sitting in your garage for a long time, chances are good it needs a tune-up. Visit your local bike shop and have them check it for you. Many bicycle dealers offer servicing specials and will make sure your brakes, gears, and tires are in good condition before you start riding.

VISIT YOUR DOCTOR AND HAVE YOURSELF CHECKED: If you haven’t ridden in a long time, it might be wise to see your doctor and make sure you have not developed any problems that would prevent you from riding. It’s great exercise, and in most cases, your doctor will be very supportive and encourage you to give it a try.

BE PREPARED: Make sure you are wearing the right clothing when you ride. Dress for the weather, and wear comfortable clothes in layers that allow you to complete your ride pain-free. You can also wear a backpack or purchase bike storage bags to allow you to carry other clothes should you need to change at your destination. Don’t forget your helmet! It may not be fashionable, but it will help keep you safe.
PRACTICE FOR SAFETY: Try riding around in an empty parking lot or local park before heading off on longer rides. This way, you can regain your confidence on the bike and practice safe riding techniques. Take some time to practice skills like checking for cars, giving hand signals, and making safe turns. Also practice stopping suddenly, dodging rocks or potholes, changing gears, and even just getting on and off your bike. You will be amazed at how quickly you will pick up riding again, and this will make you safer when you ride among other cars and walkers.

FOLLOW THE RULES OF THE ROAD: There are many ways to avoid having an accident on your bike and following the rules of the road is the most important. When on your bike, make sure you:

- **Ride with the flow of traffic**, as you are much more predictable and visible to drivers, especially at intersections and driveways.
- **Do not ride on the sidewalk** unless there is a designated path for cyclists. While it might appear to be a safe option, drivers are not looking for cyclists on sidewalks when they are turning corners so you are less likely to be seen. You can also be a danger to the walkers on the path.
- **Plan your rides along trails, paved road shoulders, and bike lanes**. Always obey traffic signs and signals.
- **Are visible and predictable** so other people and drivers can see you and not be surprised by your actions on your bike.
- **Wear reflective gear** if you are riding in the evening or early mornings so you are always visible.
- **Check behind and alongside for turning traffic** when you cross intersections and driveways. Drivers will not appreciate how quickly you are traveling, and this is where a large number of accidents occur.
- **Check for cars turning left across your path** as drivers are usually looking for gaps in the traffic and not paying attention to pedestrians or cyclists.
- **Watch for gravel, trash, or any other loose dirt and vegetation** on the roads that may cause you to fall or swerve quickly.

Information collected and provided by the Fisher Institute of Wellness and Gerontology, Ball State University
Some Foods High In Caffeine

Coffee
- Brewed w/ Distilled Water: Serving Size 1 Cup, 4.5 Calories, 0g Fat, 13.75mg Caffeine, 163.5mg Potassium
- Brewed w/ Tap Water: Serving Size 1 Cup, 4.5 Calories, 0g Fat, 137.5mg Caffeine, 126mg Potassium
- Instant, w/ Sugar, Cappuccino-Flav.: Serving Size 1 Cup, 61.5 Calories, 0g Fat, 75mg Caffeine, 119mg Potassium
- Instant, Prepared w/ Water: Serving Size 1 Cup, 3.5 Calories, 0g Fat, 57.5mg Caffeine, 64.5mg Potassium

Soft Drinks
- Cola, Diet w/ Aspartame: Serving Size 1 Can or Bottle (16oz.), 4.5 Calories, 0g Fat, 66.5mg Caffeine, 0.5g Carb.
- Cola, Diet w/ Saccharin: Serving Size 1 Can or Bottle (16oz.), 0 Calories, 0g Fat, 52mg Caffeine, 0.5g Carb.
- Cola: Serving Size 1 Can or Bottle (16oz.), 201.5 Calories, 0g Fat, 49mg Caffeine, 51g Carb.
- Pepper-Type: Serving Size 1 Can or Bottle (16oz.), 201.5 Calories, 0g Fat, 49mg Caffeine, 51g Carb.

Tea
- Brewed w/ Tap Water: Serving Size 1 Cup (8oz.), 2.5 Calories, 0g Fat, 47.5mg Caffeine, 87.5mg Potassium
- Brewed w/ Distilled Water: Serving Size 1 Cup (6oz.), 2 Calories, 0g Fat, 35.5mg Caffeine, 37.5mg Potassium
- Instant, w/ Saccharin, Lemon, Prep.: Serving Size 1 Cup (8oz.), 4.5 Calories, 0g Fat, 35.5mg Caffeine, 40.5mg Potassium

Source: USDA - Nutrient Data Lab (Sept. 1996) - all data rounded to nearest 0.5

Citation: http://www.cnn.com/FOOD/resources/food.for.thought/explainers/caffeine.facts.html

All About Caffeine

What Is Caffeine?
Caffeine is a naturally occurring, flavorless chemical that acts as a stimulant to the central nervous system, and as a diuretic. Caffeine can also be synthetically produced.

Where Is Caffeine Found?
It appears naturally in coffee, tea and cocoa beans, and is added in small amounts to colas to enhance their flavor. It is also added to appetite suppressants, cold medicines and pain relievers.

Is It Something My Body Needs To Function Properly?
No. In fact, some dietitians say children should consume as little as possible because it does act as an appetite suppressant, and may dull their appetite for foods they need to grow. Pregnant women are often advised to avoid caffeine as well. However, there is no health risk associated with moderate caffeine consumption. (Three 8-ounce cups of coffee a day is moderate. Ten cups of coffee is considered excessive.)

Excessive caffeine intake can lead to an increased heart rate, nausea, vomiting, heartburn, dehydration, anxiety, depression, difficulty sleeping, and tremors.

Is It Really Possible To Be Addicted To Caffeine?
You bet. People who try to quit consuming caffeine cold-turkey are likely to experience headaches, irritability, nausea and other symptoms. Doctors say that if you want to reduce the amount of caffeine you consume every day, slow down gradually to avoid these withdrawal symptoms.

Citation: http://www.cnn.com/FOOD/resources/food.for.thought/explainers/caffeine.facts.html
About Cancer
Cancer is caused when cells in a part of the body begin to grow out of control. Although there are many types of cancer, they all start because of the out-of-control growth of abnormal cells.

In healthy adults, normal cells only divide and multiply to replace dead or injured cells. Abnormal cells are different from normal cells because they continue to grow and divide. This out-of-control growth can lead to the formation of masses (tumors)—which may or may not be cancerous.

Signs & Symptoms
Because cancer can take many forms and affect many parts of the body, the signs and symptoms of cancer are numerous. The signs and symptoms of cancer often depend on the type and location of the cancer. Additionally, because the general signs and symptoms of cancer may often mimic the symptoms of other conditions, it’s important to follow regular cancer screening schedules—see the chart on the right.

Listed below are some of the general, as well as specific signs and symptoms of cancer.

**General Signs and Symptoms of Cancer**
- Unexplained weight loss
- Fever
- Fatigue
- Pain
- Skin changes

**Specific Signs and Symptoms of Cancer**
- Changes in bowel habits or bladder function (colon, bladder, or prostate cancer)
- Sores that do not heal or recent changes in a wart or mole (skin cancer)
- Unusual bleeding or discharge (lung, cervical, bladder, or kidney cancer)
- Thickening or a lump in the breast, testicle, or other part of the body (breast or testicular cancer)
- Indigestion, difficulty swallowing, nagging cough, or hoarseness (stomach, esophageal, or throat cancer)

If you’re experiencing any of the above signs and symptoms of cancer, it’s important to see your healthcare provider right away. Early detection is one of the most important variables in successful cancer treatment.

Risk Factors for Cancer
There are a number of risk factors for developing cancer. Some of these risk factors are within your control, and others are not.

**Risk Factors You Can Control**
- Smoking and tobacco use
- Sun exposure
- Radon exposure

**Risk Factors You Cannot Control**
- Family history
- Age
- Gender

When to Seek Care
If you’re experiencing any of the signs and symptoms of cancer listed in this section, it’s important to see your healthcare provider right away. Moreover, because early detection is one of the most important variables in successful cancer treatment, it’s important to follow the cancer screening guidelines outlined below.

The American Cancer Society recommends that all adults get these regular cancer screening tests, so that cancer can be discovered and treated early. People with increased risk for cancer may need more frequent and additional tests.

**Cancer Screening Guidelines**

**For Both Men & Women**
- Doctor exam for cancer from ages 20 to 30 every 3 years.
- Sigmoidoscopy at age 50 and older every 3-5 years.
- Fecal occult blood test at age 50 and older every year.

**For Women**
- Breast self-exam at age 20 and over every month.
- Mammogram at age 40 and over every year.
- Pelvic exam and pap smear at age 21 and older (or 3 years after beginning vaginal intercourse) each year.
- Doctor breast exam from ages 20 to 39 every 3 years; age 40 and over every year.

**For Men**
- Digital rectal exam at age 50 and over every year.
- Prostate-specific antigen at age 50 and over every year.

NOTE: After three or more consecutive satisfactory examinations with normal findings, the Pap test may be performed less frequently at the doctor’s discretion.
Alcohol Use & Aging

Anyone at any age can have a drinking problem. Great Uncle George may have always liked his liquor, so his family may not see that his drinking behavior is getting worse as he gets older. Grandma Betty was a teetotaller all her life—but she started having a drink each night to help her get to sleep after her husband died. Now no one realizes that she needs a couple of drinks to get through each day.

These are common stories. The fact is that families, friends, and healthcare professionals often overlook their concerns about older people’s drinking. Sometimes trouble with alcohol in older adults is mistaken for other conditions that happen with age. But alcohol use deserves special attention. Because the aging process affects how the body handles alcohol, the same amount of alcohol can have a greater effect as a person grows older. Over time, someone whose drinking habits haven’t changed may find she or he has a problem.

How To Know If Someone Has A Drinking Problem

There are two patterns of drinking: early and late onset. Some people have been heavy drinkers for many years. But, as with great Uncle George, over time the same amount of liquor packs a more powerful punch. Other people, like Grandma Betty, develop a drinking problem later in life. Sometimes this is due to major life changes like shifts in employment, failing health, or the death of friends or loved ones. Often these life changes can bring loneliness, boredom, anxiety, and depression. In fact, depression in older adults often goes along with alcohol misuse. At first, a drink seems to bring relief from stressful situations. Later on, drinking can start to cause trouble.

For more information, visit the website of the National Institute on Aging at www.nia.nih.gov.

Signs & Symptoms of Drinking Problems

Not everyone who drinks regularly has a drinking problem, and not all problem drinkers drink every day. You might want to get help if you or a loved one:

- Drink to calm your nerves, forget your worries, or reduce depression.
- Gulp down drinks.
- Frequently have more than one drink a day. (A standard drink is one 12-ounce bottle or can of beer or a wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.)
- Lie about or try to hide drinking habits.
- Hurt yourself, or someone else, while drinking.
- Need more alcohol to get high.
- Feel irritable, resentful, or unreasonable when not drinking.
- Have medical, social, or financial worries caused by drinking.

For More Information

National Institute on Alcohol Abuse & Alcoholism (NIAAA)
5635 Fishers Lane MSC 9304 | Bethesda, MD 20892-9304
Phone: 301-443-3860 | www.niaaa.nih.gov

Citation: http://www.nia.nih.gov/HealthInformation/Publications/alcohol.htm