

Health & Safety

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Ages 18 to 29 found to be distinct life stage

Once the brain was thought to be fully grown after puberty. Now, research shows it is still evolving into its adult shape well into a person's third decade. It discards unused connections and strengthens others.

It's one reason many 20-somethings haven't chosen a career path, married or become financially independent.

While the brain hasn't fully matured, young people are expected to make important decisions about education, who to marry or whether to go into the military, says neuroscientist Jay Giedd at the Na-

tional Institute of Mental Health. Postponing those decisions makes sense biologically. Giedd says the 20s are known as a time for self-discovery.

The findings are part of a new wave of research into emerging adulthood from ages 18 to 29, which neuroscientists, psychologists and sociologists are now seeing as a distinct life stage.

For young adults, this decade is a stressful time with a high rate of anxiety, depression, motor-vehicle accidents and alcohol use, trends that tend to peak from 18 to 25 and level out by age 28, according to studies by Clark University.

Name here

The public safety issue of texting and driving

How police spot violators, and how you can too

Texting while driving is illegal in 39 states and the District of Columbia. In most of those states, it's a primary enforcement violation, meaning the officer can stop a motorist solely for texting while driving, says the Governors Highway Safety Association.

The laws are having an unintended consequence. Instead of holding the phone up by their face, violators are putting it down in their laps. They think officers, cops and troopers won't be able to see it, says the National Troopers Coalition, which has 45,000 members.

The troopers say these texters are more

dangerous because their eyes are off the

road for a longer time, but they are just as easy to spot.

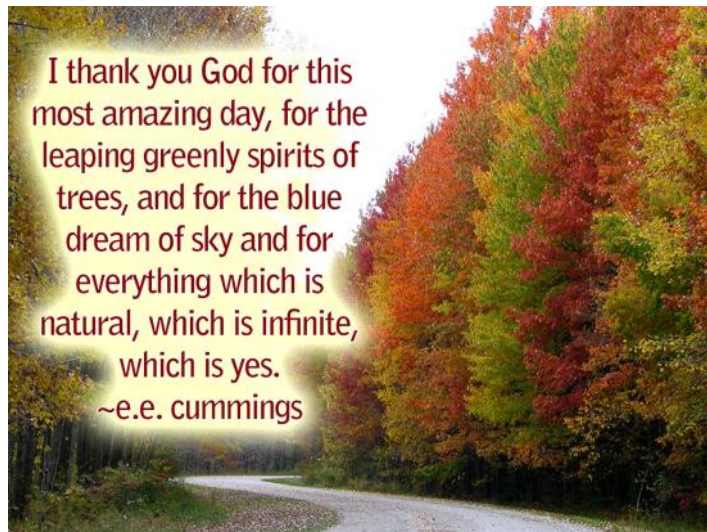
Generally, they act like drunk drivers, going too fast or too slow for the traffic, weaving or not paying attention when the

light turns red or green. Sometimes their heads are down and only one hand is on the wheel.

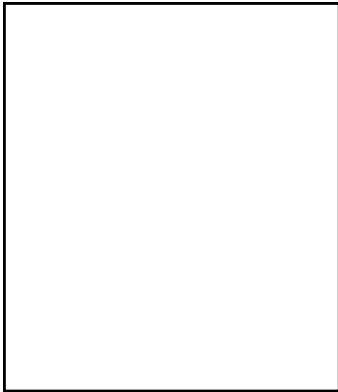
Officers advise motorists to give plenty of space to a texter, because he's an accident waiting to happen. Texters are 23 times more likely to be involved in an accident than non-texting drivers.

If you spot a very dangerous driver, call 911. Police say you should never confront the individual. That's where road rage could begin.

A 2009 study showed that sending a text or email takes a driver's eyes off the road for an average of 4.6 seconds. That's about how long it takes a vehicle going 55 mph to cover the length of a football field.



Speaking of Safety



Kids younger than age 5: 93,000 stair injuries

An analysis in the journal Pediatrics finds that among children younger than age 5 in the United States, one is being rushed to the hospital every six minutes for a stair-related injury.

In children under age 1, 25 percent of the injuries occurred while the child was being carried up or down stairs by an adult. These children were three times more likely to be hospitalized.

Researchers believe the total number of stair-related injuries is actually higher. In many instances, treatment is provided by urgent care centers, private doctors, or not treated at all. These injuries are not included in the National Electronic Injury Surveillance System database, which is operated by the Consumer Product Safety Commission.

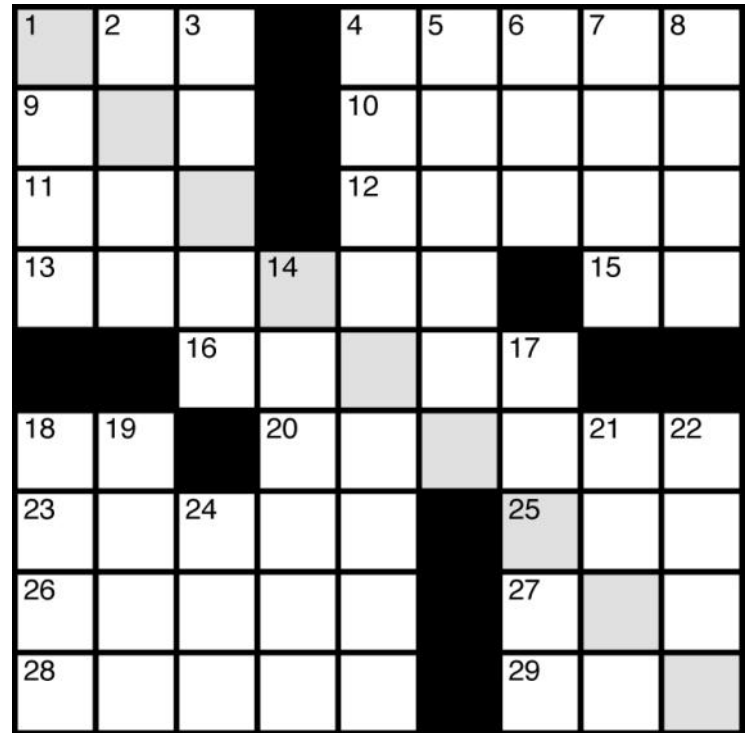
Across

1. Newt, once
4. Arise
9. "To ___ is human ..."
10. Antipasto morsel
11. Hilo garland
12. Engine size
13. War horses
15. Ante meridiem: Abbr.
16. Russian country house
18. Inert gas, for short
20. Plots
23. Mac maker
25. Prefix for natal or classical
26. Bogs down
27. Évian, e.g.
28. "The Dred ___ Decision"
29. Start and end of the Three Musketeers' motto

Down

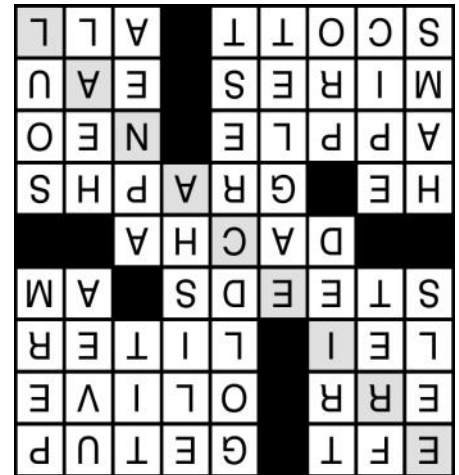
1. Sushi fish
2. Fingerboard ridge
3. Attempted
4. Passerine bird in the kinglet family
5. Biblical prophet
6. Little bird
7. Iris holder
8. Salon offering

New York Waterway



14. Young raptor
17. Sleep disorder
18. Radio operators
19. Like some proportions
21. Get better
22. Spirit
24. Veteran

NOTE: The title is a clue to the word in the shaded diagonal.



Stair safety

- * Keep stairs free of clutter and in good repair.
- * Install handrails if they aren't already in place.
- * Use stair gates at both the top and the bottom of the stairs.
- * When carrying a child, avoid carrying other items.

Remember that leaving toys on the staircase creates a hazard.



"We've gone 'Ultra Green' and have stopped offering anything for you to carry your groceries in."

November is American Diabetes Month

Early treatment of pre-diabetes can prevent or delay type 2

About 79 million Americans are at high risk for diabetes, because their blood sugar levels are higher than normal. They have pre-diabetes.

Now, there's help.

A study by Southwestern Medical Center in Dallas shows that intensive early treatment, first with insulin, then with a diabetes drug, preserves the body's insulin-producing capacity, according to Diabetes Care.

Previously, the first steps in treatment were to emphasize diet and weight management, then to couple lifestyle changes with the diabetes drug metformin.

Another new study published in The Lancet shows that treating pre-diabetes early and aggressively with intensive lifestyle changes and medication

could be an effective way to reduce the risk of developing type 2 diabetes.

The analysis tracked the patients who did not progress to diabetes, and those whose glucose levels returned to normal.

People in the back-to-normal-glucose group were 56 percent less likely to develop diabetes during the next 5.7 years, regardless of whether lifestyle changes or aggressive medication caused the return to normal. The study supports a shift to early and aggressive glucose lowering.

Don't wait

At Duke University, doctors say both studies emphasize the need to aggressively treat pre-diabetes as soon as it's diagnosed.

Waiting, or taking a one-step-at-a-time approach, increases the risk of developing type 2 diabetes and exposes the body to its damaging effects for a longer period of time.

EARLY TREATMENT OF PRE-DIABETES



CAN HELP YOU STAY IN NORMAL RANGE.

Study subjects were divided into intensive lifestyle intervention, pre-diabetes medicine (metformin) and placebo groups.

Concern: Adults who can't swim

Swim clinics have added a new category of students to their classes: adult non-swimmers. The demand for adult swim classes has doubled in recent years.

It's mainly because 37 percent of American adults lack basic swimming skills. Many would like to learn so they can swim with their children on vacations, and, of course, so they could save themselves if they fall into a lake.

According to the Centers for Disease Control and Prevention, adults, including those who can swim, make up more than 70 percent of drowning deaths in the United States each year.

Adults can miss out on learning to swim if they grew a culture where swimming isn't popular, or if they grew up in a metropolitan or rural area without easy pool access. Others are simply afraid of water, sometimes because their parents emphasized water dangers.

Teaching adults tends to take longer and requires different techniques than those used with children. Beginner adults who take two lessons per week typically learn how to swim in about three months, says Jan Katz, professor of health and physical education at John Jay College of Criminal Justice. Instructors sometimes



How to make a safer, quieter sneeze

Almost every workplace has a person with a very loud sneeze.

Otolaryngologists at the Stanford Sinus Center say the variance in volume is caused by differences in anatomy, such as lung volume, abdominal strength, and trachea size. In some people, the body uses more muscles to sneeze than other people do.

To quiet a sneeze, the doctors recommend that you try one of these tricks:

1. Use a thick handkerchief instead of a tissue. The fabric muffles the sound and decreases the spread of germs.
2. Hold your breath right before a sneeze. It might interrupt the body's coordinated reflex.
3. Cough at the same time you sneeze, which suppresses the sound. A cough lessens the reflex and decreases the volume.
4. Clinch your teeth and jaw, which suppresses the sound. Keep your lips open to prevent air-pressure buildup.
5. Put your index finger at the base of your nose and push up (the Three Stooges method). This can suppress the sneeze or reduce its severity.

Never plug your nose when a sneeze is coming on. It closes the airway and could result in a larynx fracture, voice changes, a ruptured eardrum, damage to the soft tissue of the neck, bulging eyeballs and more.

With the cold and flu season coming soon, you will probably have opportunities to work on the volume of your sneeze.

November 2012

Sun Mon Tue Wed Thu Fri Sat

				1	2	3
4 Daylight Savings Ends	5	6 Election Day	7	8	9	10
11  Veteran's Day	12	13	14	15	16	17
18	19	20	21	22 Thanksgiving Day	23	24
25	26	27	28	29	30	

