Cancer Control “Knowledge into Action”
By the World Health Organization

Cancer is to a large extent avoidable. Many cancers can be prevented. Others can be detected early in their development, treated, and cured. Even with late stage cancer, the pain can be reduced, the progression of the cancer slowed, and the patients and their families helped to cope. Cancer is the leading cause of death globally. *But it does not have to be that way!*

**PREVENTION:** We now have sufficient knowledge to prevent around 40% of all cancers. Most cancers are linked to tobacco use, unhealthy diet, or infectious agents.

**EARLY DETECTION:** Detect the disease at an early stage when it has a high potential for cure.

**DIAGNOSIS & TREATMENT:** Early diagnosis often involves the patient’s awareness of the early signs and symptoms, leading to a consultation with a health provider. Treatments aim to cure disease, prolong life, and improve the quality of remaining life after the diagnosis of cancer is confirmed.
**WHO IS WHF AND WHY SHOULD I HAVE MY BLOOD DRAWN WITH THEM?**

Wyoming Health Fairs/Wellness Health Fairs (WHF) has a longstanding reputation for serving clients throughout the state of Wyoming. After 29 years of delivering low-cost blood screenings, biometric readings, and many other wellness services, WHF is proud to reach over 60,000 individuals each year, both in Wyoming and in many other states across the U.S. WHF has also been a vendor of the State of Wyoming for 10 plus years. Maybe you can count yourself as one of those 60,000, or perhaps you’re new to WHF. Either way, know that we believe monitoring your health is an important step in taking care of yourself, in hopes that all our clients may have the best quality of life possible. We want you to be well!

Having a blood screening done with WHF is an experience that combines a local non-profit with leading-edge national medical laboratories. LabCorp, one of the world’s largest clinical laboratories, has been partnered with Wyoming Health Fairs for over 15 years. LabCorp began in 1971 in North Carolina, and they have over 1,500 Patient Service Centers in the U.S. and over 31,000 employees worldwide. While LabCorp has clinical labs located throughout the U.S., blood screening done at any WHF event is tested at the LabCorp location in Englewood, Colorado. Because of WHF’s special partnership with LabCorp, we are able to offer many cutting-edge tests at a much lower cost than many other laboratories. LabCorp performs over one million tests on more than 370,000 specimens each day. WHF is proud to be partnered with LabCorp to bring the highest level of quality and trusted laboratory results to our clients.

WHF’s most frequently requested screening is the Chemistry Profile. The Chemistry Profile is 32-levels which screen your heart, liver, kidney, and a variety of other bodily functions. This test offers the “most bang for your buck” as they say and WHF recommends this test to men and women on a yearly basis. For the price of most doctors’ office co-pays, participants will receive $300-$500 worth of lab tests in just the Chemistry Profile alone! Providing low-cost blood screenings has become an integral part of community and corporate wellness goals.

WHF offers many other valuable screenings. For a complete listing, visit our website at [http://WHF.to](http://WHF.to), contact us at 800-979-3711 or by email at mail@whf.to. We pride ourselves on our excellent customer service and honoring each and every connection. Connect with us today!

By Jana Gurkin and Ryea’ O’Neill
Stress is a body response that enables you to react to physical and psychological problems that come your way. The Mayo Clinic reports that when you run into stress, the brain and the body rush into action for self-protection. This causes a rise in certain hormones within the body. However, when you run into stress continually, the body’s stress response can begin to take its toll on your health.

CANCER
There are conflicting reports on whether or not stress causes cancer, but medical researchers will agree that it does contribute to cancer. A study in the January 2005 issues of “Cancer Biology and Therapy” shows that mice that had been exposed to stress developed skin cancer in less than half the time it took other mice to develop it. The reason for this is believed to be that stress weakens the immune system, so it is unable to recognize and destroy foreign cells in the body.

LEARNING TO REACT TO LIFE STRESSORS IN A HEALTHY WAY
Stressful events are a fact of life. And you may not be able to change your current situation. But you can take steps to manage the impact these events have on you. You can learn to identify what stresses you out, how to take control of some stress-inducing circumstances, and how to take care of yourself physically and emotionally in the face of stressful situations.

Stress management strategies include:
- Eating a healthy diet and getting regular exercise and plenty of sleep
- Practicing relaxation techniques
- Fostering healthy friendships
- Having a sense of humor
- Seeking professional counseling when needed

The payoff of managing stress is peace of mind and — perhaps — a longer, healthier life.

Read more: www.livestrong.com and www.mayoclinic.com

“It’s not the years in your life that count. It’s the life in your years.”
~ Abraham Lincoln
Foods, Moves, & More...

“Those who think they have no time for bodily exercise will sooner or later have to find time for illness.” ~ Edward Stanley

5 Minute Yoga at Your Desk Video at Fitness Magazine
http://www.fitnessmagazine.com/videos/yoga-pilates/5-min-yoga.htm?sssdmh=dm17.544190&esrc=nwfiodailytip082211&email=3434191179

Rosemary Shrimp Skewers with Arugula-White Bean Salad

Ingredients
3 tablespoons plus 1 teaspoon extra virgin olive oil
3 tablespoons plus 2 teaspoons fresh lemon juice
3 garlic cloves, smashed
2 teaspoons minced fresh rosemary
3/4 teaspoon salt
1/4 teaspoon plus 1/8 teaspoon black pepper
1 1/2 pounds extra-large shrimp, shelled and cleaned, tails on
Nonstick cooking spray
1 small garlic clove, minced
Pinch sugar
1 5-ounce package baby arugula
1 15-ounce can cannellini beans, rinsed and drained

Directions
1. Combine 2 tablespoons of the olive oil, 1 tablespoon of the lemon juice, the smashed garlic cloves, the rosemary, 1/2 teaspoon of the salt, and 1/4 teaspoon of the black pepper in a medium bowl. Add the shrimp; toss well. Cover and refrigerate 15 minutes.
2. Heat a grill to medium-high. Thread shrimp on skewers (if they’re wooden, soak in water 30 minutes prior to grilling) and discard marinade. Lightly mist grill with cooking spray. Grill shrimp until just cooked through, about 2 minutes per side.
3. Combine the minced garlic, sugar, and remaining olive oil, lemon juice, salt, and black pepper in a large bowl. Add the arugula, beans, and onion; toss to combine.
4. Mound the salad on one side of a large platter and arrange the shrimp skewers alongside.

Nutrition facts per serving:
315 calories, 35g protein, 21g carbohydrate, 13g fat (1.9g saturated), 6g fiber

Share your Rants, Raves, & Flames! mail@whf.to