

# Could Eating A Common Fruit Slash Some Cancer Risks By Up To 50%?

September, 2000

Dear Friend,

It sounds unbelievable – but it's true! According to *Horticulture Australia*, people who eat an orange every day can reduce their risk of the mouth, larynx and stomach cancer by up to 50%. That's just one of the interesting tidbits of information waiting for you in my latest Health & Wellness For Life! Free consumer newsletter. But that's not all...

You'll also learn important tips about how to prevent hospital errors, how to get the best hotel deals, new health alert about high protein diets, and gifts money can't buy, plus helpful consumer tips, and fun trivia, jokes and tidbits...and much more. But first...

## **Here's what's new in the world of pharmacy:**

Overall, there is nothing better for your body than these three things:

1. Drinking plenty of water and peeing a lot.
2. Stretching first thing in the morning.
3. Watching a comedian or a really funny movie, you the kind that makes your face hurt because you laughed so much!

Finally, I want you to know, that you may call me for any reason. And please let me know if a friend, family member or neighbor needs a caring, competent pharmacist to help with their health care needs.

I truly appreciate your friendship and referrals. Enjoy your issue!

Warmest regards,

***Sam***

Sam Georgiou, Pharmacist

**P.S.** TRUE of FALSE: Can eating an apple in the morning wake you better than drinking coffee? (See page 3 for the surprising answer to this and more interesting trivia)

*Dr. Sam's...*

# Health & Wellness For Life®

*"Insider Tips For An Active Healthy Lifestyle ..."*

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*Learn many health & wellness secrets!*

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### **Did you know...**

That there is a disease called Stevens-Johnson Syndrome (SJS)? It is the most severe form of an adverse drug reaction. Where your body has a very bad reaction to medicine you may have used. In fact 150,000 people die each year from bad reactions to medicines given to them by doctors and over the counter medicines. The most common medicines that do this are anti-convulsants (for seizures), antibiotics, and anti-inflammatory medicines (like ibuprofen).

Symptoms are – rashes, splotchy skin, persistent fever, blisters in mouth, red eyes or swollen eye lids, flu like symptoms and having taken an OTC medicine.

## **How To Have A Safe And Successful Hospital Stay**

You may not want to think about it – no one really does. But there are times when you (or someone you love) will spend time in a hospital. Generally, hospital errors are minor, but each year over 100,000 patients are affected by medical mishaps in hospitals.

Before you ever go to a hospital, there are steps you can take to protect yourself. First, select a hospital that has experience treating your specific condition. Also, have someone stay with you while you are there. They can serve as a patient advocate in case you are too ill to speak for yourself, or help you make decisions. Here are five *preventable* hospital errors that you should know about, and steps you can take to protect yourself:

1. **Infection.** Believe it or not, most infections spread throughout hospitals because of improper sterilization and hand washing. Make sure anyone touching your body has thoroughly washed their hands.
2. **Medication Mix-ups.** Medication errors happen more frequently than you might think (7,000 die annually). Keep a log of medications that are given to you, and the prescribed amount. Make sure the nurse checks your ID tag against the medication sheet to prevent any errors.
3. **Misdiagnosis.** If the results of a procedure are not what you expected, or if you feel that "something isn't right," get a second opinion. You can also request a second evaluation of imaging tests and/or biopsies.
4. **Wrong Surgeries.** Be sure that the hospital staff knows your name, and for what surgery you're scheduled. If you're having surgery, mark your body part where the surgery is to be performed.
5. **Falls.** Falls usually occur in a patient's room when they're unsupervised. If you need to get up for any reason have an aide, nurse, or family member assist you.

**Do you have trouble giving medicine to your pet?**

No need to stress, guess or wonder about the issue. Just call me at **443-200-1200** and I'll be glad to discuss your concerns with you...and help come up with some easy solutions.

Remember, if you feel uncomfortable about any treatment or procedure, don't be afraid to speak up. Your health...and your life could depend on it.

Visit our web site: [www.MyHormoneHelp.com](http://www.MyHormoneHelp.com)

## Word Of The Month...

Studies have shown that your income and wealth are directly related to the size and depth of your vocabulary. Here is this month's word, so you can impress your friends. You may even be able to fatten your wallet!

**causerie** • \koh-zuh-REE\;

**Meaning:** informal conversation

**Example Sentence:** After playing a round of golf, we continued our **causerie** during lunch.

## Things Your Mother Would Never Say To You!

- "How on earth can you see the TV sitting so far back?"
- "Go ahead and keep that stray dog, honey. I'll be glad to feed and walk him every day."
- "Well, if Timmy's mom says it's OK, that's good enough for me."
- "The curfew is just a general time to shoot for. It's not like I'm running a prison around here."
- "Yeah, I used to skip school too."
- "Just leave all the lights on...it makes the house look more cheery."
- "Let me smell that shirt. Yeah, it's good for another week."
- "I don't have a tissue with me...just use your sleeve."

## Here's Some Nifty Tricks!

- ✓ To remove a hem crease, sponge the material with white vinegar and press with a warm iron.
- ✓ Nail polish remover removes tar and grease from white leather shoes.
- ✓ To keep your extension cords from getting tangled, insert them into a empty toilet paper roll to store.

## Fun Quotes

I'm not offended by all the dumb blonde jokes because I know I'm not dumb...and I also know I'm not blonde.

*(Dolly Parton)*

I couldn't wait for success...so I went ahead without it.

*(Jonathan Winters)*

After thirty, a body has a mind of its own.

*(Bette Midler)*

# Easy Ways To Get The Best Hotel Deals

Thinking about a trip to the big city lights of Broadway? Maybe a quick getaway to Seattle...or a family vacation to Orlando? You can save a bundle on your next hotel bill by being flexible. Flexible travelers find hotel deals by waiting until the last minute to book a room, especially during off-season or economic slowdowns.

On the day you want a room, call the direct number for the hotel you want and ask for the manager on duty. Let the manager know you want to stay at the hotel, but you want to know what kind of a deal can be made.

Hotels that cater to business travelers have more flexibility on weekend rates. Another trick...if you want a lower weekend rate, try booking a room for Friday, rather than Saturday. If the hotel caters to resort guests, try booking for weekdays. The hotel may have empty rooms, so don't be afraid to ask for a deal, or for an upgrade for a room.

## More on Stevens-Johnson Syndrome:

Because patients literally burn from the inside out, burn, infectious disease, ophthalmology and dermatology teams are recommended. IV fluids and high calorie formulas are given to promote healing. Antibiotics are given when necessary to prevent secondary infections such as sepsis. Pain medications such as morphine are administered to make the patient as comfortable as possible. For more info go to:

[www.SJsupport.org](http://www.SJsupport.org)

# Your Employer May Be Watching You!

Do you ever have that eerie feeling that someone is watching you? Well, that may very well be true. If you work for a large company, a government municipality, trucking company, or delivery business, your employer may be using the global positioning systems (GPS) to track where their workers are at all times. Workers and drivers are being watched where they lunch, what they do on their break time, and if they are off on a side trip.

Of course, police departments have been using GPS for some time, but now it has crept into everyday life. GPS is used to track some paramedic units to determine the closest unit to an emergency, cutting response times. Although some employees feel GPS is an invasion of privacy, it's becoming commonplace in today's work environment.

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## Brain Teaser...

It's the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form but fresh. What is it?

(The answer is on page 4.)

## Music Humor

My parents recently retired. Mom always wanted to learn to play the piano, so dad bought her a piano for her birthday. A few weeks later, I asked how she was doing with it. "Oh, we returned the piano," said my Dad. "I persuaded her to switch to a clarinet instead." "How come?" I asked. "Because," he answered, "with the clarinet she can't sing."

## Slash Your Cancer Risk By 50 Percent

Want to slash your cancer risk in half? Eat an orange a day.

Oranges and citrus, high in antioxidants, reduce cancer of the mouth, larynx, and stomach cancer by boosting your body's immune system, according to *Horticulture Australia*.

## True or False

Can you guess which of the following are true and which are false?

1. Apples, not caffeine, are more efficient at waking you up in the morning.
2. Alfred Hitchcock didn't have a belly button.
3. Forty people are sent to the hospital for dog bites every minute.
4. John Travolta turned down the starring roles in "An Officer and a Gentleman" and "Tootsie."
5. If coloring weren't added to Coca-Cola, it would be green.

Answer: *They are all true!*

## Computer Viruses

**Healthcare Virus:** Tests your system, finds nothing wrong, and sends you a bill for \$4,500.

**Texas Virus:** Makes sure it's bigger than any other file.

**Gallup Virus:** 60 percent of PCs lose 30 percent of their data 15 percent of the time, plus or minus 3.5 percent.

**Economist Virus:** Nothing works, but all diagnostics say everything is fine.

**Adam and Eve Virus:** Takes a couple of bytes out of your Apple.

# Beware the High Protein Diet

Are you on a high-protein diet? You may want to reconsider. The National Kidney Foundation reports that the frequency of kidney stones is on the rise, and suggests that high-protein diets may be the cause.

Kidney stones form when there is a high concentration of minerals, particularly calcium, uric acid, or oxalate in the kidneys. A high meat (or other animal products) diet can increase the risk of kidney stones as meat breaks down to make uric acid.

Men have been more likely to get kidney stones, but because women are more likely to go on a high-protein diet, cases of kidney stones in women are rising faster than in men! During the last 18 years, stones in women have increased by 46 percent. The increase for men was 29 percent. Consult your physician before you begin a high protein diet.

## Health & Wellness Tip of The Month!

### Park and Walk

Whenever you have an errand, park your car as far away as you can handle and walk to the store. At the mall, park at the farthest end and walk the length of the mall. Use every opportunity to walk.

At the end of the day, it all adds up to better fitness.

# Seven Gifts Money Can't Buy...

The best gifts in life do not require a fat pocketbook. Here are seven of some of the best gifts we can give each other:

1. **The gift of listening.** A man recently said that having his wife really listen to him for 30 minutes was better than taking a week's vacation.
2. **The gift of affection.** Be generous with your hugs and kisses.
3. **The gift of laughter.** Clip cartoons and share your funny stories. Your gift will say, "I love to laugh with you."
4. **The gift of a compliment.** A simple, sincere, "You look super in that color," or "You did a great job," can make someone's day.
5. **The gift of a cheerful disposition.** A positive, optimistic outlook is contagious. Smile, say hello, and ask people how they're doing.
6. **The gift of a written note.** A simple "Thanks for your help" note, or a note of encouragement may be remembered for a lifetime.
7. **The gift of friendship.** Friends encourage us to succeed, and make us smile. They support and open their hearts to us.

Visit our web site: [www.MyHormoneHelp.com](http://www.MyHormoneHelp.com)

## Thanks for Thinking of Me!

Did you know I can help you or any of your friends, family or acquaintances with their health concerns? Thanks for keeping me in mind with your referrals...and spreading the word

### Children's Wisdom...

- When your dad is mad and asks you, "Do I look stupid?" Don't answer. (Hannah, Age 9)
- Never tell your mom her diet isn't working. (Patrick, Age 8)
- You can be in love with four girls at the same time. (Joel, Age 9)
- Never trust a dog to watch your food. (Emily, Age 9)
- When your mom is mad at your dad, don't let her brush your hair, (Talia, Age 11)
- If you want a kitten, start by asking for a horse. (Sage, Age 7)

### Brain Teaser Answer:

Lettuce!

### Take A Vacation...

Did you know that you could reduce your risk of heart attack death by 32 percent just by taking a yearly vacation?

According to *Prevention Magazine*, people who take an annual vacation reduce their risk of heart attack death by 32 percent!

But most people don't make vacation a top priority. Last year 44 percent of Americans cut their vacation short; 56 percent postponed it; 12 percent skipped it, and 20 percent felt guilty about taking it.

**THANK YOU** for reading my Health & Wellness For Life personal newsletter.

Your constructive feedback is always welcome. **AND...** Whether you're just refilling or you have a new prescription with questions or concerns or just want to stop by and say "Hi," We'd love to hear from you...

**Sam Georgiou**  
Pharmacist  
Professional Arts Pharmacy  
443-200-1200  
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## “Who Else Wants To Win”?

*Your chances to win are better than you think!*

“Did you get last month's trivia question, but you either forgot to call OR thought someone beat you to it? Well, you may have missed out on a Free summer moisture lotion. Here's the answer to last month's trivia question – and a brand new question. Give me a call ASAP and you could be a winner this month!”

### Who was the only U.S. President to win a Pulitzer Prize?

- a) Lyndon Johnson b) Richard Nixon c) Jimmy Carter d) John F. Kennedy

The answer is “D,” John F. Kennedy. So let's move on to this month's trivia question...

### What entertainer responded to criticism by saying,

**“I cried all the way to the bank?”**

- a) Don Ho b) Jack Benny c) Bing Crosby d) Liberace

*The first <4 people> to call me with the correct answer will win! 443-200-1200*

## Health & Wellness Corner...

### 8 Essential Health Tips (The Basics to Practice Every Day)

- 1. Move More:** Make it a daily challenge to find ways to move your body.
- 2. Cut Fat:** Avoid the obvious such as fried foods, burgers and other fatty meats (i.e. pork, bacon, ham, salami, ribs and sausage).
- 3. Reduce Stress:** Spend 30 minutes a day doing something you like. (i.e., Soak in a hot tub; walk in a park; play with your dog; listen to soothing music; watch a funny movie.)
- 4. Protect Yourself from Pollution:** Avoid smoke-filled rooms, high traffic areas, breathing in highway fumes and exercising near busy roads. .
- 5. Floss Your Teeth:** Recent studies make a direct connection between longevity and teeth flossing.
- 6. Avoid Excessive Drinking:** While recent studies show a glass of wine or one drink a day can help protect against heart disease, more than that can cause other health problems such as liver and kidney disease.
- 7. Keep a Positive Mental Outlook:** There's a definitive connection between living well and healthfully and having a cheerful outlook on life.
- 8. Choose Your Parents Well:** The link between genetics and health is a powerful one. But just because one or both of your parents died young in ill health doesn't mean you cannot counteract the genetic pool handed you. Follow these basic tips for healthy living and you can better control your own destiny.

Visit our web site: [www.MyHormoneHelp.com](http://www.MyHormoneHelp.com)