10 THINGS YOU CAN DO RIGHT NOW TO LIVE LONGER

✓ **BRUSH & FLOSS.** Daily brushing especially after meals can lead to better oral hygiene. The U.S. Surgeon General has linked poor oral health to problems such as diabetes, stroke and heart disease.

✓ **GET A COLONOSCOPY.** Nine out of 10 people whose colon cancer is discovered early are still alive 10 years after diagnosis. Many will live a normal lifespan.

✓ **STOP EATING BEFORE YOU ARE FULL.** Being 100 pounds overweight can subtract a decade from your life and result in many debilitating diseases.

✓ **USE SUNSCREEN.** Every hour someone dies from melanoma, the deadliest form of skin cancer.

✓ **STOP SMOKING.** If you quit smoking at any age you can increase your life expectancy. By quitting you will decrease your risk for developing many diseases that will affect your quality of life.

✓ **SLEEP.** Not getting enough sleep is linked to memory problems, anger, high blood pressure, obesity, stroke, depression and vehicular accidents. There is unequivocal evidence that there is a direct link between lack of sleep and premature death.

✓ **MOVE.** If you add just 15 minutes a day of exercise, you could extend your life by 3 years.

✓ **EAT PRODUCE.** Benefits abound! Eating five or more servings per day reduced stroke by 26% in one study.

✓ **CULTIVATE HEALTHY RELATIONSHIPS.** Years added is unknown, but studies have shown that people with more friends and people in healthy relationships live longer.

✓ **BE GRATEFUL.** Look at the good rather than the challenges in your life. It may not add years to your life, but even if you don't live longer you will be happier with the life God has given you.

Physician interviews reported in the Dallas Morning News.

If you want to learn more about how to improve your health, contact the Parish Nurse Ministry at 740-4044 X25 or stmaryccparishnurse@gmail.com.

"I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." 3 John 1:2