



THE
health *for* life
BOOK



WELCOME!

OTML is passionate about helping you achieve your health goals.

That is why we have worked hard to produce this important health book for you. It is one important part of OTML's evolving, comprehensive Employee Health & Wellness Program that aims to improve the health and wellbeing of all OTML employees.

The Employee Health & Wellness Program is supported by OTML Management and focuses on supporting healthy choices through the availability of healthy and safe work and home environments, fresh and healthy food, and physical activity opportunities. A dedicated team has been established to help steer the Program.

By participating in the health assessment program and using this book, you have an opportunity to measure, by yourself and with health professionals, your crucial health and lifestyle factors. You can then plan how you will work towards better health.

This book has two important functions and sections.

The first section focuses on 'Health Assessment'. During your health assessment, our health professionals will record your assessment results to give you a snapshot of your current health level, and help you to establish realistic goals to improve your health.

There is also room in this book to record your results when you return for your second assessment, so you will be able to compare your progress with both sets of results kept side by side. This will give you the opportunity to check your progress toward your health goals.

Although not included in this version of the health assessment, consideration has been given to the impact of diseases such as Malaria, TB and HIV, and testing of these is expected to be included in future editions of the health assessment.

The second section of this book focuses on 'Education'. This section provides you with practical information about health issues and risks, and how they can be managed simply by you.

Congratulations on taking the first step in making a difference to your wellbeing. We look forward to helping you achieve and maintain a healthy lifestyle in your working and home life, and for your eventual retirement.

Best wishes and good health,

The OTML OHS & T Team.



THE health *for* life

BOOK

My Health Assessment

Non-modifiable Health Risk Factors	2
Healthy Weight and Body Composition	3
Cholesterol	4
Blood Glucose and Urine Testing	5
Blood Pressure	6
Eye Health	7
Physical Activity	8
Nutrition	9
Alcohol	10
Smoking and Betel Nut	11

Education

Healthy Eating	13
Portion Control	14
Weight Management	15
Body Mass Index	16
Betel Nut	18
Smoking	19
Steps to Quit Smoking for Good:	20
Physical Activity	21
Types of Activities	22
Squats	24
Tricep Dips	24
Step Ups	24
Push Ups	24
Alcohol	25
Standard Drink Guide	26
Safe Sexual Behaviour	27
Personal Hygiene	28
Stress	29
Cancer	30
Health Risk Rating	32



MY HEALTH ASSESSMENT

Health risk factors can be classified into two broad groups - those that can be treated or modified, and those that cannot be changed. Risk factors that cannot be changed include age, gender, family history and genetic makeup.

Age

Getting older can bring with it a lot of positive outcomes: wisdom, life experiences, children and grandchildren. But you need to look after yourself and your body so that your quality of life doesn't suffer as you age. By eating well, exercising, not smoking or chewing buai, and getting plenty of quality sleep, you can help make sure that the life ahead is healthy, happy and productive.

Gender

Men have a greater risk of being affected by disease of the heart or blood vessels (i.e cardiovascular disease) than women. This is because women are protected by the different hormones that their bodies have.

Family History

Family members share their genes, as well as their environment, lifestyles and habits. Everyone can recognise features that run in their family, such as curly hair or dimples. Risks for diseases such as diabetes, cancer and heart disease also run in families. Knowing your family history can help you identify if you have an increased chance of developing certain illnesses, and help you to avoid triggers in your environment.

Personal History

If you have ever had a heart attack or stroke, or have had treatment before for symptoms related to these, it is very important to minimise your risk of future problems by following a healthy lifestyle. If you have experienced symptoms such as chest pain or shortness of breath when you're resting, you should see your doctor.

Cancer

If you have a family history of any cancer, you should discuss this with your doctor. Early detection is the key to cancer survival. If you have any of the following symptoms, please see your doctor:

- Change in the size, shape or colour of a freckle or mole
- Suspicious lumps - breast, testes, mouth, etc
- Abnormal vaginal bleeding
- Abnormal swelling and discomfort of the belly.

Your Name:		
	Check 1	Check 2
Your Age		
55+	8	
45 - 54	4	
35 - 44	2	
25 - 34	1	
Younger than 25	0	
Your Gender		
Male	2	
Female	0	
Family History		
Tuberculosis		
Diabetes		
Heart Disease		
Personal History		
Heart Attack or Stroke	20	
Angina or Chest Pain	10	
High Blood Pressure		
Diabetes		
High Cholesterol		
Back Pain		
Hearing Loss		
Visual Loss		
Risk score:		

HEALTHY WEIGHT AND BODY COMPOSITION

Too much body fat increases your risk of disease, and may add to a number of health problems including:

- Cardiovascular disease
- Sore joints and/or back problems
- High cholesterol
- Reduced energy levels
- High blood pressure
- Poor quality of sleep
- Diabetes
- Increased risk of some cancers.

What can you do about it?

Simply use up more energy than you put in with the foods and drinks you have every day.

- Enjoy more physical activity every day.
- Eat a balanced diet.
- Limit the size of your meal.

What do we measure?

Body Mass Index (BMI) is used to determine if you have a healthy weight for your height. It is worked out by dividing your weight (kg) by your height squared (cm²). You can work out your health risk using the following table.

Healthy	18.5 - 26
Elevated Risk	26.1 - 29.9
High Risk	30 +

Waist circumference is an indicator of fat deposited inside your body, which can coat the heart, kidneys, liver and pancreas, and increase your risk of chronic disease. This measurement is taken around the level of your belly button. You can work out your risk using the following table.

	Male (cm)	Female (cm)
Healthy	< 94	< 80
Elevated Risk	95 - 102	81 - 88
High Risk	> 102 cm	> 88 cm

	Check 1	Check 2
Your Age		
Height (cm)		
Weight (kg)		
BMI		
High Risk	4	
Elevated Risk	2	
Healthy	0	
Underweight	0	
Waist Circumference (cm)		
High Risk	4	
Elevated Risk	2	
Healthy	0	
Risk score:		



CHOLESTEROL

Cholesterol is a type of fat that is part of all animal (and human) cells. It is essential for many of your body's functions. But there is no need to eat foods high in cholesterol. Your body is very good at making its own!




There are two types of cholesterol: LDL and HDL.

LDL cholesterol carries cholesterol to different parts of your body. But unfortunately, some may be left in your blood vessels along the way. This causes your arteries to become narrowed, and if blood can no longer pass through and take oxygen to where it's needed, it can cause angina (chest pain), heart attack, or stroke. Think of LDL cholesterol as 'Lousy' or bad.

HDL cholesterol removes LDL cholesterol from the arteries and carries it to the liver to be taken out of your body. HDL cholesterol is 'helpful' or good.

Triglycerides are another type of fat found in your blood stream. Triglycerides in the blood are usually the result of fat from the foods we eat. A high blood triglyceride level can lower your good cholesterol (HDL) and can increase your risk of heart disease.

The cardiac ratio provides a measure of good vs bad cholesterol. It is calculated by dividing total cholesterol by HDL (good) cholesterol.

	Ideal cholesterol is less than 4.0 mmol/L.
	Cholesterol over 5.5 mmol/L is unhealthy.
	Ideal cardiac ratio is less than 4.5.

What can you do about it?

The lifestyle choices you make now will have a big impact on your health, particularly your heart health, as you get older.

Life choices for reducing total cholesterol:

- Participate in regular physical activity
- Maintain a healthy weight
- Don't smoke.

Lifestyle choices for reducing LDL cholesterol:

- Decrease the amount of saturated fat in your diet (see the 'Nutrition' fact sheet in the Education Section)
- Increase your fibre intake with fruit, vegetables, nuts (not betel nut) and seeds.

Lifestyle choices for increasing HDL cholesterol:

- Eat more good fats (see the 'Nutrition' fact sheet in the Education Section)
- Exercise.


	Check 1	Check 2
Cholesterol mmol/L		
Total Cholesterol		
More than 7.5	12	
6.51 - 7.50	6	
5.51 - 6.50	4	
5.01 - 5.50	2	
Less than 4.00	0	
HDL Cholesterol		
0.96 - 2.20		
LDL Cholesterol		
0.96 - 1.73		
Triglycerides		
0.56 - 2.30		
Cardiac Ratio		
4.5 or more		
Less than 4.5		
Risk score:		



BLOOD GLUCOSE AND URINE TESTING

Your body breaks down the carbohydrate in foods such as potatoes, yams, breads and cereals and converts it to simple sugar called glucose. This is used to provide energy to your muscles and brain.

Glucose needs to be supplied constantly, and a hormone called insulin helps to control this. Insulin allows glucose to enter your body's cells to be used as energy. A person is said to have diabetes when their body is not able to make insulin (Type 1 Diabetes), or if their insulin does not work properly (Type 2 Diabetes).

 Ideal blood glucose is less than 5.5 mmol/L.

Type 2 Diabetes

Your chance of developing Type 2 Diabetes increases as you get older. Diabetes risk is influenced strongly by our lifestyle, with the major risk factors being:

- Excessive fat around your belly
- Lack of physical activity
- Poor diet (high in fat and sugar, and low in fibre).

What can you do about it?

- Be more physically active
- Eat a healthy, balanced diet
- Avoid weight gain
- Avoid excessive alcohol intake.

What can urine testing show?

A check of your urine can help to identify evidence of diseases, even some that may not have caused any significant signs or symptoms yet. Urine testing can be used to find and measure the level of various substances in the urine, including protein, glucose (sugar), and blood.

Protein

Protein may appear all the time, or only now and then in your urine, depending on the cause. Proteinuria (protein in the urine) is usually a sign of kidney disorders.

Glucose (sugar)

The most common cause of glucose in the urine (glucosuria) is diabetes. However, just because glucose may not be there doesn't mean you don't have diabetes, or that your diabetes is well controlled.

Blood

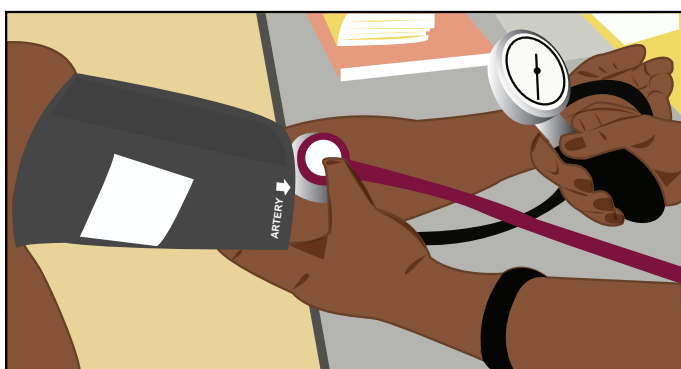
Sometimes urine contains enough blood (hematuria) to be able to be seen, making it appear red or brown. Blood in the urine can be a sign of bladder, kidney or urinary tract disease.

		Check 1	Check 2
Fasting Blood Glucose mmol/L			
0.7 or more	4		
5.5 - 6.9	2		
Less than 5.5	0		
OR			
Random Blood Glucose mmol/L			
11.1 or more	4		
5.5 - 11.0	2		
Less than 5.5	0		
Urine Testing			
Protein			
Glucose			
Blood			
Risk score:			



BLOOD PRESSURE

Your blood pressure rises and falls with each beat of your heart. Pressure in your blood vessels is at its highest when your heart squeezes to pump blood around your body. This is known as ‘Systolic’ blood pressure and is the higher number in the blood pressure reading. ‘Diastolic’ blood pressure is the pressure inside your blood vessels between heart beats. This is the lower number in the blood pressure reading. Your arteries are elastic to cope with the rise and fall in pressure, but over time they can become stiff. The result of this is high blood pressure.



You need a certain amount of pressure in your blood vessels to push blood around the body. If this pressure is high for too long it damages any organ that is found at the end of an artery, e.g. brain, heart, kidney, and eyes. If you have high blood pressure, it severely increases your risk of heart attack and stroke.

- ✓ Ideal blood pressure is lower than 120/80.
- ✗ High blood pressure is 140/90 or above and is called hypertension.

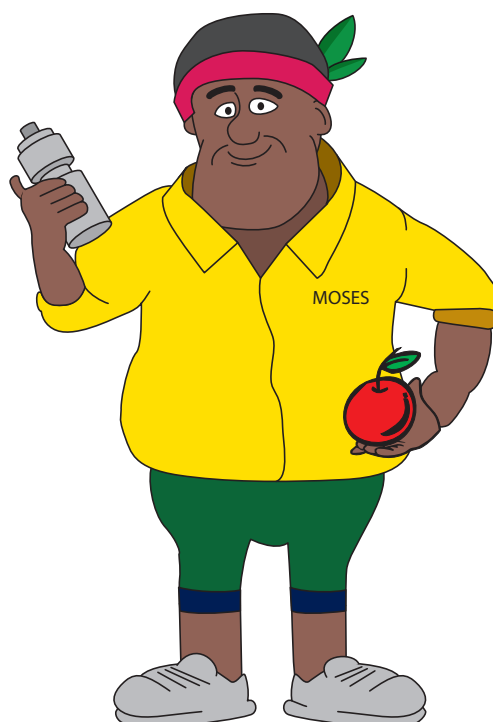
What can you do about it?

There are a number of lifestyle factors that are known to increase blood pressure. By controlling them, you can decrease your risk of developing hypertension.

Lifestyle choices for reducing blood pressure:

- Don't smoke
- Maintain a healthy weight
- Participate in regular physical activity
- Avoid excessive alcohol intake
- Recognise when you are stressed, and relax
- Lower salt intake - minimise processed foods
- Lower saturated fat intake.

	Check 1	Check 2
Blood Pressure mm/Hg		
More than 165	6	
141 - 165	4	
131 - 140	2	
120 - 130	1	
Less than 120	0	
Diastolic BP		
More than 95		
91 - 95	4	
85 - 90	2	
80 - 84	1	
Less than 80	0	
Pulse (BPM)		
Risk score:		



EYE HEALTH

The eyes are very important parts of the human body, but we often take them for granted until something goes wrong.

Having your eyes checked regularly is the best way to find changes in your vision, and to diagnose any problems as early as possible. As many eye diseases do not show any symptoms until they become quite developed, eye examinations are often the only way of finding eye problems before permanent vision loss happens.

Common eye conditions

There are many causes of vision loss. Some of the more common eye conditions include the following.

Cataracts

Cataract occurs when the lens of the eye becomes cloudy, blocking light from getting to the retina (the inner layer of the back of the eye, responsible for your sight). Vision gradually becomes blurred. Most cataracts occur as a result of ageing, with the most common risk factor being high UV light exposure.

Pterygium

A pterygium (pronounced te-ri-gi-um) is a triangular-shaped lump of tissue that grows from the 'skin' (conjunctiva) on the front of the eye onto the clear 'window' (cornea) which is in front of the coloured part of the eye. Pterygium often occurs in both eyes, usually on the side of the eye closest to the nose. Pterygium usually happens after many years of exposure to sun, dust, wind, etc.

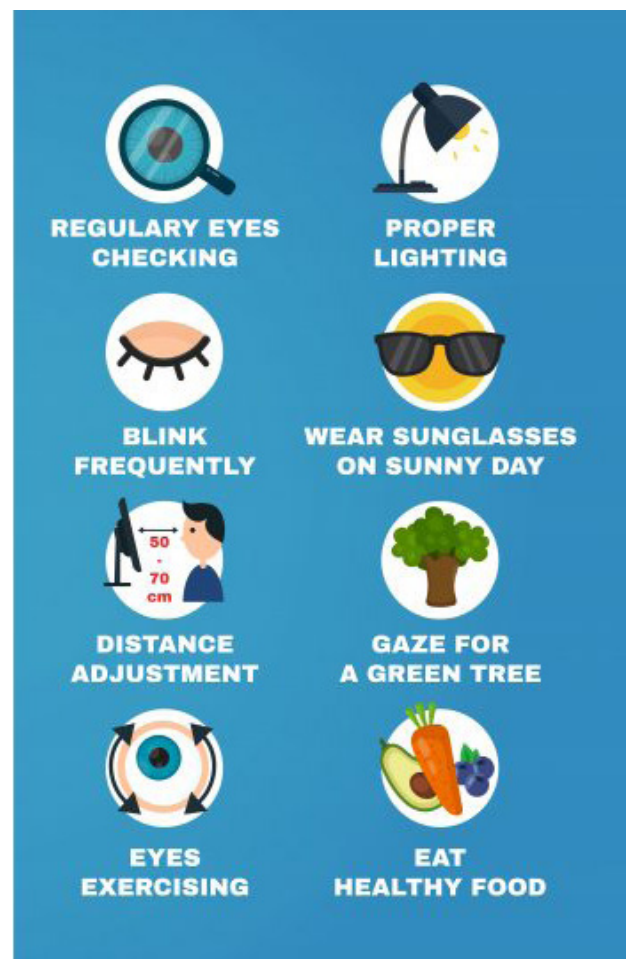
What to do for bright healthy eyes?

The eyes, like all other organs of your body, depend on you leading a healthy lifestyle to help maintain their health and proper function. Preventing eye diseases is particularly important, as many disorders are untreatable, causing eyesight to gradually get worse. Loss of eyesight can have a major impact on your quality of life.

Key factors for bright healthy eyes are:

- Eat plenty of fruit and vegetables
- Reduce fat and increase fibre intake to prevent diabetes which can affect the blood vessels in your eyes
- Maintain a healthy body mass index to prevent diabetes
- Quit smoking and avoid being around others who are smoking
- Protect your eyes while you are in the sun (e.g. wear a hat and sunglasses)
- Be physically active.


	Check 1	Check 2
Currently Wear Glasses		
If 'Yes':		
Long-sighted		
Short-sighted		
Cataract		
Pterygium		
Vision Acuity		
Right eye		
Left eye		
Risk score:		



PHYSICAL ACTIVITY

When most people think of exercise, they think of organised sport, gym programs, or a brisk morning walk. This is known as 'formal exercise'. However, performing everyday tasks also uses up energy, so we call this 'incidental exercise'. Incidental exercise can include walking to and from work, gardening or playing with the kids. Both forms of activity burn up energy and help you to manage the following:

- Body weight
- Type 2 Diabetes risk (by helping your body's insulin to work effectively)
- Cholesterol
- Blood pressure
- Mental well-being.

 For good health, you should do a minimum of 150 minutes of moderate intensity activity per week.

What can you do about it?

Formal Exercise

- Find activities that you enjoy.
- Plan ahead.
- Aim to build up to five sessions of 30 minutes per week.
- Aerobic exercise (i.e. running, brisk walking, cycling and swimming) is best for cardiovascular health.
- Adding some strength and flexibility training to your aerobic exercise will provide extra benefits for your muscles, bones and joints.

If you haven't exercised recently or you have a health concern, you should always see your doctor before starting an exercise program.

Incidental Exercise

- Aim to build up at least 30 minutes of incidental activity every day, regardless of your level of formal exercise.
- Look for every opportunity to be active.
- Look for excuses to walk more: walk to work and meetings instead of driving; make frequent trips to the market instead of buying in bulk; leave time to walk the long way back to work after lunch.
- Stretch while your computer boots up.

	Check 1	Check 2
Minutes of formal exercise / week		
Less than 30 mins	8	
30 - 60 mins	6	
60 - 90 mins	4	
90 - 150 mins	2	
More than 150 mins	0	
Exercise / day		
Less than 10 mins	6	
10 - 20 mins	4	
21 - 30 mins	2	
More than 30 mins	0	
Number of resistance (strength) sessions/week		
None		
1 - 2 Sessions		
3+ Session		
Number of flexibility (stretching) sessions/week		
None		
1 - 2 Sessions		
3+ Sessions		
Risk score:		



NUTRITION

It is very important that you include a wide variety of nutritious foods everyday for good health and wellbeing. Healthy eating gives you nutrients that help the growth and repair of damaged cells, meet your body’s nutritional requirements, and reduce the risk of some diseases.

- ✓ Eat 2 or more serves of fruit per day.
- ✓ Eat 5 or more serves of vegetables per day.
- ✓ Eat breakfast every day.

What can you do about it?

Breads and Cereals

This food group is one of the best sources of fibre, and helps keep our energy levels up throughout the day. One serve of breads and cereals is:

- 2 slices of bread
- 1 cup breakfast cereal
- 1 cup cooked rice, pasta, noodles.

Fruit and Vegetables

Fruit, vegetables and legumes (peas, beans, lentils) are a good source of fibre, vitamins, minerals and carbohydrates. Aim to have two serves of fruit and five serves of vegetables every day. One serve is:

- 1 medium piece of fruit (e.g. apple, orange)
- 1 cup chopped or canned fruit
- ½ cup cooked vegetables
- 1 cup salad vegetables.

Protein

Protein builds and repairs muscle. It is easy to eat enough protein, even if you are a vegetarian. Eating extra protein will not build bigger muscles, and can actually put a strain on the kidneys. Some sources of protein include:

- Meat, chicken and fish
- Eggs
- Dairy and soy products
- Beans and lentils
- Seeds and nuts (not betel nut).

Extras

One serve of ‘extras’ is equal to:

- 1 medium piece of cake
- 1 can of soft drink
- 3 sweet biscuits
- 30g potato chips
- 1 fried chicken wing
- ½ piece of fried fish
- 2 standard glasses of alcohol
- 2 scoops of ice cream
- 1 tbsp butter / margarine.

	Check 1	Check 2
Current Food Intake		
Breakfast daily?		
Serves breads & cereals daily		
5+ serves breads & cereals daily		
Serves vegetables daily		
5+ serves vegetables daily		
Serves fruit daily		
2+ serves fruit daily		
Serves protein daily		
1 - 2 serves protein daily		
Serves dairy daily		
2+ serves dairy daily		
Litres water daily		
> 1.5 litres water daily		
Caffeine drinks daily		
< 4 caffeine drinks daily		
Serves extras daily		
< 2 serves extras daily (max)		
Takeaway meals per week		
Takeaway once per week (max)		
Rating		
Unsatisfactory 0 - 6	4	
Satisfactory 7 - 8	2	
Desirable 9 - 10	0	
Risk score:		

ALCOHOL

Too much drinking can lead to a range of health and social problems including:

- Liver disease (cirrhosis)
- Pancreatic damage
- Cardiovascular disease
- Impotence (loss of man's ability to have an erection)
- Stroke
- Sleep disorders
- Increased cancer risk
- Social/relationship problems
- Dementia
- Alcohol dependency (addiction).

In Papua New Guinea, the latest research suggests that alcohol is linked to half the cases of violence in the country.

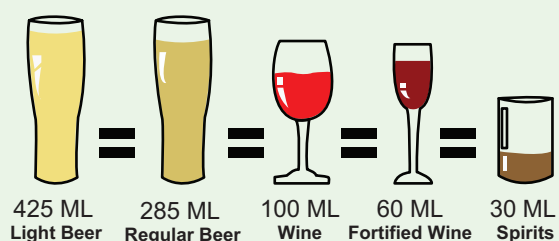
What can you do about it?

If you drink alcohol, follow the Australian Alcohol Guidelines for low risk drinking below, and make sure you have at least two alcohol free days every week.

- Drink an average of no more than two standard drinks per day.
- Drink no more than four standard drinks on any one occasion.

A standard drink equals: one can/bottle of mid-strength beer, 100ml (small glass) of wine, or a 30ml spirit nip.

A can/bottle of full strength beer equals close to one and a half standard drinks.



If you have a problem controlling how much alcohol you drink, or if you feel that your drinking is becoming an issue, get help from your family, friends or a doctor.

	Check 1	Check 2
How often do you drink alcohol?		
6 or more times per week		
2 - 5 times per week		
Once a week or less		
Monthly or less		
Never		
How many standard drinks do you have on a typical drinking day?		
How often do you have 4 or more drinks on one occasion?		
Daily or almost daily		
Weekly		
Monthly		
Less than Monthly		
Never		
On those occasions, how many standard drinks do you have on average?		
Rating		
High risk	4	
Elevated risk	2	
Low risk	0	
Risk score:		

SMOKING AND BETEL NUT

Smoking

Cigarette smoke contains over 4,000 chemicals, most of which are known to be toxic or carcinogenic (cancer causing). According to the World Health Organisation, 3000 people die each day from tobacco use in the Western Pacific Region. Unfortunately, half the people that smoke today will eventually be killed by tobacco. On average, every cigarette smoked cuts at least five minutes off the life of the smoker - about the time it takes to smoke it.

Smoking increases the risk of:

- Emphysema (lung disease)
- High blood pressure
- Osteoporosis (brittle bones)
- Cancer.
- Heart attack
- Stroke
- Blindness

Betel Nut

Betel nut, or buai, is the fourth most widely used addictive substance in the world after nicotine, alcohol and caffeine. It is chewed in a similar manner to chewing tobacco, for its mild euphoric and stimulating effect, and to help reduce tension.

Although buai is culturally acceptable in PNG, medical agencies such as the International Agency for Research on Cancer (IARC) have shown that excessive long-term use is associated with a number of, health-related problems such as:

- Mouth ulcers and gum disease
- Mouth and throat cancer
- Peptic ulcers (sores in the stomach)
- Gastritis (inflammation of the stomach)
- Increased risk of cardiovascular disease.

The PNG Medical Society claims that chewing betel nut kills over 2000 people in PNG a year.

What can you do about it?

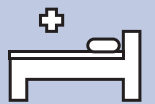
Quit!

It takes the average smoker 4 - 6 attempts to quit successfully, so don't give up!

There are some basic strategies for giving up:

- Stop suddenly and completely
- Cut down (reduce the number of cigarettes / betel nuts per day)
- Postpone (delay the time of day at which you have your first one)
- Seek professional help, or visit www.quitnow.info.au

	Check 1	Check 2
Average number of cigarettes a day		
More than 10	12	
4 - 10	8	
1 - 3	4	
Less than 1 per day or social smoker	3	
Quit less than 5 years ago	2	
Quit 5 - 10 years ago	1	
Never smoked or quit more than 10 years ago	0	
How often do you chew betel nut?		
6 or more a week		
2 - 5 a week		
Once a week or less		
Never		
Average number of betel nuts a day?		
10 or more		
7 - 9		
4 - 6		
1 - 3		
None		
Rating		
High risk	4	
Elevated risk	2	
Low risk	0	
Risk score:		



EDUCATION

HEALTHY EATING

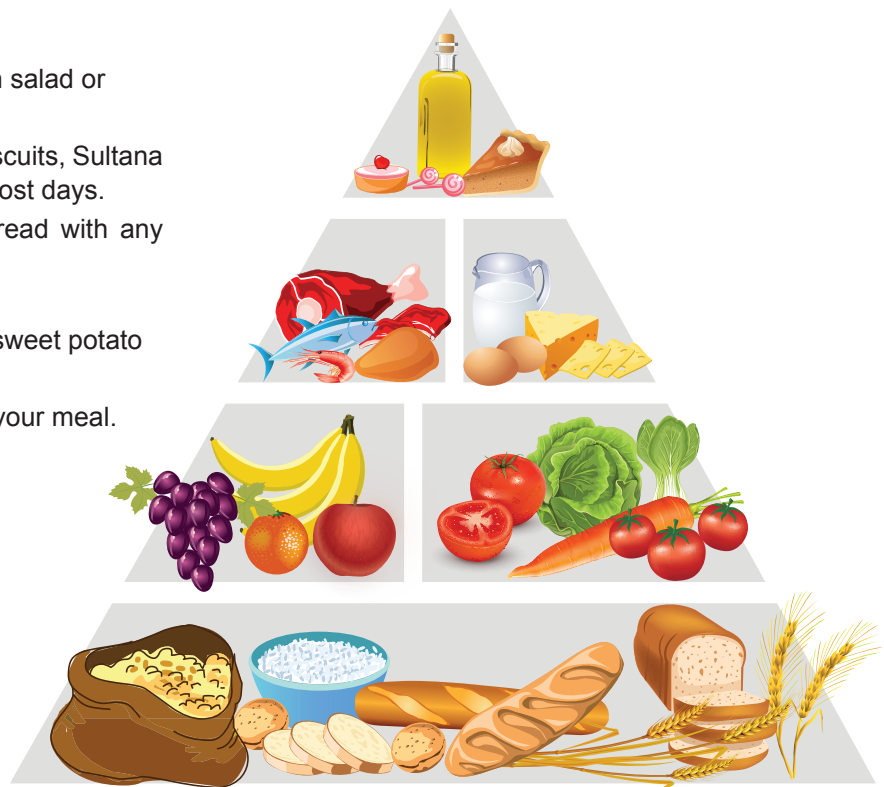
Consistently making poor food choices can have serious consequences including:

- Weight gain
- High blood pressure
- High cholesterol
- Type 2 diabetes
- Low energy levels
- Certain cancers (e.g. prostate, bowel, stomach).



Eating at the mess

- Make sure half your plate is filled with salad or vegetables.
- Choose to have cereal (e.g. wheat biscuits, Sultana Bran) instead of a hot breakfast on most days.
- Stick to no more than 2 slices of bread with any meal.
- Choose fruit for dessert.
- Choose to have either rice or potato/sweet potato (kaukau) with your meal - not both.
- Drink water, rather than cordial, with your meal.
- Avoid adding salt to your meal.
- Eat slowly, and stop when you are satisfied - you don't have to finish what's on your plate.



Preparing meals yourself

- Cut the fat off meat before cooking, and remove the skin from chicken.
- Choose low fat dairy foods (e.g. low fat or skim milk).
- Make sure colourful salad or vegetables fill up half of your plate. Frozen varieties are fine!
- If you must add fats when cooking, only use a small amount. Use olive or canola oil instead of palm or coconut oil.
- Use herbs and spices to flavour food instead of salt.
- Put any leftovers away before you eat your meal, to avoid the temptation of going back for more.

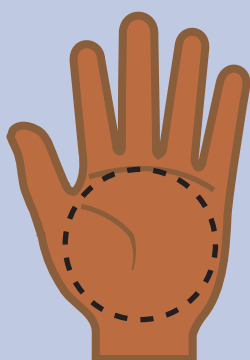
The Food Pyramid (above) is one guide to balanced eating. You should aim to choose foods from each of the five food groups every day. If you eat from each of the five food groups in the amounts recommended, it is likely that your diet will contain all the nutrients that you need.

Sweet potato (kaukau) can help people to better manage their weight by keeping them full for longer than potato or rice.

PORTION CONTROL

Portion control is a critical component of any balanced diet, and is one of the most important things to consider when managing your weight. Over the years, the idea of what a serving size, or portion, is has been slowly getting bigger. The result of this is that people are eating more and more, and their tummies are getting bigger and bigger!

A simple way to work out what size your portions should be is to use your hands



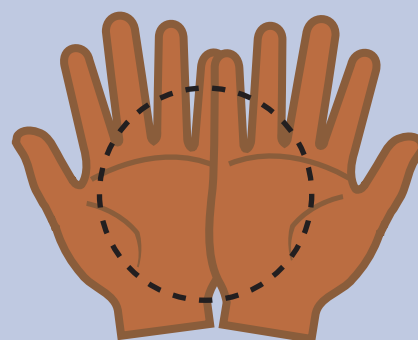
Protein portion

The protein portion of your meal (meat, chicken, fish, eggs) should be the size of your palm. The thickness of your protein choice should be the same as the thickness of your hand.



Carbohydrate portion

The carbohydrate portion of your meal (rice, potato, sago, bread) should be the size of your closed fist.



Vegetables portion

Your main meal should also include two cupped handfuls of vegetables such as broccoli, corn, cabbage, salad, etc.



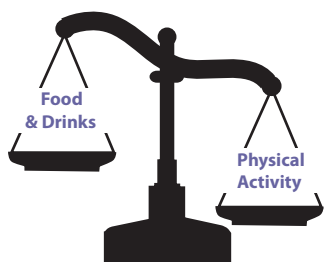
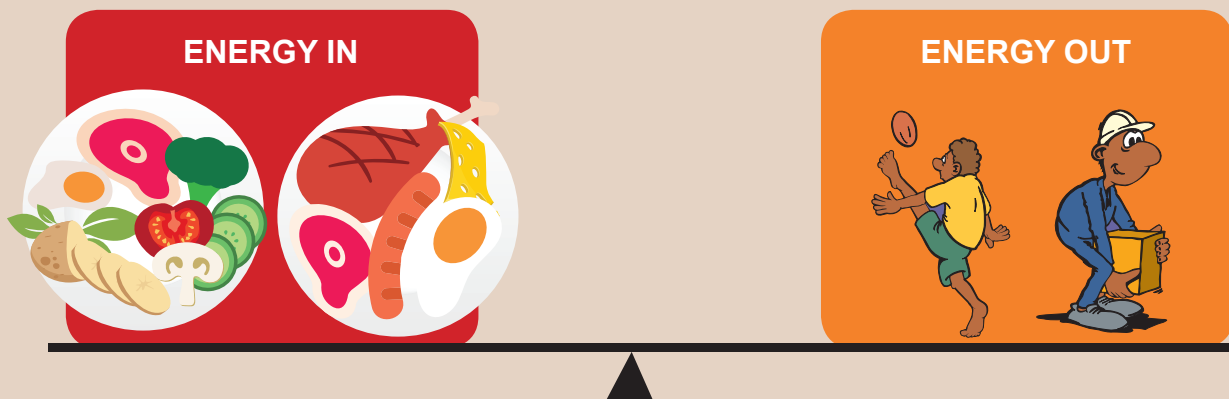
For an average adult, an ideal dinner plate would look similar to this

It is important to stick to only ONE plate of food at each meal, whether you are eating at home or in the mess.



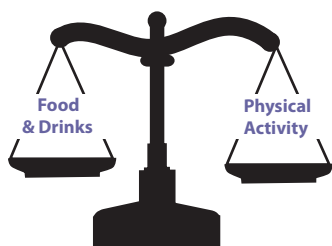
WEIGHT MANAGEMENT

Your weight is a balance of:



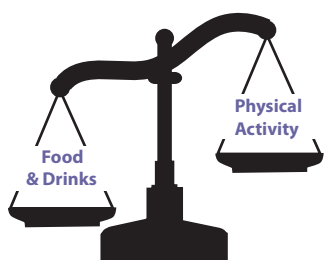
Gain Weight

If the amount of energy (kilojoules) you take into your body through food and drinks is more than you are using up through physical activity and daily activities, then you will gain weight.



Same Weight

If you take in the same amount of energy (kilojoules) through food and drinks that you are using up through physical activity and daily activities, then your weight will stay the same.

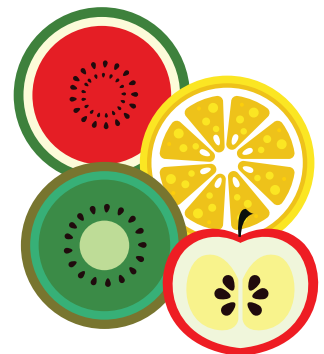


Lose Weight

If the amount of energy (kilojoules) you take in through food and drinks is less than you are using up through physical activity and daily activities, then you will lose weight.

10 Steps for a Healthy Weight

1. Eat breakfast everyday.
2. Include vegetables or salad with lunch and dinner.
3. Choose fruit as a snack.
4. Replace full fat foods and drinks with lower fat alternatives.
5. Eat smaller serving sizes.
6. Cut the fat off meat and remove the skin from chicken before cooking and eating.
7. Drink water instead of sweet drinks such as cordial, soft drink and juice.
8. Choose brown or grainy breads and cereals instead of white types.
9. Use herbs and spices, rather than fat and salt, to flavour food.
10. Kick start your day with a walk, or find time for this before you go to bed.



The sensible way to lose excess weight is to make small healthy changes to your eating and exercise habits. These changes should be things that you can maintain as part of your lifestyle - that way you will lose weight and keep it off.

BODY MASS INDEX

Body Mass Index (BMI) is a measure of your weight relative to your height. It gives an estimate of your total body fat, and helps to determine if your weight is within the healthy range or not.



Underweight
 Healthy
 Overweight
 Obese

Weight (KG)	140.0	71.4	66.6	62.2	58.3	54.7	51.4	48.4	45.7	43.2	40.9	38.8	36.8	35.0
	135.0	68.9	64.2	60.0	56.2	52.7	49.6	46.7	44.1	41.7	39.4	37.4	35.5	33.8
	130.0	66.3	61.8	57.8	54.1	50.8	47.8	45.0	42.4	40.1	38.0	36.0	34.2	32.5
	125.0	63.8	59.5	55.6	52.0	48.8	45.9	43.3	40.8	38.6	36.5	34.6	32.9	31.3
	120.0	61.2	57.1	53.3	49.9	46.9	44.1	41.5	39.2	37.0	35.1	33.2	31.6	30.0
	115.0	58.7	54.7	51.1	47.9	44.9	42.2	39.8	37.6	36.5	33.6	31.0	30.2	28.8
	110.0	56.1	52.3	48.9	45.8	43.0	40.4	38.1	35.9	34.0	32.1	30.5	28.9	27.5
	105.0	53.6	49.9	46.7	43.7	41.0	38.6	36.3	34.3	32.4	30.7	29.1	27.6	26.3
	100.0	51.0	47.6	44.4	41.6	39.1	36.7	34.6	32.7	30.9	29.2	27.7	26.3	25.0
	95.0	48.5	45.2	42.2	39.5	37.1	34.9	32.9	31.0	29.3	27.8	26.3	25.0	23.8
	90.0	45.9	42.8	40.0	37.5	35.2	33.1	31.1	29.4	27.8	26.3	24.9	23.7	22.5
	85.0	43.4	40.4	37.8	35.4	33.2	31.2	29.4	27.8	26.2	24.8	23.5	22.4	21.3
	80.0	40.8	38.0	35.6	33.3	31.1	29.4	27.7	26.1	24.7	23.4	22.2	21.0	20.0
	77.7	39.5	36.9	34.4	32.2	30.3	28.5	26.8	25.3	23.9	22.6	21.5	20.4	19.4
	75.0	38.3	35.7	33.3	31.2	29.3	27.5	26.0	24.5	23.1	21.9	20.8	19.7	18.8
	72.5	37.0	34.5	32.2	30.2	28.3	26.6	25.1	23.7	22.4	21.2	20.1	19.1	18.1
70.0	35.7	33.3	31.1	29.1	27.3	25.7	24.2	22.9	21.6	20.5	19.4	18.4	17.5	
67.5	34.4	32.1	30.0	28.1	26.4	24.8	23.4	22.0	20.8	19.7	18.7	17.8	16.9	
65.0	33.2	30.9	28.9	27.1	25.4	23.9	22.5	21.2	20.1	19.0	18.0	17.1	16.3	
62.5	31.9	29.7	27.8	26.0	24.4	23.0	21.6	20.4	19.3	18.3	17.3	16.4	15.6	
60.0	30.6	28.5	26.7	25.0	23.4	22.0	20.8	19.6	18.5	17.5	16.6	15.8	15.0	
57.5	29.3	27.3	25.6	23.9	22.5	21.1	19.9	18.8	17.7	16.8	15.9	15.1	14.4	
55.0	28.1	26.2	24.4	22.9	21.5	20.2	19.0	18.0	17.0	16.1	15.2	14.5	13.8	
52.5	26.8	25.0	23.3	21.9	20.5	19.3	18.2	17.1	16.2	15.3	14.5	13.8	13.1	
50.0	25.5	23.8	22.2	20.8	19.5	18.4	17.3	16.3	15.4	14.6	13.9	13.1	12.5	
45.0	23.0	21.4	20.0	18.7	17.6	16.5	15.6	14.7	13.9	13.1	12.5	11.8	11.3	
40.0	20.4	19.0	17.8	16.6	15.6	14.7	13.8	13.1	12.3	11.7	11.1	10.5	10.0	
35.0	17.9	16.6	15.6	14.6	13.7	12.9	12.1	11.4	10.8	10.2	9.7	9.2	8.8	
30.0	15.3	14.3	13.3	12.5	11.7	11.0	10.4	9.8	9.3	8.8	8.3	7.9	7.5	
	140	145	150	155	160	165	170	175	180	185	190	195	200	

$$\text{BMI (kg/m}^2\text{)} = \frac{\text{Weight (kg)}}{\text{Height (m)}^2}$$

BMI < 18.5 = You are Underweight, and could afford to gain a little weight

BMI < 25.9 = You are in the healthy weight range

BMI < 26-29.9 = You are overweight, and at elevated risk of having health problems

BMI < 30+ = You are obese, and at high risk of having health problems

Noodle and Vegetable Bake

Ingredients (serves 4)

- 2 eggs
- 1 /2 cup low fat milk
- 1 packet chicken flavour 2 Minute Noodles, prepared according to packet directions
- 1 cup peas (fresh, canned or frozen)
- 1 carrot, grated
- 1/2 cup grated reduced fat cheese

How to make

1. Pre heat oven to 180°C. Line a pan with baking paper, or grease lightly with oil.
2. Beat eggs, low fat milk and flavour sachet in a bowl. Add cooked noodles, peas, carrot and cheese, mix to combine.
3. Spoon mixture into prepared pan and bake for 25 minutes.
4. Turn bake out, allow to cool, serve cold.



Tuna and Kauau Cakes

Ingredients (serves 4)

- 1 medium (300g) kaukau (sweet potato), peeled, coarsely chopped
- 1 x 425g can tuna chunks in brine, drained
- 2 eggs, lightly whisked
- 1/4 cup dried (packaged) breadcrumbs
- Salt and pepper
- 1 tablespoon olive oil
- Salad or vegetables to serve

How to make

1. Cook the kaukau in a large saucepan of salted boiling water for 7-8 minutes or until tender. Drain, and transfer to a large bowl.
2. Use a potato masher or fork to mash the sweet potato until coarsely mashed. Add the tuna, eggs and breadcrumbs, and stir until well combined. Season with salt and pepper. Divide the tuna mixture into 8 equal portions. Use wet hands to shape portions into 8cm patties.
3. Heat oil in a large non-stick frying pan over medium-high heat. Add the patties and cook for 3-4 minutes each side or until golden brown. Remove from heat.
4. Divide among plates. Serve with salad or vegetables.



BETEL NUT

Although betel nut, or buai, is culturally acceptable in PNG, regular chewing can have a devastating effect on a person's health.

It is thought that between 10 and 20 percent of the world's population chews betel nut in some form. This makes betel nut the fourth most widely used drug in the world after nicotine, alcohol and caffeine.

**ALL FORMS OF BUAI
- Even the nut alone -
CAN CAUSE CANCER**



How is betel nut used?

Betel nuts are chewed in a similar manner to chewing tobacco. The most common method of using it is to slice the nut into thin strips and roll them in a betel leaf with slaked lime (powder). This leaf package is generally referred to as a 'Betel Quid'. Betel quids may also contain tobacco and other additives such as mustard, to enhance the flavour.

Chemicals found in betel nut have an immediate effect on the body's nervous system, giving users a feeling of general arousal, as well as an increase in their heart rate and blood pressure.

More severe effects are seen as a result of long-term use of betel nut. Regular chewing is associated with a number of health problems such as:

- Mouth ulcers, gum disease and loss of teeth
- Cancer of the mouth and throat
- Increased risk of heart disease.

Symptoms of Mouth Cancer

- A visible lump that may or may not be painful
- An ulcer that won't heal
- A persistent blood blister
- Trouble swallowing
- Difficulty moving the jaw
- Speech changes, such as slurring
- Loss of sensation anywhere in the mouth
- Loose teeth and/or sore gums
- Altered taste.

In addition to the negative impacts betel nut can have on a person's health, its use can also affect family, friends, work and your financial situation.

How Much Are You Spending?

Per Day	Per Week	Per Year
2 Kina	14 Kina	728 Kina
5 Kina	35 Kina	1,820 Kina
10 Kina	70 Kina	3,640 Kina
20 Kina	140 Kina	7,280 Kina

If you spend 10 Kina a day on buai, then it will cost you more than K10,000 over the next 3 years if you do not change your habits.

Just think about what else you could buy with K10,000?



SMOKING

Cigarettes are full of poisons.

There are more than 4000 chemicals in tobacco smoke, including:

- Benzopyrene** One of the most powerful cancer-causing chemicals in the world.
- Nicotine** Increases blood pressure and heart rate.
- Cadmium** Causes damage to the liver, kidneys and brain and stays in the body for years.
- Lead** Stunts your growth, makes you vomit and damages your brain.
- Formaldehyde** Causes cancer and can damage your lungs, skin and digestive system.
- Benzene** A cancer-causing chemical.



SMOKING STICKS - made from sun-dried tobacco, known as brus, and wrapped in cigarette paper, also causes heart disease and cancer.

One of the best reasons to quit smoking is the fact that you can prevent illness and possible death.

About 50% of lifetime smokers will die from their smoking habit. Two of the most common killer diseases caused by smoking include lung cancer and heart disease.

Lung cancer is caused by the tar in cigarette smoke. People who smoke are 10 times more likely to die from lung cancer than non-smokers.

Smoking also contributes to the hardening of the arteries. In younger people, three out of four deaths caused by heart disease are related to smoking.



Rewards for Quitting Start Right Away

After 12 hours	Almost all of the nicotine is out of your system.
After 24 hours	Carbon monoxide levels in your blood have dropped dramatically and there is more oxygen in your bloodstream.
After 5 days	Most nicotine by-products have gone.
Within days	Sense of taste and smell improve.
Within a month	Blood pressure returns to its normal level and your immune system begins to recover.
Within 2 months	Lungs will no longer be producing phlegm caused by smoking.
After 12 months	Increased risk of dying from heart disease is half that of a continuing smoker.
After 10 years	Risk of lung cancer is less than half that of a continuing smoker and continues to drop (provided it is not already present).
After 15 years	Risk of heart attack and stroke is almost the same as a lifetime non-smoker.

STEPS TO QUIT SMOKING FOR GOOD:

- Step 1: Decide to quit**
- Step 2: Get ready to quit**
- Step 3: Quit**
- Step 4: Stay a non-smoker**

Set a quit date

..... / /

Stopping suddenly and completely is the most successful method for most people. If this is not for you, gradually cut down by reducing the number of cigarettes you smoke each day, and use nicotine patches or gum to help calm your withdrawal symptoms.

Recovery Symptoms

Withdrawal symptoms are your body's reaction to no longer getting nicotine and all the other chemicals in tobacco smoke. Don't think of them as withdrawal symptoms, think of them as recovery symptoms.

Common recovery symptoms include:

- Cravings
- Occasional headaches
- Upset stomach, constipation, nausea, diarrhoea
- Changed sleeping patterns
- Feelings of irritability, depression, or anxiety
- Temporary increase in appetite.

Cravings only last a few minutes. Get through them by using the 4 Ds:

Delay reaching for a smoke. Don't open a pack or light a cigarette. After 5 minutes, the urge to smoke weakens.

Deep breathe. Take a long slow breath in, and slowly out again. Repeat three times.

Drink water. Sip it slowly.

Do something else. Take your mind off smoking by putting on some music, going for a walk, or talking to a workmate or friend.

Remember that people often take 4-6 attempts to quit before they are successful, so **don't give up!**

Need more help?

Talk to someone about your concerns, or make an appointment with a doctor to get the extra help you need to quit smoking for good.

Nicotine patches and gum are available from the pharmacy.



PHYSICAL ACTIVITY

Specific physical activity guidelines for healthy adults age 18-65:

1. If you are not physically active (moving much), it's not too late to **START NOW!**
Do regular physical activity and reduce sedentary activities (e.g. sitting, reading, watching TV).
2. Be active in as many ways as you can, your way.
3. Do at least 30 minutes of moderate-intensity physical activity on five or more days each week.
4. If you can, enjoy some regular vigorous intensity activity for extra health and fitness benefits.

High-intensity activity	Moderate-intensity activity	Low-intensity activity
Running	Walking fast	Walking
Walking uphill carrying a load	Walking uphill	Most housework
Swimming (fast, without stopping)	Gardening	Gentle swimming
Digging	Cleaning floors	
Playing basketball, football, volleyball	Cycling	



Your goal of reaching 30 minutes of physical activity on most days can be built up throughout the day with blocks of 10-15 minutes.

Benefits of Exercise

We know that being active regularly has many positive health effects:

- It reduces the risk of all lifestyle diseases
- It reduces the risk of heart and blood vessel problems
- It reduces the risk of joint problems
- It uses up energy, which can help with weight loss.

Most people notice that when they are regularly active, they feel better, stronger and happier.

“We do not stop playing because we grow old, we grow old because we stop playing”

Benjamin Franklin, one of the Founding Fathers of the United States of America

TYPES OF ACTIVITIES

Formal Exercise

Formal exercise is activity that you specifically plan to do, usually for a set amount of time. These types of activities have great health benefits, including helping to keep the heart healthy and bones strong. Examples include:

- Running
- A brisk walk
- Swimming
- Cycling
- An exercise session at the gym
- A game of touch football or other sports
- Sport specific training.



Aim for 150 minutes of formal exercise a week.

Incidental Activity



Incidental activity is exercise you don't plan for, but include as part of your day-to-day routine. This includes cleaning the house, or walking to the market. Modern conveniences, like cars and computers, mean that we get less and less incidental activity.

Aim for 150 minutes of incidental activity a week.

In Tabrubil and Kiunga	In your home village	In a major town or city
Go walking outdoors	Go walking outdoors	Go for a walk or jog
Do body weight resistance exercises	Do body weight resistance exercises	Have a session at the gym
Play a team sport	Clean the house	Do some weights exercises
Ride a bike	Do some gardening	Play a team sport
Do a workout at the gym	Go hunting, chop firewood, cut grass	Get some exercise DVDs to use at home



Most people are not doing enough physical activity. It is important to do planned activity as well as any work you do as part of your job.

Activity needs to be regular and maintained to be effective.

This means that you need to get into the habit of doing regular activity. It really helps if you can find an enjoyable activity to do. It also helps if family or friends do this with you. Why not try:

- Walking to work, church or the markets
- Meeting friends each day for a walk
- Form a team to play football, volleyball or other games
- Start a garden.

Drink Plenty of Water

If you are doing any activity in a warm environment, you will sweat. It is important to replace the water lost from the body by drinking plenty of water before, during and after any activity.

You may have seen special sports drinks for sale or heard that you need extra salt if you are exercising intensely. You do not need extra salt or special drinks. Water and your normal diet are fine. Only professional athletes who train for hours every day may sometimes need these special drinks.



Starting Out

If you have not been active for some time, your body is not used to activity, it is important to start off with just a small amount of activity and build up gradually.

- Week 1:** Walk for 10 minutes each morning.
- Week 2:** Walk for 15 minutes each morning and afternoon.
- Week 3:** Walk for 15 minutes each morning and afternoon and walk for 45 minutes at the weekend.
- Week 4:** Walk for 30 minutes each day. At the weekends, walk up a gentle hill.

And so on ...



Resistance Training

Resistance training, also called weight training or strength training, increases muscle strength, endurance and power.

Muscle strength is increased by getting muscles to work against a weight, such as weights machines, free weights (e.g. dumbbells) and resistance bands. You can also do many exercises with little or no equipment using your body weight for resistance.

How Often?	2 to 3 times each week, with at least 58 hours rest between sessions.
How Many?	2 to 3 sets of 10 - 15 repetitions, with 1-2 minutes rest between sets.
How Quickly?	Keep the exercises slow and controlled.

What are the Benefits of Resistance Training?

- Stronger bones and muscles
- Weight loss and less body fat
- Improved blood pressure and cholesterol
- Improved blood sugar levels and diabetes control.

Did you know....

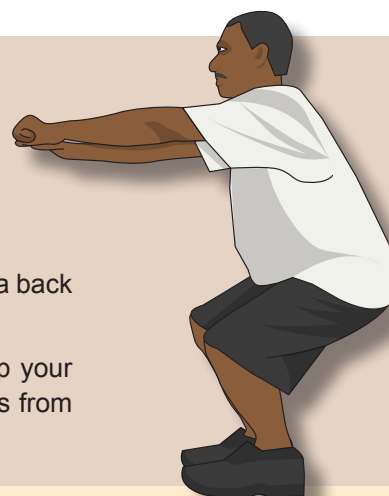


The more muscle you have, the more calories you will burn every day doing your usual daily activities, and the easier it will be to keep your weight in the healthy range.

Here are a few exercises you can do in the comfort of your own home, without the need for any special equipment!

SQUATS

1. Stand with your feet flat on the floor, about shoulder width apart (toes slightly turned out). Keep your tummy muscles tight and your lower back in a neutral position.
2. Slowly lower yourself until your upper legs are parallel to the floor using a back and down movement (as if you were sitting into a chair).
3. Push back up to the starting position without locking your knees. Keep your body in an upright position and avoid leaning forward. Keep your knees from moving in front of your toes.



TRICEP DIPS

1. Sitting on a chair or bench, place your heels about one metre in front of you on the floor.
2. Grip the edge of the chair/bench with an overhand wide grip (palms facing the bench) and with arms fully extended, push your backside off the chair.
3. Bend your arms and lower yourself towards the floor until your upper arms are parallel to the floor.
4. Push back up to the starting position.

PUSH UPS

1. Place the palms of your hands on a table or bench, slightly wider than shoulder width apart.
2. Walk your feet back a couple of steps and drop your backside down so that there is a straight line from your ankles through to your shoulders.
3. Bending your elbows out to the sides, lower your body until your upper arms are parallel to the floor.
4. Straighten your arms and push yourself upwards without locking your elbows.



STEP UPS

1. Stand with a low chair or bench in front of you.
2. Place one leg up on the chair or bench.
3. Step up, straightening your leg completely, and then lower your leg back to the ground slowly.
4. Repeat the required number of repetitions then change legs.

ALCOHOL

Alcohol affects different people in different ways. While a small amount of alcohol maybe beneficial to the heart, 'risky' drinking can cause serious health, personal and social problems.

Health Effects

Cancer	Excess alcohol increases the risk of the common cancers (breast, colon, rectum) and some of the less common cancers (mouth, oesophagus, larynx and stomach).
Obesity	Alcohol has a high energy content and reduces the body's ability to burn fat.
Liver failure	Long-term heavy drinking causes liver cirrhosis (which leads to liver failure or cancer).
Diabetes	Excessive drinking can also destroy the cells in the body that produce insulin, and in the long term can result in diabetes.
High blood pressure	Long-term high intake of alcohol may result in high blood pressure.
Stroke	Heavy drinking may increase the risk of stroke.
Nutrient deficiency	Drinking to excess reduces appetite. Heavy drinkers often become malnourished (sik bun natin). Excess alcohol can also affect the absorption of certain nutrients.
Depression	Alcohol is a depressant.

Mixing Alcohol with Other Drugs

Using alcohol at the same time as any other drug can be dangerous. One drug can make the negative effects of the other even worse. Alcohol can also stop medicines from working properly.



Social Effects

These are perhaps the effects that are more visible to us all.

Accidents	Particularly on the road when drivers have been drinking. You do not have to be noticeably drunk to be a danger. Even one drink slows down your response time. Accidents also happen as the person loses his or her balance and co-ordination.
Violence	Many people become violent, abusive and unpredictable after drinking. This results in fights and domestic violence.
Missing work	People whose drinking has become out of control often miss work, and ignore family and friends.
Spending money on drink	The need to drink becomes so strong that the drinker spends money needed for food and other essentials on drink - leaving his or her family hungry.

Mixing alcohol with other drugs that slow down the body (e.g. sleeping pills, marijuana) can:

- Make it harder to think clearly
- Make it harder to properly control how you move
- Stop your breathing and cause death.

STANDARD DRINK GUIDE

A standard drink is any drink that has 10 grams (or 12.5 millilitres) of alcohol. The illustrated guide below shows the number of standard drinks found in typical serves.



0.8 Standard Drink



0.9 Standard Drink



1 Standard Drink



1.2 Standard Drinks



1.3 Standard Drinks



1.4 Standard Drinks



1.5 Standard Drinks

Both men and women should stick to **no more than 2 standard drinks per day**.

At least 2 days per week should be alcohol free.

Drinks **cannot** be stored up as credit. Having 14 drinks on Friday night is not the same as having two per day throughout the week.



Limiting alcohol is important for your health and weight management. And remember ... OTML has a zero tolerance policy for employees working or driving under the influence of alcohol or drugs.

Need more help?

Talk to someone about your concerns, or make an appointment with a doctor to get the extra help you need to manage your drinking.

SAFE SEXUAL BEHAVIOUR

‘Safe sex’ is when you minimise the risk that you will get a sexually transmissible infection (STI) when having sexual contact. Sexual contact that does not involve the exchange of semen, vaginal fluids or blood between partners is considered to be safe sex. Unsafe sex may pass on STIs such as Chlamydia, HIV or Gonorrhoea, or cause unplanned pregnancy.

Common Symptoms of STI

You can get an STI without developing any signs or symptoms.

However, signs and symptoms may appear in the genital area and include:

- Discharge from the penis, vagina or anus
- Pain or discomfort during sex or when urinating
- Lumps and bumps on the genitals
- Abnormal bleeding
- A rash or itching on the genitals.
- Lower abdominal pain
- Ulcers on genitals, anus and lips.



Safe sex is as easy as A B C:

A - Abstain

B - Be faithful

C - Use condoms

Be prepared for safe sex. Keep a supply of condoms with you. Carry them in your wallet or purse, and keep them handy at home. Condoms are also provided free in many public areas.



Learn how to use condoms. They may take a little getting used to, but it’s better than catching an STI.

Have STI tests. If you are in a committed relationship and you want to have sex without a condom, both partners should be tested. Think of STI testing as a sign of love and respect for each other.

Don’t think you can tell if someone has an STI just by looking at them. Some STIs, such as HIV and chlamydia, don’t have any obvious signs.

Be mature about STIs and reassure yourself and your partner that an STI is not a moral judgement of character but an infection like any other. Having an STI does not mean that you are ‘dirty’.

Are STIs curable? Yes, There are treatments available to treat STIs such as Gonorrhoea, Syphilis, Donovanosis etc.

OTML is non-discriminatory and protects the rights of people living with HIV and AIDS in the workplace.

Support and treatment is available.

Where Can I Get a Test For STIs and HIV?

Voluntary Counselling and Testing (VCT) for STIs and HIV is available at all OTML clinic sites.

Contact 649 3226 or 649 3059 for more details, or to make an appointment.

PERSONAL HYGIENE

One of the most effective ways we have to protect ourselves and others from illness is good personal hygiene.

This especially means washing your hands, and your body. It means being careful not to cough or sneeze on others, cleaning things that you touch if you are unwell, putting items such as tissues (that may have germs) into a bin, and using protection (like gloves or condoms) when you might be at risk of catching an infection.



Did you know ...

One in three people do not wash their hands after using the toilet.

Hand washing is one of the simplest ways to help reduce the spread of illness, from things like the common cold, through to more serious diseases like Cholera.

You should always wash your hands:

- After using the toilet
- Before making or eating food
- After handling dogs or other animals
- If you have been around someone who is coughing or who has a cold.

If you have noticed any unusual and unexpected changes in your body - rash, blisters, lumps, itchiness, redness - visit an OTML clinic for treatment.

- Brush your teeth twice a day, and floss every day.
- Shower every day with soap, and don't forget to wash your genitals.
- Wash your hair with soap or shampoo.
- Dry yourself completely before putting on your clothes and shoes.
- Use anti-perspirant deodorant to help manage body odour.
- Wash your clothes after each wear, especially your underwear and socks.



STRESS

What is stress?

Stress is your body's natural reaction to events or situations that may confuse, frighten, anger, excite, please or surprise you. Stress can be pleasant, or upsetting, depending on your view of that event.

Stress can be caused by a number of different factors, including our jobs, families, social lives or an unexpected crisis.

What are the Signs and Symptoms of Stress?

- Muscle tightness
- Worry/anxiety
- Irritability
- Depression
- Nervousness/trembling
- Trouble sleeping
- Headaches, stomach aches.



How Can You Reduce Your Stress?

- Identify the causes of stress in your life.
- Share your thoughts and feelings.
- Manage your time well.
- Exercise.
- Get enough sleep.



Avoid substituting stress management techniques with food, alcohol, caffeine, or nicotine. These substances can lead to addiction, and cause more stress.

Things to remember:

1. Everybody feels stressed sometimes - something may be happening in your life, such as starting a new job, or a disagreement with family or friends.
2. If stress is excessive and never lets up, it can take a big toll on you, causing many different symptoms.
3. Stress is not the same as depression - but for some people, being stressed for a long time can end up leading to depression.

Need more help?

Talk to someone about your concerns - there is a lot of help available. You may find talking about your worries with your doctor, Pastor, relative or a friend can help you see your problems from a new angle. The Employee Assistance Program in Tabubil has two qualified counsellors that can help.

Contact 649 3011 to make an appointment.

CANCER

Risk Factors for Cancer

It is well known that certain factors are linked to some cancers, for example cigarette smoking (lung, throat, mouth, etc), buai chewing (mouth, throat) and excessive sun exposure (skin cancer, melanoma).

Many cancers are preventable through lifestyle changes.

Type of cancer	Possible or known risk factors	Possible or known protective factors
Lung cancer	Smoking is the major cause	Eating vegetables and fruits, especially red, orange and yellow coloured ones
Breast cancer	Family history, overweight	Being active, eating well, reduce alcohol
Prostate cancer	Age, family history	Vegetables
Bowel cancer	Excess body fat, processed meat, alcohol, BBQ and burnt foods (especially if fatty)	Vegetables, physical activity
Stomach cancer	Obesity/overweight Salted, pickled and preserved foods	Fresh food including fruit and vegetables, quit smoking
Mouth cancer	Smoking, tobacco chewing, betel nut chewing	Fruits and vegetables
Liver cancer	Alcohol abuse	Vegetables, physical activity



Eating two serves of fruit and five serves of vegetables per day may prevent 30-40% of all cancers.

The protective factors only reduce the risks, they do not prevent cancer. For example, eating lots of fruit and vegetables does not mean that it is alright to smoke.

Smoking is still very likely to cause lung cancer.

What Tests Should You Have and When?

Screening involves having a test for cancer when you don't have any symptoms. It's a great way of identifying some cancers early, when there's a much better chance of treatment.

Males

Whilst there is currently no screening available in Tabubil for cancers found specifically in males (such as prostate and testicular cancer), all employees are encouraged to see a doctor if they notice any suspicious lumps or changes to their body.

Females

Screening tests are available for both breast and cervical cancer. The Maternal and Child Health Department of Tabubil Hospital run a Women's Health Clinic every Tuesday afternoon. No appointment necessary.

What Should I Do If I Have a Family History of Cancer?

Find out what types of cancer have occurred in your family and how old each person was when they developed cancer.

It is also important to record the family members not affected by cancer. Talk to your doctor who can help you find out if your family history of cancer is of concern.

Your family history of cancer can change over time, so it is important to keep your doctor updated about any new cancer diagnosed in your family.

5 steps to a healthy



Have a balanced diet

Exercise!

Aim for a healthy weight

Reduce alcohol intake

Take steps to quit smoking

