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The Attorney Next Door™

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Attorney
David Miyoshi's
Insider Tips For
Healthy, Secure &
Happy Living...

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Ready To Lower Your Risk For Colon Cancer?

Did you know that colon cancer is the third leading cause of death in the US? I really had no idea it was that widespread. The statistic was brought to my attention by a friend whose 32 year old neighbor (a mother of three very small children) was diagnosed recently. I think we think of older people getting this disease, but that's simply not the case.

The good news is that this potentially deadly disease doesn't just strike out of the blue -- for the most part, it can be prevented in the first place with healthy lifestyle choices.

According to the American Cancer Society, you can lower your risk of developing colorectal cancer by managing the risk factors that you can control, like diet and physical activity.

Diets high in vegetables and fruits have been linked with lower risk of colon cancer. Diets high in processed and/or red meats have been linked with a higher risk. The

ACS recommends that you eat a healthy diet, with an emphasis on plant sources. This includes the following:

- Choose foods and beverages in amounts that help achieve and maintain a healthy weight.
- Eat 5 or more servings of a variety of vegetables and fruits each day.
- Choose whole grains rather than processed (refined) grains.
- Limit your intake of processed and red meats.

Obesity raises the risk of colon cancer in both men and women, but the link seems to be stronger in men. If you are struggling with managing your weight, and especially if you have a family history of polyps or colon cancer, meet with your doctor to create a weight loss plan that will work for you. It just may save your life.

Colorectal cancer has been linked to the heavy use of alcohol. At least some of this may be due to the fact that heavy alcohol users tend to have low levels of folic acid in the body. Still,



Don't put your health and life in jeopardy. Try these easy changes!

alcohol use should be limited to no more than 2 drinks a day for men and 1 drink a day for women.

Long-term smokers are more likely than non-smokers to develop and die from colorectal cancer. Smoking is a well-known cause of lung cancer, but some of the cancer-causing substances in smoke dissolve into saliva and if swallowed, can cause digestive system cancers like colorectal cancer. I know this is a hard one for many people, but now you have another incentive to consider quitting for good.

People with type 2 (usually non-insulin dependent) diabetes have an increased risk of...

Continued on page 2...

Curing the Afternoon Slump

You know the feeling. Your eyelids start to feel heavy, you have trouble concentrating, and your energy level plummets. The afternoon slump happens to many people during the time between lunch and quitting time. Next time you feel sleepy at your desk, try these strategies to reenergize.

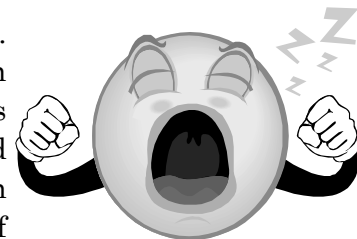
Take a break.

It is not enough to just take a break from your work. You also need a change of scenery. There is nothing better than heading outside for about ten minutes. If you can, walk for a few minutes. Not only will the sunlight boost your mood, but the movement will help your body feel more energetic. You will also get a dose of vitamin D, which is beneficial to you both short- and long-term.

Have a snack.

WebMD experts suggest that you grab something to eat, but not just any snack. Foods loaded with carbs will further deplete your energy level. Instead have something rich in protein with moderate carbs, like some low-fat cheese and whole grain crackers, a hardboiled egg, or some

sliced turkey, or nuts. You can also indulge in some dark chocolate. It is full of healthy fat and antioxidants and even has a small amount of caffeine.



4 Simple Ways To Get Re-Energized!

Have some tea.

Instead of grabbing another cup of coffee or an energy drink, try some tea instead. There is some caffeine in tea, but it is also full of antioxidants. The change to a flavored tea can be enough to awaken your senses for the rest of the day.

Talk with your coworkers.

Move some group activities to the mid-afternoon instead of trying to get your solo work done at this time. The collaboration will perk up your brain and keep you from zoning off. You can also use this time to make phone calls, since the act of talking is more active than sitting still while trying to concentrate.

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Cool Stuff on the Internet

Ever wish you could know before you board what the seating will be like in an airplane? Now you can! SeatGuru.com was launched in 2001 by a frequent flyer, Matthew Daimler, who decided to collect this useful information and share it with other travelers. At SeatGuru.com, you'll find more than 700 airplane seat maps from nearly 100 different airlines. So how can SeatGuru.com help you? Because you can pick your seat online ahead of time for most airlines, you can do your homework and find the best seat for you!

...Continued from page 1

...developing colorectal cancer. Both type 2 diabetes and colorectal cancer share some of the same risk factors (such as excess weight). But even after taking these into account, people with type 2 diabetes still have an increased risk.

They also tend to have a less favorable prognosis (outlook) after diagnosis. If you are borderline diabetic, or if you have a family history of it, take action now to lose weight and improve your health. You don't need another health risk to worry about.

Finally, get screened! People who have no identified risk factors (other than age) should begin regular screening at age 50. Those who have a family history or other risk factors for colorectal polyps or cancer, such as inflammatory bowel disease, should talk with their doctor about starting screening at a younger age and/or getting screened. more frequently.

6 Lightning Myths & Facts To Keep You Safe

I've always been a sucker for storms. Ever since I was a kid I found the booming thunder and fireworks-like lightening exciting. However, lightening can be dangerous. To protect yourself, keep these common myths in mind next time you see a storm brewing.

1. Lightning only occurs with thunderstorms. While lightning does require moisture in the air to form, it doesn't have to be raining to create lightning. In fact, one of the most dangerous times for a fatal strike is just before a storm. Lightning can also travel horizontally, striking in areas that are still sunny.

2. Rubber Tires from your car will protect you. Most cars are reasonably safe from lightning, but it's the metal roof and metal sides that protect you, not the rubber tires. Thus convertibles,

motorcycles, bicycles, open shelled outdoor recreational vehicles, and cars with plastic or fiberglass shells offer no lightning protection.

3. If outside when a storm comes, get under a tree. Being underneath trees is the second leading activity for lightning casualties! Lying on the ground isn't a good solution either. Better advice is to use the 'Lightning Crouch': put your feet together, squat low, tuck your head, and cover your ears. While lying flat on the ground gets you as low as possible, which is good, it increases your chance of being hit by a ground current, which is bad.

4. Lightning is only a danger outdoors. Shocks from lightning strikes can travel into structures, usually through metal pipes, bathtubs, and electronic devices. If

there is lightning in your area, stay off of your telephone, do not take a shower or bath, and limit your computer use. It is also possible for lightning to strike through a window, so if there is a danger of lightning in your area, take precautions to avoid this danger by closing any open windows and doors.



Know the facts and keep your family safe from lightning

5. A person who has been struck by lightning shouldn't be touched. Lightning strike victims are not electrified by the jolt. In fact, they carry no electrical charge and most likely need assistance from those nearby. Rescue personnel should be immediately called, and the victim should be evaluated by bystanders immediately, as they often need CPR to survive. If

"Who Else Wants to Win Movie Tickets For Two?"

Your chances to win are better than you think! Just Call!

Last month the winners were: Dalene Fulk of Buena Park, California and Steven Chambers of Seal Beach, California. They were the only ones to correctly call with the answer to this stumper...

Researchers in September 1996 found the largest one of these ever. It would take 12 pages of newspaper to print it. What was it?

Answer: Largest Prime Number!

Now for this month...

The Boston Red Sox have not always been called the Red Sox. When they played in the first modern World Series they were known as what?

The first 3 people to call me with the correct answer will win those movie tickets! Good Luck...

310-378-0615

Note: Movie tickets are only valid within the continental U.S. Please state your name and U.S. address where to mail the tickets.

Re: In the Event of My Death

Make sure your heirs know where to find your online password, says Kelly Greene in *The Wall Street Journal*. Estate planners say taking time to write down log-in and password information for e-mail and financial accounts, online bills, and social-media and photo-sharing sites "can prevent weeks of headaches and struggles" for those left behind after a death. Some companies, such as DataInherit and Legacy Locker, provide secure storage for your "digital assets," for a fee. But even a written inventory will help your loved ones navigate winding down your online life after your earthly one has ended.

Source: *The Week*

Word Of The Month. . .

lenient- \LEEN-yunt\; *adjective* 1 : exerting a soothing or easing influence : relieving pain or stress 2: of mild and tolerant disposition; especially : indulgent

Example Sentence: The judge decided to be lenient because it was a first offense, but warned that the defendant would not be so lucky a second time. (Miriam-Webster, online)

Quick Tips of the Month

Healthy Living Tip — Green tea could be a key to helping you lose weight. A recent study showed that overweight subjects who were exercising regularly lost three more pounds and seven percent more belly fat when they drank green tea over other beverages with the same calories.



It only takes a moment for a child to drown. Always have an adult watching.

Safety Tip — While learning to swim is important, never assume that a child who has taken swim lessons is “drown-proof.” Children who have taken formal swimming lessons are at a lower risk of drowning, but swim programs or water survival skills courses do not prevent drowning. Anyone of any age and any swimming ability can drown. Never leave children alone around water. Children under the age of four should always be within touch reach, even if using floaties or other swimming aids.

Organizing Tip — Although you may have a medicine cabinet in your bathroom, the last thing you should store in there is actual medicine. The heat and humidity can harm medicines and vitamins. Instead, store medicines on a high shelf in your linen closet or in your pantry. A cool, dark place out of the reach of children is the best place for these items.

The Best Apps.... For Baby Boomers

Silver Surf is “the Web browser equivalent of a large-print book.” Features include “large-text buttons and the ability to zoom in on small text.” (Apple products only)

Words With Friends applies the logic that “the older you get, the more you want to play Scrabble.” This Scrabble-like app for Apple products helps you take on opponents remotely, giving each player days to make a move.

iTriage is a symptom checker to save you possible trips to the doctor. Simply “punch in your symptoms and view possible diagnoses.” This free iPhone app even gives directions to the nearest hospital and emergency-room wait times.

Golf GPS Range Finder allows you, whenever you’re on a fairway, to “drop pins on a satellite view of your current hole and calculate the distance” of your next shot.

Source: *TheStreet.com*

B.Z. Toons

by Brian Zaikowski

www.bztoons.com



Welcome to Heaven. Rule number one, Don't eat the fruit. God gets really weird about it ever since that Adam and Eve thing. Anyway, it's only plastic.

Quotes to Live By...

“A creative man is motivated by the desire to achieve, not by the desire to beat others.”

~Ayn Rand

“Always do your best. What you plant now, you will harvest later.”

~Og Mandino

“Be miserable. Or motivate yourself. Whatever has to be done, it's always your choice.”

~Wayne Dyer

“It takes a great deal of courage to stand up to your enemies, but even more to stand up to your friends.”

~J. K. Rowling

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The Attorney Next Door®

Whether you need legal advice, or if you simply want to stop by and say “hello”, that would be great too. Please contact me anytime, I'd love to hear from you!

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