



Tips for making healthy lifestyle changes

Set SMART goals (Specific, Measurable, Achievable, Realistic, Time-bound) and write them down. Check your progress regularly.

Share your goals with a buddy who'll hold you accountable. Set up a time each week to call or text your buddy with updates on your progress. Setting deadlines will help keep you on track.

Make small, gradual changes to increase your chances of success. A short walk or exercising to an online video for five to 10 minutes a day is an easy way to get started.

Change your mindset. Instead of focusing on what you shouldn't eat, drink or do, think of yourself as someone who wants to be healthy and live a full life.

Try "habit stacking." Identify a current habit you already do each day and stack your new behavior on top. For example, when you sit down to dinner, always put veggies on your plate first. Or, whenever you see a set of stairs, take them instead of using the elevator.

Use a mobile health app. From free food and exercise trackers like MyNetDiary or MyFitnessPal to fee-based lifestyle approaches like Noom, a mobile app may provide the feedback and encouragement you need to make healthy, sustainable lifestyle changes.



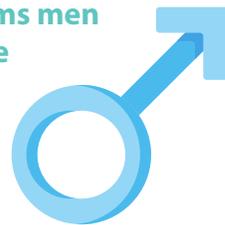
10 cancer symptoms men are likely to ignore

Cancer may develop in anyone at any time, but historically, cancer is diagnosed in men more often than women. The National Cancer Institute (NCI) estimates that one in two men and one in three women will be diagnosed with cancer during their lifetime.

Studies have found that these differences in cancer incidences and may be attributed to lifestyle-related risk factors, such as smoking, drinking alcohol and eating fatty foods. Also, men historically are more likely to have been exposed to industrial hazards that may increase their cancer risk. Whatever the reason, men and women experience cancer differently in many ways, and they often start with anatomy.

10 cancer symptoms men are likely to ignore

Cancer symptoms may sometimes be attributed initially to other less serious conditions. But when symptoms persist, they may be a sign of cancer or another disease. Some of these symptoms include:



- Blood in the stool, which may be a sign of colorectal cancer.
- Difficulty urinating or urinating frequently, which may be a sign of prostate cancer.

- A lump, swelling or sores on the testicles or penis, which may be a sign of penile or testicular cancer.
- Blood in the urine, which may be a sign of several cancers, including bladder cancer or liver cancer.
- Difficulty swallowing, which may be a sign of throat cancer.
- Mouth sores, which may be a sign of oral cancer.
- Chronic coughing, which may be a sign of several cancers, including lung or throat cancer.
- Stomach pain or nausea, which may be a sign of several cancers, including leukemia, esophageal cancer, liver cancer or pancreatic cancer.
- Skin changes, which may be a sign of skin cancer or melanoma.
- Fatigue, which may be a sign of many cancers, including lymphoma or leukemia.

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