

Whitnall Health News



Prevent Cancer

By Owen Viar

Types Of Cancer

The most common types of cancer are as follows: Skin Cancer, Lung Cancer, Breast Cancer, Prostate Cancer, and Colorectal Cancer

Skin cancer affects more than 1 million people a year, skin cancer can form on any part of the skin, although it mainly forms on the parts exposed to the sun. Lung cancer effects around 200,000 people a year, lung cancer forms in the lining of the lungs. There are two types of lung cancer small cell and non-small cell. Lung cancer claims around 110,000 lives per year. Breast cancer affects around 190,000 people per year, breast cancer forms in the breast of a human. Most people believe that only woman can get breast cancer but as they are the majority of patients that get it there are also 1,900 male cases of breast cancer. Prostate cancer also affects around 190,000 people per year, prostate cancer is the most common cancer found



In this issue you will learn about the benefits of physical activity.



You will also learn how to prevent diseases such as AIDS, cancer, and diabetes.

in male patients, this cancer forms in the tissue inside the prostate glands. Colorectal cancer affects 150,000 people per year, the colon is part of the large intestine that helps break down your food.

Ways To Prevent These Cancers: Don't use tobacco, eat a healthy diet, maintain a healthy weight and be physically active, protect yourself from the sun(wear sunscreen), get immunized, avoid risky behaviors, and get regular medical care

AIDS Prevention

By Brandon Ksobiech

When it comes to AIDS or any STD, they're not laughing matter be sure to always be safe and here's how.

First, if your ever doing anything sexual, make sure you know your partner's previous love history and if he/she has any STD's or anything. If so, make sure to get yourself checked as soon as possible.

Second, always use a condom it's the best way for you to make sure you don't spread STDs and it also prevents unwanted child birth

Make sure if you're going to get a tattoo or if you're going to a doctor that they're legit professionals because AIDS can spread through needles too

If your a pregnant mother make sure you get checked because you can spread aids to your child through breastfeeding



Also, if someone has AIDS don't treat them any differently. Many other people who have this STD can live normal lives. For example, Magic Johnson is a hall of fame basketball player who played part of his career with this problem. So basically stay in school, wear your seatbelt, and use a condom.

The Importance of Physical Activity

By Sonia Becerra

Studies show that only 1 in 3 children in America are physically active daily. Although this is comparatively a very high number, the inactive children start adding to other statistics such as the high rates of childhood obesity and

type II diabetes. I asked my peers a number of questions regarding how they view physical activity, and the results are all over the place.

Many people have said that they prioritize exercise, but also said that they exercise too little for their body. This can happen due to a number of things, such as limited time and little to no equipment to exercise with. These results also show that although there is a percentage of students who are either under working themselves or not exercising at all, the majority of respondents value and partake in physical activity regularly.

Diabetes Prevention

By Abby Kastner

With diabetes being the seventh leading cause of death in America it could be considered a serious issue that needs to be considered and fixed. In 2015 around 10% of Americans had diabetes, this number is growing as the problem is not addressed to those who may have a lot of risk factors. Some of these risk factors include being overweight, female, over 40 years old, and having a family history of diabetes. One's health could be harmed in many ways if they were to obtain diabetes. With type 2 diabetes your body doesn't use insulin correctly. This causes you to gain excessive weight, drowsiness, and blurred vision. With type 1 diabetes your body produces no insulin. If you have type 1 diabetes you may have frequent urination, abnormal thirst, and hunger. When the body doesn't use insulin correctly or doesn't produce any at all, your blood glucose level is not at its normal level. It's important to maintain a normal blood glucose level because

it ensures that your body will have enough energy throughout the day and keeps your brain functioning normally. If someone were to exercise, maintain a healthy diet, and go to their doctor and take certain medications prescribed to them, they would be improving their health as it may be damaged from having diabetes. You may also want to watch your sugar intake as it will further the likelihood of your blood glucose level staying at a normal level. Be sure that you are taking a careful look at the risk factors of diabetes and that you are doing your best to prevent your likelihood of obtaining diabetes and taking precautions.

The Benefits of Physical Activity

By Gavin Ritt

Obesity is a growing problem in America. The best way to reduce the rate at which it grows is to use physical activity to your advantage. Exercising is one of the best ways to burn calories or lose weight. Throughout the country, only 51.6% of Americans exercise three times a week, barely half of the country. Surveying many people from Whitnall High School, only 10.5% of the surveyed persons do not exercise whatsoever. An 89.5% exercise rate is good for everyday teens to have. In America 30.7% of citizens are obese,

and throughout the country 17.53% of citizens own a gym membership. These statistics show that many would prefer to eat than to be physically fit. Being physically active is extremely important, it can lower the chance of getting diabetes, high blood pressure, strokes, and cancer. Exercising, three to four times a week and keeping a good diet can help in keeping physically fit. Physical activity can take many forms, from walking to lifting weights. Although exercising can feel like a time waster, in the long run, it can raise life expectancy, boost one's confidence. Physical activity and a good diet plan are two of the most important things to have when it comes to being an overall healthy person.