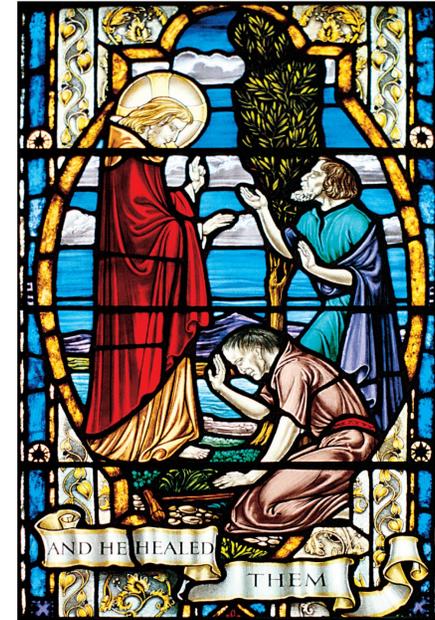


Health Facts

www.factslides.com

1. A lack of exercise is now causing as many deaths as smoking across the world.
2. People who regularly eat dinner or breakfast in restaurants double their risk of becoming obese.
3. Laughing 100 times is equivalent to 15 minutes of exercise on a stationary bike.
4. Sitting for more than three hours a day can cut two year's off a person's life expectancy.
5. **Over 30% of cancer could be prevented by avoiding tobacco and alcohol, having a healthy diet, and physical activity.**
6. Sleeping less than 7 hours per night reduces your life expectancy.
7. One can of soda a day increases your risk of getting type 2 Diabetes by 22%.
8. McDonald's Caesar salad is more fattening than their hamburger.
9. Severe depression can cause us to biologically age more by increasing the aging process in cells.
10. Chicken contains 266% more fat than it did 40 years ago.
11. On average, people who complain live longer. Releasing the tension increases immunity and boosts their health.
12. Sixty percent of people needing mental health services in the U.S. don't get it, often because of the stigma of seeking help.
13. The U.S spends more money per person on healthcare than any other developed country, yet its life expectancy is below average.
14. A half hour of physical activity 6 days a week is linked to 40% lower risk of early death.
15. One out of every four dollars employers pay for health care in the U.S. is tied to unhealthy lifestyle choices like smoking, stress, or obesity.
16. Eating too much meat can accelerate your body's biological age.
17. People who read books live an average of almost two years longer than those who do not read at all.
18. You can burn **20% more fat** by exercising in the morning on an empty stomach.

Abundant
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Wellness Words

August 2018

Fungal Infection Awareness
Month

“I have come that you may have life and have it more abundantly.”

John 10:10b

Fungal Infection Awareness Month

www.cdc.gov

What Is a Fungal Infection?

- Fungal diseases are often caused by fungi that are common in the environment. Most fungi are not dangerous, but some types can be harmful to health.
- Mild fungal skin diseases can look like a rash and are very common. Fungal diseases in the lungs are often similar to other illnesses such as the flu or tuberculosis. Some fungal diseases like fungal meningitis and bloodstream infections are less common than skin and lung infections but can be deadly.

Who Gets Fungal Infections?

People with weak immune systems

- Infections that happen because a person's immune system is weak are called opportunistic infections. These illnesses can be caused by bacteria, viruses, or fungi. Many fungal infections are opportunistic infections.

What weakens an immune system?

- Some people are born with a weak immune system. Others may have an illness that attacks the immune system such as HIV/AIDS. Some medications, like corticosteroids or cancer chemotherapy, can also lower the body's ability to fight infections.
- If you have a weakened immune system, you should be aware that fungal infections can happen. Learning about fungal infections can help you and your doctor recognize them early. This may help prevent serious complications.

Infections can also happen in people without weak immune systems.

- Fungal infections that are not life-threatening, such as skin, nail, or vaginal yeast infections, are common.
- Some infections can be more serious. Lung infections like Valley fever or histoplasmosis can happen in people who live in or visit certain areas.
- Anyone can get a fungal infection, even people who are otherwise healthy. Fungi are common in the environment, and people breathe in or come in contact with fungal spores every day without getting sick. However, in people with weak immune systems, these fungi are more likely to cause an infection.

Types of Fungal Infections

Candidiasis is a fungal infection caused by yeasts that belong to the genus *Candida*. *Candida* yeasts normally reside in the intestinal tract and can be found on mucous membranes and skin without causing infection; however, overgrowth of these organisms can cause symptoms to develop. Candidiasis that develops in the mouth or throat is called "thrush" or oropharyngeal candidiasis. Candidiasis in the vagina is commonly referred to as "yeast infection". Invasive candidiasis occurs when *Candida* species enter the bloodstream and spread throughout the body.

Fungal nail infections are common infections of the fingernails or toenails that can cause the nail to become discolored, thick, and more likely to crack and break. Infections are more common in toenails than fingernails. The technical name for a fungal nail infection is "onychomycosis." Fungal nail infections can be caused by many different types of fungi (yeasts or molds) that live in the environment. Small cracks in the nail or the surrounding skin can allow these germs to enter your skin and cause an infection.



Ringworm is a common skin infection that is caused by a fungus. It's called "ringworm" because it can cause a circular rash (shaped like a ring) that is usually red and itchy. Anyone can get ringworm. The fungi that cause this infection can live on skin, surfaces, and on household items such as clothing, towels, and bedding. Ringworm goes by many names. The medical terms are "tinea" or "dermatophytosis." Other names for ringworm are based on its location on the body – for example, ringworm on the feet is also called "athlete's foot."

Who gets ringworm?

Ringworm is very common. Anyone can get ringworm, but people who have weakened immune systems may be especially at risk for infection and may have problems fighting off a ringworm infection. People who use public showers or locker rooms, athletes (particularly those who are involved in contact sports such as wrestling), people who wear tight shoes and have excessive sweating, and people who have close contact with animals may also be more likely to come in contact with the fungi that cause ringworm.

How can I prevent ringworm?

- Keep your skin clean and dry.
- Don't walk barefoot in areas like locker rooms or public showers.
- Clip your fingernails and toenails short and keep them clean.
- Change your socks and underwear at least once a day.
- Disinfect bath and shower surfaces routinely.