

INSPIRED

To Make Healthy Choices

Prevention can make a big difference to your family's well-being.

Two examples that can save lives:

- Know your family's health history
- Prevent home fires

A recent survey found that 96% of Americans are interested in knowing their family history. Yet, only one-third of Americans (33%) pay attention to their family medical history. What the other two-thirds don't know could really hurt them!

According to Dr. Melissa Parsons from the Ohio State University Medical Center, many diseases have risk factors that can be changed. "If you know about them early on, you can take steps to reduce the risk and lessen the severity of the disease," Parsons says.

Examples of diseases that run in families include:

- ▶ Heart disease and asthma
- ▶ Diabetes and obesity
- ▶ Some types of cancer (breast, colon, ovarian)
- ▶ Autoimmune diseases, like lupus

What should you do? Start by gathering and recording family members' information:

- Current age, relationship, gender and ethnic background
- All medical conditions and age at time of diagnosis
- Age and cause of death of deceased family members
- Include both sides of your family (parents, aunts, uncles, grandparents)

Share the information with your doctor. Your doctor will use this information to discuss possible medical issues in your and your family's future as well as preventive steps you may need to take now.

Another way to protect your family and be preventative is to install a smoke alarm and make sure it works.

In a recent survey, only 12% knew that smoke alarms should be replaced every 10 years.

The latest data shows that:

- ▶ Someone is injured in a home fire every 40 minutes.
- ▶ Roughly eight people die in home fires every day.
- ▶ 83% of all fire deaths and 79% of fire injuries result from **home** fires.

Smoke alarms reduce the risk of dying in a fire by 50%.

Batteries were missing or disconnected in more than half of home fires in which smoke alarms were present but not working.

Change smoke alarm batteries every year at daylight savings time.

Did you know?

- Smoking is the leading cause of fire deaths.
- Cooking is the #1 cause of home fires and injuries.
- Heating is the second leading cause of home fires, fire deaths and fire injuries.

Practice evacuating your home blindfolded, yelling "fire" and staying low to the ground while escaping.

- ▶ Keep a flashlight and a bell in each room.
- ▶ Teach everyone - Stop! Drop! and Roll! (Stop, drop to the ground and roll if clothes catch fire.)

In a real fire:

- Feel all doors before opening them.
- If a door is hot, get out another way.
- Stay low to avoid smoke.
- Get out quickly as time is critical.

Prevention is the key to a healthier future.

Know your family's medical history.

Share your family's medical history with your doctor.

Smoke alarms cut the risk of dying in a fire by half.

Know and practice what to do in case of a home fire.

For more information:
PREVENTION
www.guideinc.org

