Menopause occurs when a woman’s reproductive cycle is over and she can no longer produce offspring. For many women, menopause occurs around age 50.

While menopause itself is not a risk for breast or other cancers, it’s important to know that some symptoms treatments and other causes can increase the risk for certain cancer among menopausal women. The North American Menopause Society says that is woman going through perimenopause and menopause may experience various symptoms, which can range from hair loss to food cravings to tidal dryness. The National Institutes of Health indicates some women undergo combined hormone therapy, also called hormon replacement therapy, or HRT, to help relieve menopausal symptoms such as hot flashes and mood swings. This therapy replaces estrogen and progesterone, which diminish in a woman’s body after menopause sets in. However, NIH’s Women’s Health Initiative Study has found that women undergoing HRT have a higher risk of breast cancer, among other conditions.

WeMen says evidence suggests that the longer a woman is exposed to female hormones, whether those made by the body, taken as a drug or delivered by a patch, the more likely she is to develop breast cancer. That means that HRT can increase breast cancer risk and also indicates that the longer a woman re- mains serially on estrogen the greater her risk for certain cancers. Female who began menstruating before age 12 or entered menopause after age 55 will have had many more menstruations. This increases the risk of uterine, breast and ovarian cancers, states the American Society of Clinical Oncology. It also may impact a woman’s chances of developing endometrial cancer.

Gaining weight after menopause can also increase a woman’s risk of breast cancer, states the MD Anderson Cancer Center. Therefore, maintaining a healthy weight or even losing a little weight can be beneficial.

Women who enter menopause are not necessarily at a higher risk for breast cancer, but some factors tied to menopause can play a role. Females who want to lower their risk for vulgar cancers are urged to eat healthy diets, quit smoking and maintain healthy body weights.

How a healthy gut can be good for your wellbeing

(BPT) – Whether it’s eating too many slices of pizza or constantly getting takeout, most of us have slipped on our good eating habits at one time or another. But is avoiding unhealthy foods enough to keep our bodies in top shape? While gut health is not something many people consider, Mayo Clinic experts agree that it is important to pay attention to it as it will impact your overall well-being. Here’s what you need to know about your gut and how it concerns your health.

Hundreds of different bacteria species live in your gut.

The lining of your gut is covered in bacteria, and these organisms create a micro-ecosystem called the microbiome. Before you go off on your health journeys and think that many of these bacteria species are good for you and should be nurtured with specialized plant fibers called prebiotics. Probiotics encourage healthy bacteria growth and can be easily incorporated into your diet, as they are found in many fruits and vegetables. Look for foods containing complex carbohydrates, which can’t be digested by the body but provide food for the healthy bacteria living in your gut.

Probiotics offer another way to help maintain a healthy, balanced state of good bacteria living in the gut. The difference with probiotics is that they actually contain living bacteria. Instead of instilling healthy bacteria, probiotics ask you to take specific strains of healthy bacteria to your microbiome. Probiotics can be found in foods like yogurt, kimchi and sauerkraut. kombucha is also a source of probiotics. You can also find probiotic and prebiotic supplements designed to help with specific conditions. Consult your doctor before adding supplements to your diet.

A healthy gut may be connected to weight loss.

The benefits of a healthy gut are still being studied, and more research is needed to confirm how a healthy gut contributes to weight loss. In a preliminary study, Mayo Clinic collected and analyzed gut bacteria samples from a group of 26 participants enrolled in the Mayo Clinic Obesity Treatment Research Program. The research team found that those who did lose weight had different gut bacteria than those who did not. Dr. Purna Kashyap, a Mayo Clinic gastroenterologist and co-author of the study, says that these findings “suggest to us that gut bacteria may possibly be an important determinant of weight loss in response to diet and lifestyle changes.”

Poor gut health can exacerbate certain autoimmune disorders.

While there are species of healthy bacteria living in your gut, some species in the microbiome are not helpful. Having an imbalance of the two can lead to poor gut health, which can then exacerbate certain autoimmune diseases such as irritable bowel syndrome, celiac disease and rheumatoid arthritis.

Improving your diet is the best way to foster a healthy gut bacteria. Along with eating more fruits and vegetables, eliminate as much processed foods and added sugars as possible. It’s also a good idea to reduce meat consumption and to incorporate alternative proteins such as legumes, nuts and seeds into your diet.

By improving your gut health, you have the potential to boost your overall well-being. Learn more about the benefits of healthy gut bacteria by visiting us at mayoclinic.org.
Fainting spells linked to blood clots

Who hasn’t tripped over his own feet or knocked over a water glass on a table? No one is immune to the occasional clumsiness, but some people may suffer from it more than others, and that’s because their brains of clumsiness are becoming more pronounced. For healthy people, bumping into things, falling down while showering or sleepwalking, or even bumping into a corner or dropping off the floor are often a minor, isolated incident. However, for some, clumsiness may be a constant and multi-faceted problem, and when it becomes a frequent occurrence, it might be time to bring in the health professionals.

Who has the most to blame? In 2007, Professor Charles Swainson and his research team at the University of Delaware studied athletes and found that the elderly are at a higher risk of blood clots. DVT, or deep vein thrombosis, can occur when a blood clot forms in the deep veins of the leg, and can travel to the lungs, heart, or brain, potentially causing death. In 2007, Professor Swainson and his team found that 1 in 6 athletes studied had a blood clot, but this number is likely to be higher in older people. Researchers found that blood clots are more likely to form when a person is sitting or lying down for long periods of time, such as after surgery or when traveling long distances.

How do I know if I have a blood clot? Symptoms of blood clots can include:

- Pain or swelling in the affected leg
- Redness or discoloration of the skin
- A warm, tender, or hard area of the affected leg
- Foot or ankle swelling
- Noticeable leg, calf, or thigh swelling
- Leg pain that wakes you up at night

If you experience any of these symptoms, it is important to seek medical attention immediately. Many people with blood clots may not experience any symptoms at all, which is why it is so important to be aware of the signs and symptoms.

What can I do to prevent blood clots? Preventing blood clots is crucial to maintaining good health. Here are some tips to reduce your risk:

- Keep moving: If you are immobilized for any reason, such as after surgery or due to injury, you should get up and move around as much as possible.
- Wear compression stockings: These stockings apply pressure to the legs to help move blood and reduce the risk of blood clots.
- Use a heparin or aspirin: These medications can help prevent blood clots from forming.
- Take medications prescribed by your doctor: If you are at high risk for blood clots, your doctor may prescribe medications to prevent them.

Blood clots are serious and can cause serious health problems. If you think you may have a blood clot, seek medical attention immediately. Early diagnosis and treatment can help prevent serious complications and even death.

Plan Ahead
You’ve got to admit it; no one should have to make these decisions for you. Giving a pre-plan to those you love gives everyone greater peace-of-mind. You can then live your life to the fullest, knowing you’ve done the right thing.

Taking the time to design your service is a loving act, and not a difficult one. We invite you to explore the seemingly infinite number of ways to celebrate and honor a life.

Premade + Creations + Cremon Chapel + Services for all faiths + Custom Funerals
After Care Service + Christian Ministry Available + Premade Contract Accepted + Banquet Hall

For more information, please call 252-498-7101 or visit our website www.westernsizzlin.com.
Aging affects hundreds of millions of people across the globe. The Arthritis Foundation estimates that more than 50 million adults in the United States have some type of arthritis, while the European League Against Rheumatism estimates that rheumatoid arthritis affects more than 120 million people in the European Union. In Canada, the Canadian Community Health Survey found that 16 percent of Canadian men age 15 and older were affected by arthritis.

The Arthritis Foundation notes that arthritis is not a single disease. In fact, the word “arthritis” is something of an umbrella term and an informal way of referring to joint pain or joint disease. While these conditions may produce some common symptoms, such as swelling, pain, and/or limping, they can vary in terms of severity and type of arthritis.

Ageing is associated with a number of changes in the body, including reductions in the activity or function of some of the brain’s systems. One of the major changes that occurs with age is a decline in the brain’s ability to maintain old network connections and make new ones. The Arthritis Foundation notes that one study indicated that older adults who maintained their mental acuity well into old age were vital to cognitive health. They may be able to perform even the simplest of tasks. But age-related cognitive decline is not always symmetrical. Arthritis of the disease can be associated with joint pain and perhaps a reduced need for such systems’ decline. The Arthritis Foundation notes that the majority of Alzheimer’s cases are late-onset, which has no obvious family pattern.

Can Alzheimer’s disease be prevented? Studies of Alzheimer’s disease are ongoing, but there is no definite test or treatment. To keep your brain healthy, the Arthritis Foundation recommends taking care of all aspects of your health. This includes mental acuity as you age. The National Institute on Aging defines cognitive decline as a loss in the ability to carry out day-to-day activities. The Arthritis Foundation notes that the presence of plaques or tangles will impair cognitive function. It is important to maintain social connections with family, friends, and community members. If you lose your sense of cognitive decline, you may become more isolated. In the United States, the majority of infectious arthritis occurs after an infection somewhere else in the body travels through the bloodstream to the joint, though some infections may enter the joint directly through a puncture wound near the joint or during surgery. Arthritis affects more than 50 million people in the United States, and the Arthritis Foundation notes that the best way to prevent the onset of arthritis is to prevent the infection. For example, many infectious arthritis are two examples of inflammatory arthritis that are most likely to affect the knee, though it can affect the hips, ankles, and wrists. Some people with infection arthritis may also experience fever and chills.

Infectious arthritis is one of the most common forms of arthritis. The Arthritis Foundation notes that infectious arthritis may also experience fever and chills. Metabolic arthritis. The body produces acids to break down purines, a substance found in many foods and in human cells. Some people produce more uric acid than they need, which then crystallizes to form tophae and tophi. The tophi can cause damage to joints. Arthritis can affect people of any age, race, or gender. More information about the various types of arthritis is available at www.arthritis.org.