

Healthy Living

Topic of November STAYING HEALTHY

Duke Health and Exercise Research Trials • Research@duke.edu • 919-681-9000

Hygiene: Behaviors that can improve cleanliness and lead to good health, such as frequent hand washing, face washing, and bathing with soap and water. – CDC

Flu: Contagious respiratory illness caused by influenza virus that infect the nose, throat, and sometimes the lungs. – CDC

Did You Know?

- ❖ Handwashing can reduce the risk of respiratory infections by 16%. – CDC
- ❖ Adults have an average of 2-3 colds per year, and children have even more. – CDC

All About the Flu

- ❖ Anyone can get the flu. Some people, such as young children and older adults, may be at a greater risk if they get the flu.
- ❖ It is most common in fall and winter. Onset of symptoms typically occurs within 4 days of exposure.
- ❖ Symptoms may include aches, cough, fatigue, sore throat.
- ❖ It can spread person to person, even up to 6 ft away.
- ❖ Check out the CDC's *Weekly US Map: Influenza Summary* to see where flu cases are being seen (cdc.gov/flu/weekly/usmap.htm)

*** Symptoms, severity, etc., can vary. Speak with your doctor if you have any concerns.*

What To Do To Avoid the Flu

Getting the flu vaccine, washing hands, and not touching face/eyes are among the preventative measures that can be taken. Visit the CDC's website (cdc.gov/flu/index.htm) for more information!

Challenge of the Month

Reflect on Your Personal Health!

- ❖ Make a list of measures you can take to stay healthy and check off the items that you have done thus far.
- ❖ Determine how/when you will complete unchecked items.

Examples: annual wellness visits, dental check & cleaning, etc. For more suggestions, check out the CDC's "Healthy People" resource at cdc.gov/family/healthypeople/index.htm.

Join the Duke Health and Exercise Research Trials Registry!



We are looking for healthy volunteers and individuals with various medical conditions to join a variety of clinical research studies. To learn more, contact our team @

Research@duke.edu or 919-681-9000

Pro00084060

Healthy Handwashing Habits

- ❖ **Wet** hands with clean water
- ❖ **Lather** hands with soap
- ❖ **Scrub** hands for 20+ seconds
- ❖ **Rinse** with clean water
- ❖ **Dry** your hands

For more info, check out:

cdc.gov/handwashing/index.html

Managing Medications

Taking medication(s) as directed by your physician is important in controlling and treating medical conditions. By not adhering, you could be putting yourself at risk. Talk to your doctor or pharmacist about medication concerns.

Check out

www.fda.gov/drugs/special-features/why-you-need-to-take-your-medications-prescribed-or-instructed for more info!

Injury Prevention

Protecting yourself from injury is a vital aspect of healthy living.

Wearing a helmet when biking or a seatbelt in a vehicle are just two examples of the measures you can take to reduce injury-risk should an accident occur.

Words of Wisdom

"It's never too early or too late to work towards being the healthiest you."

— Unknown



Nutrition research study seeks men and women aged 35-60 years

You may be eligible for
this research study if you:

- Are between 35-60 years
- Have a BMI between 25 and 35
- Are healthy, without disease



Stephan van Vliet, PhD.

is conducting a research study to determine the effects of common American diets on human health

The study lasts 14 weeks and includes:

- Following a weight-maintenance diet twice for 4-weeks each
- All food will be provided
- Study visits with blood draws at beginning and end of each 4-week period

You will be compensated for
your study participation



DukeHealth

Contact: 919-660-7507
or whollycow@dmpi.duke.edu

Pro00103827



BE ACTIVE

Are you age 60 or older?
Want to “Be Active”?



JOIN OUR STUDY!

Our 16-week study at Duke University involves a low impact exercise program and consumption of products containing blueberries. Potential benefits include improved vascular health, increased physical activity and improved cognition.

You may be eligible to participate if you:

- Are 60 years or older
- Have excess body weight (BMI 25-35)
- Exercise less than 150 minutes per week
- Are able to consume products containing blueberries



For more information please
email Beactive@duke.edu

Pro00101714