

# Healthy Living

## Topic of September: Hand hygiene and Health

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Do you know the words to “Row, Row, Row your boat”? Perhaps “Twinkle Twinkle Little Star”? Or maybe “Happy Birthday”?  
How about your “ABCs”?

You probably know more than one of the songs listed above. If you sing one song twice or two of the songs in a row while washing your hands, you have successfully washed your hands for 20 seconds! 20 seconds is the time recommended to adequately stop the spread of germs. - CDC

To properly wash your hands and reduce the spread of germs, you should perform the following steps:

1. Wet your hands under running water (warm or cold)
2. Dispense soap and cover the front and back of your hands, as well as between your fingers and under your nails.
3. Scrub as you sing two songs mentioned above.
4. Rinse under running water and dry.

\*If hand washing is not an option, hand sanitizer should also be applied for 20 seconds until it has fully dried.

Washing one's hands can reduce the chance of **respiratory infections** by 16% -CDC

It is estimated that 50% of **diarrheal-disease** deaths could be prevented by hand washing. -CDC

Routine and proper hand washing reduces the risk of **all infections** due to the removal of germs when one touches their eyes, nose, or mouth without realizing it. -CDC

## Prostate Cancer Awareness Month

September is prostate cancer awareness month. As men age, their risk of developing prostate cancer increases. Although age may be the biggest contributor, there are others:

- ❖ **Family History:** Others with prostate, breast, ovarian, colon, or pancreatic cancers
- ❖ **Genetic Factors:** Certain genes are more likely to develop prostate cancer
- ❖ **Race:** African Americans are at a higher risk of developing prostate cancer
- ❖ **Lifestyle:** Sedentary or overweight
- ❖ **Dietary Habits:** High fat, high processed carbohydrate diets

### Early detection is possible!

Ask your physician to check your PSA levels in your blood work at your annual physical.

## Words of Wisdom

“Don’t feel guilty for doing what’s best for you.”  
- anonymous

### 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 @

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