

# Health Tips

from New London Hospital

## Health Myths: Get the Facts

You CAN take simple steps everyday to protect yourself against illness and disease. The appropriate health screenings will help detect potential problems early so you can get proper treatment to prevent more serious problems later.



Dr. Arthur Moore

### **Myth: Cancer cannot be prevented.**

**Fact:** Scientists estimate that 50 percent or more of cancer deaths in the U.S. are caused by social and environmental conditions and unhealthy choices. These conditions and choices can result in an unhealthy diet, obesity, smoking, and physical inactivity. We now know more about how to prevent many cancers, including cancers of the lung, cervix, colon, rectum, and skin.

### **Myth: Adults don't need immunizations unless they are traveling outside the country.**

**Fact:** Vaccines aren't just for travelers and kids. Far too many adults become ill, are disabled, and die each year from diseases that could easily have been prevented by vaccines. Vaccines help prevent infectious diseases and save lives.

### **Myth: Low-tar or light cigarettes are not as harmful as regular cigarettes.**

**Fact:** The use of any tobacco product—including cigarettes, cigars, pipes, and spit tobacco; mentholated, "low-tar," "naturally grown," or "additive-free" can cause cancer and other adverse health effects. The poisonous ingredients in cigarettes include: tar, nicotine, lead, ammonia (a household cleaner), arsenic (used in rat poison), benzene (used in making gas), butane gas, carbon monoxide (a poisonous gas), DDT (a banned insecticide), and polonium 210 (cancer-causing radioactive element). To reduce your risk for lung cancer, stroke, heart disease, and reproductive health problems, avoid all tobacco products and exposure to second-hand smoke.

For those who seek medical information on the internet, Dr. Moore recommends [www.uptodate.com/patients](http://www.uptodate.com/patients) as this site contains information from physicians who are experts in their fields of specialty.

*Arthur Moore, MD is an experienced Internist who has an interest in preventive medicine and sees patients with the full range of internal medicine problems including hypertension, hyperlipidemia, heart disease, chronic obstructive lung disease, as well as type two diabetics who have increased risk for cardiovascular disease. Dr. Moore welcomes new patients and may be reached at 526-5390.*



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