



Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

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Cancer Myths

Myth #1: Cancer is Usually Fatal

In a recent American Cancer Society (ACS) survey, 68% of respondents said that they believe the risk of dying of cancer is increasing. Not true. Though the number of people in North America diagnosed with cancer has increased (because the US population is increasing and getting older), the risk of dying of cancer has decreased due to early detection and improved treatment. More than half of people diagnosed with cancer survive the disease – and for some cancers, such as lymphoma and leukemia, the cure rate is between 70% and 80%.

Cancer isn't a single disease. It includes many types of tumors, all of which behave differently. Some tumors, such as those found in the breast, respond very well to chemotherapy and to other treatments. Lung tumors are more resistant to treatment. The likelihood of a cure depends not only on the type of tumor but how far advanced it is at the time of diagnosis.

Myth #2: Cancer Runs in the Family

Only about 8% of cancers are genetically linked. These usually are cancers that occur in younger patients, such as sarcoma or early-onset colon cancer. But the vast majorities of cancers occur without a known cause or are related to lifestyle.

A family history does increased risk for certain cancers. For example, when a woman has a first-degree relative (such as a mother or a sister) who developed the BRCA1 form of breast cancer at an early age, her risk for getting that cancer is increased.

However, only about 10% to 20% of women diagnosed with breast cancer have a family history of the disease. That's why it is important for every woman to undergo regular mammograms and do breast self-exams on a regular basis.

Myth #3: Surgery Causes Cancer to Spread

In the ACS survey, 41% of respondents said they believe that cancer spreads through the body during surgery. In reality, the risk of cancer spreading during surgery is close to zero. This myth probably started in the days before early detection of cancer. It was common for doctors to find advanced cancers during surgery – even in patients who may have had only mild symptoms. Patients and their families concluded that the surgery itself made the disease worse.

Some cancers in the abdomen or ovaries produce large amounts of malignant fluid. In those cases, it's theoretically possible for cancer cells to spread if the fluid leaks into the abdomen during surgery, but there is no actual evidence of that ever happening. – *Gregory Pennock, MD*



VJ Day

The End of World War 2

Victory over Japan Day (VJ Day) is a name chosen for the day on which the Surrender of Japan occurred, effectively ending World War II. It is also the name given to the subsequent anniversaries of that event. The term has been applied to both the day on which the initial announcement of Japan's surrender was made, in the afternoon of August 15, 1945, as well as the date the formal surrender ceremony was performed in Tokyo Bay, aboard the battleship USS Missouri on Sept 2, 1945.

In Japan, the day is usually known as *Shuusen-kinenbi*, which literally means the "memorial day for the end of the war." The official name for the day, however, is "the day for mourning of war dead and praying for peace." This official name was adopted in 1982 by an ordinance issued by the Japanese government.

Since the European Axis Powers had surrendered three months earlier (VE Day), VJ Day would be the official end of World War II. In his announcement of Japan's surrender on August 14, President Truman said that "the proclamation of VJ Day must wait upon the formal signing of the surrender terms by Japan." True to his word, Truman did not proclaim VJ Day until the signing took place on September 2.

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Thoughts on War and Peace

*A people free to choose
will always choose peace.*

Ronald Reagan

*In peace, sons bury their fathers.
In war, fathers bury their sons.*

Herodotus

*War does not determine who is right
– only who is left.*

Bertrand Russell

*We are going to have peace,
even if we have to fight for it.*

Dwight D. Eisenhower

*It is madness for sheep
to talk peace with a wolf.*

Thomas Fuller

Peace is its own reward.

Mohandas Gandhi

See Insert This Issue:



**Red Wine
+ Carpet
= Stains**

**But It Doesn't Have To
Be That Way!**

August 1955:

The First Guinness Book of World Records is Released

On May 4, 1951 Sir Hugh Beaver, then the managing director of the Guinness Brewery, went on a shooting party in North Slob, by the River Slaney in County Wexford, Ireland. He became involved in an argument over which was the fastest game bird in Europe, the koshin golden plover or the grouse. That evening at Castlebridge House he realized that it was impossible to confirm the answer in reference books.



Beaver thought that there must be numerous other questions debated nightly in pubs in Britain and Ireland, but there was no book with which to settle arguments about records. He realized then that a book supplying the answers to this sort of question might prove popular.

Beaver's idea became reality when Guinness employee Christopher Chataway recommended student twins Norris and Ross McWhirter, who had been running a fact-finding agency in London. The brothers were commissioned to compile what became the Guinness Book of Records in August of 1954. One thousand copies were printed and given away.

After founding the *Guinness Book of Records* at 107 Fleet St., the first 197-page edition was bound on August 27, 1955 and went to the top of the British bestseller list by Christmas. "It was a marketing give-away – it wasn't supposed to be a money maker," said Beaver. The following year it launched in the U.S. and it sold 70,000 copies.

After the book became a surprise hit, many further editions were printed, eventually settling into a pattern of one revision a year, published in October to coincide with Christmas sales.

August 13th is International Left-Hander's Day

International Lefthanders Day was first observed on August 13, 1976. As its name suggests, it is meant to promote awareness of the inconveniences facing left-handers in a predominantly right-handed world. It celebrates their uniqueness and difference; lefties form 7-10% of the world's population.

- Most left-handers draw figures facing to the right.
- There is a high tendency in twins for one to be left-handed.
- Stuttering and dyslexia occur more often in left-handers (particularly if they are forced to change their writing hand as a child).
- Left-handers adjust more readily to seeing underwater.
- Left-handers excel particularly in tennis, baseball, swimming and fencing.
- Left-handers usually reach puberty 4 to 5 months after right-handers.
- 4 out of the 5 original designers of the Macintosh computer were left-handed.
- 1 in 4 Apollo astronauts were left-handed – 250% more than the normal average.
- Left-handers are generally more intelligent, better looking, imaginative and multi-talented than right-handers – based on discussions among members of the Left-Hander's Club, that is!

National Golf Month Hole-In-One Facts

- **First Recorded:** The earliest recorded hole-in-one was in 1868 at the Open Championship, when “Young Tom” Morris aced the 8th hole at Prestwick, a 145 yard par 3. This was the first of four consecutive Open Championships won by Young Tom.
- **Consecutive:** John Hudson, a 25-year-old professional, achieved a near miracle when he holed out two consecutive holes-in-one at the 11th and 12th holes (195 yards and 311 yards) in the 1971 Martini Tournament at Norwich, England.
- **First on TV in Open Championship:** In the 1971 Open Championship at Birkdale, Lionel Platts aced the 212-yard 4th hole in the second round. This was the first instance of an Open Championship hole-in-one being recorded by television.
- **In Ryder Cup:** Nick Faldo’s ace at the 14th in the 1993 Ryder Cup at The Belfry was only the second to be recorded in the history of the match. The other was by Peter Butler at Muirfield’s 16th hole in 1973.
- **Two In A Tournament:** In the 1973 Open Championship at Troon, two holes-in-one were recorded, both at the “postage stamp” hole, the 8th hole, in the first round. They were achieved by Gene Sarazen and amateur David Russell, who were by coincidence respectively the oldest and youngest competitors.
- **History Repeats Itself:** Mrs. Argea Tissies scored an ace at the 2nd hole at Punta Ala in the second round of the Italian Ladies’ Senior Open in 1978. Exactly 5 years later, on the same date, at the same time of day, in the same round of the same tournament – and at the same hole – she did it again with the same club.
- **Longest:** In March of 1961, Lou Kretlow holed his tee shot at the 427-yard 16th hole at the Lake Hefner course, Oklahoma City, USA.
- **Oldest Man:** In January 1985, 99-year-old Otto Bucher from Switzerland aced La Manga’s 130-yard 12th hole.



A Very Simple Hot Flash Cure

Most menopausal women are awakened by hot flashes in the first half of the night.

Reason: Rapid eye movement (REM) activity, which suppresses hot flashes, is less frequent at this time. In a new study, turning the thermostat to 64 F reduced the occurrence of hot flashes by 68%. – *North American Menopause Society*

Better Ovarian Cancer Detection

Ovarian cancer has been known as a “silent” killer – a disease that can progress without warning. However, research shows that nearly all ovarian cancer patients have some symptoms in the disease’s early stages, such as bloating, increased abdominal size, fatigue, bladder problems (including frequent urination) and pain in the stomach and pelvic area.

Self-Defense: If you experience any of these symptoms for more than three weeks, see your doctor and ask for a pelvic exam, which may include a pelvic ultrasound. – *Barbara Goff, MD*

The Purple Heart

The original Purple Heart, designated as the **Badge of Military Merit**, was established by George Washington – then commander-in-chief of the Continental Army – by order from his Newburgh, New York headquarters on August 7, 1782. The actual order included the phrase, “*Let it be known that he who wears the military order of the purple heart has given his blood in the defense of his homeland and shall forever be revered by his fellow countrymen.*” The Badge of Military Merit was only awarded to three Revolutionary War soldiers and fell into disuse following the War of Independence. Although never abolished, the award of the badge was not proposed again officially until after World War 1.

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients and friends who graciously referred me to their friends and neighbors last month!

My business runs on the positive comments and referrals from people just like you! I couldn’t do it without you!

A special thanks to all these fine folks who referred me...

Susana Poulin, Beaux Lane

Thanks for All the Kind Words!

We were very pleased with their service and would definitely recommend them to others.

Martin DeBock - Wahiawa

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Your New Issue Has Arrived!

*Look Inside For Some
Amazing Money-Saving
Tips and More!*

Celebrating Elvis

- *Elvis Aaron Presley* was born on Jan 8, 1935 in East Tupelo, Mississippi.
- Elvis is the best selling solo artist in U.S. History and remained 80 weeks atop the charts – more weeks than any other artist.
- Elvis had 10 consecutive #1 hits – the greatest number of back-to-back hits by any artist.
- In total, Elvis had 18 #1 hits, second only to the Beatles.
- Elvis has 55 Platinum albums, 27 Platinum singles, 25 Multi-Platinum albums, 97 Gold albums and 24 Gold Singles – an unparalleled record to this day.
- In overall album sales, Elvis is second only to the Beatles. The Beatles have sold 166.5 million while Elvis has sold 117.5 million.
- The song “*Heartbreak Hotel*” was Elvis’ first #1 hit, which he recorded in February of 1956.
- Presley made his big-screen debut with the musical western “*Love Me Tender*.”
- Elvis died in Memphis, TN on Aug. 16, 1977.

Who Wants To Win Movie Tickets?

**Take my Trivia Challenge
And you could win too!**

This is one of my favorite parts of the newsletter! Each month, I’ll give you a new trivia question. The first 3 people who call my office with the correct answer will win **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, and then call me at **(808) 685-3315!** Remember, your chances of winning are better than you think!

This month’s Mega Trivia Question:
**What percentage of the world’s population
is left-handed?**

- A) 2%-4% B) 6%-8% C) 7%-10%
D) 9%-14% E) 10%-16%

HINT: The answer is somewhere in this newsletter