

Manchester Manor

quarterly

VOL.2

MAY 2017

HOW TO REDUCE THE RISK OF HAVING A STROKE

ADVICE BY THE
NATIONAL STROKE
ASSOCIATION

CAN PEOPLE OF COLOR GET SKIN CANCER?

8 BEST FOODS TO REDUCE HIGH BLOOD PRESSURE

BALANCED DIET IS
NEEDED FOR GOOD
& HEALTHY BODY

FREE



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The Ultimate Tips for Health & Wellness

DID YOU KNOW?

Jamaican singer-songwriter Bob Marley died at the age of 36 from a rare form of melanoma, the most serious type of skin cancer. While people with darker skin don't get skin cancer as frequently as do Caucasians, when it is diagnosed in a person of color, the cancer is often more advanced, more difficult to treat, and more likely to be fatal.

Three skin cancer types you need to know about are basal cell carcinoma (BCC), squamous cell carcinoma (SCC) and melanoma.

How to Protect Yourself

Be sun smart. Everyone must protect his or her skin from the sun. While darker skin does not burn as easily, it's the damage you can't see right away that is particularly worrisome.

Use sunscreen

Check your skin regularly. Skin cancer can develop anywhere on the skin, which means you must check everywhere, from head to toe.

Notice any spots see a Doctor

Find more information on skin cancer among people of color at www.skinofcolorssociety.org



This Month we celebrate:

- NATIONAL HIGH BLOOD PRESSURE EDUCATION
- NATIONAL MELANOMA/SKIN CANCER AWARENESS
- NATIONAL MENTAL HEALTH AWARENESS
- NATIONAL STROKE AWARENESS

Want to Volunteer?

Call us at (323) 753-1789

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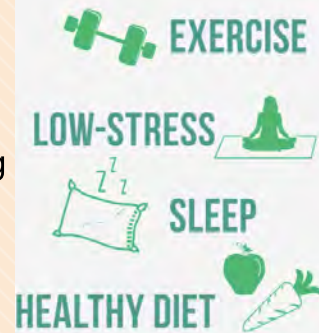
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FACT



There are factors in your control that can decrease your risk of having a stroke.

Prevent stroke happening to you or others by adding these tips to your daily living:



In 2016 44% of Americans under the age of 45 were hospitalized for a stroke

TOP 8 Foods to Reduce High Blood Pressure

1. Bananas

Bananas are packed with potassium, which has been shown to decrease the harmful effects of sodium.

2. Berries

Anthocyanins, the plant compounds in berries that give them their deep red, purple, and blue hues, have been found to reduce the risk for high blood pressure.

3. Beets

Beets and beet juice contain nitrates, which help keep blood vessels healthy. Researchers believe this may be why beets have the ability to lower blood pressure.

4. Beans

All types of beans are loaded with heart-healthy nutrients. The soluble fiber, magnesium, and potassium in beans have been linked to improved blood pressure.

5. Low-fat Dairy

Low-fat milk and yogurt contain calcium and vitamin D that may work together to reduce blood pressure in addition to beneficial milk peptides formed when dairy is digested.

6. Nectarines

Nectarines (and other stone fruits such as peaches and plums) are rich in potassium, magnesium, and fiber.

7. Spinach

Spinach is rich in potassium and magnesium and low in sodium. Like beets, spinach also contains beneficial nitrates.

8. Sweet Potatoes

Sweet potatoes provide calcium, magnesium and potassium. Eating the skin in addition to the flesh will boost your intake of magnesium and potassium.