

Mama Called the Doctor and the Doctor Said “You Should Probably Get that Checked Out”

So, here's the deal: women are far healthier than men. Men die, on average, 5 years earlier than their spouses, and are also more likely die from AIDS, liver disease, heart disease, cancer, stroke, lung disease, kidney disease, and pneumonia. They even commit suicide at a higher rate! So, is this just one of those fundamental differences between men and women? Possibly, but research suggests that social factors play the biggest part, and most importantly men are 33% less likely to visit the doctor than women.

Things You Should Keep Updated on

Cholesterol Screening

It's recommended you get a cholesterol screening once every 5 years after you turn 35 (or 20 if you have any major risk factors). It's important to get this screening done because it provides a reading of your triglycerides. High triglycerides are associated with an increase in heart disease and diabetes. Did you know 1/3 of heart attack victims never have any warning?



Checking your Blood pressure

You should have your blood pressure checked every 2 years, unless it's abnormal in which case you should have it checked every year. You should also check it every year if you have diabetes, heart disease, or kidney problems. There are many health problems associated with abnormal blood pressure.

Colorectal Cancer Screening

Colorectal cancer is a common cancer among both men and women. In fact, it's the 4th most commonly diagnosed cancer in Ontario. Colorectal cancer has a 90% chance of being cured if caught early enough, which is why it's important to be screened for it regularly. Sadly, only 30% of people actually remember to get screened. If you're over 50, you're recommended to take a fecal occult blood test (FOBT) to screen for colorectal cancer.

Prostate Exams

If you're over the age of 50, you should think about getting a prostate exam. The exam only takes a few minutes and is more uncomfortable than painful. It's used to help detect prostate cancer in its early stages and could potentially save your life. Generally speaking, you should get screened once every 4 years.



Weird Moles

Melanoma is a type of skin-cancer that 1/58 of people will be diagnosed with in their lifetime. It's an extremely aggressive type of cancer, and it's important to catch in its early stages. Go to a doctor if you find any moles which change colour, are bigger than the head of a pencil eraser, or have ragged or blurred edges.

The Truth about Vaccines

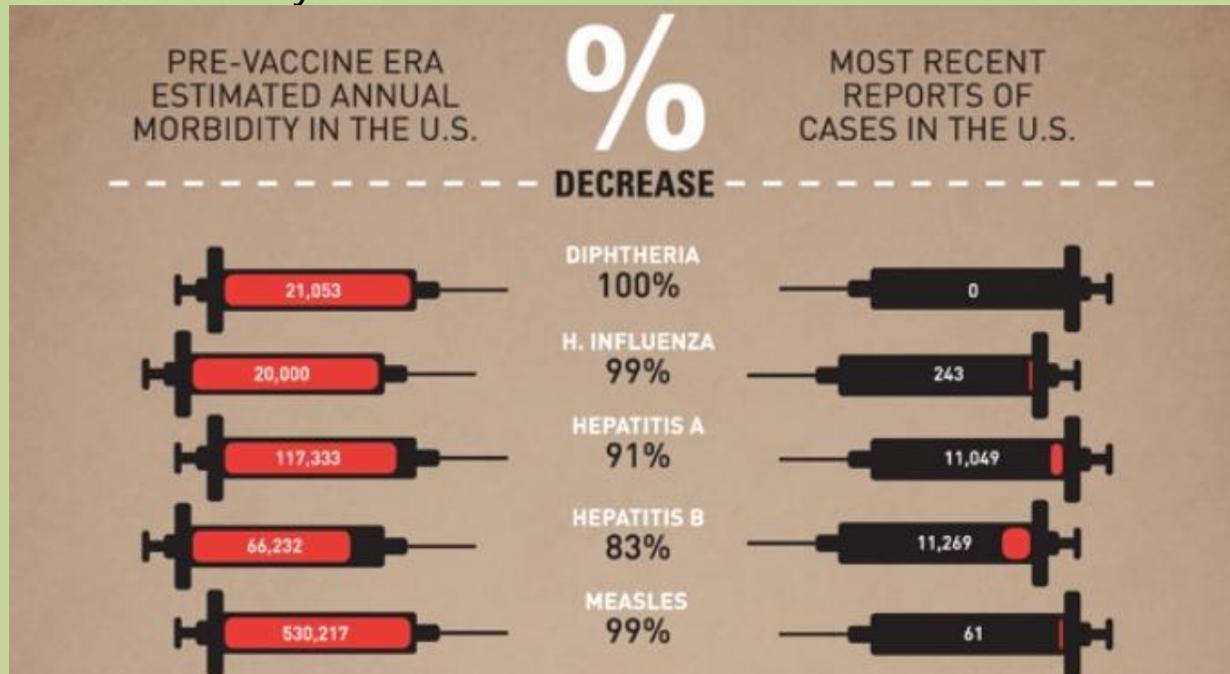
Do Vaccines Cause Autism?

The myth that vaccines cause autism was started in 1997 by a British surgeon named Andrew Wakefield, when he wrote an article for 'The Lancet'. His paper was later removed when people noticed some serious procedural errors and he even lost his medical license because of it. The myth became popularized after celebrities, such as Jenny McCarthy, started jumping on the anti-vaccine bandwagon. Despite this, there have been no credible reports suggesting a link between autism and vaccinations.



I've Never Been Vaccinated and I'm Healthy

The reason you're healthy is because of this little thing called 'herd immunization'. Since so many of the people around you get vaccinated, the infectious disease has no way to establish itself and spread. This means you're protected because of other people getting vaccinated, rather than because you think you have some 'superior' immune system. Take for example the recent outbreak of measles in Toronto, where not getting vaccinated led to the revival of a disease which hasn't been in Canada for over 30 years.



But Won't It Weaken your Immune System?

Your immune system is actually a lot stronger than you think. A newborn infant would theoretically be able to respond to up to 10,000 vaccines at one time, before their immune system became overloaded. A full grown adult could handle even more. Honestly, people are exposed to so many bacteria and viruses in their everyday life that a vaccine isn't going to make much of a difference.



Natural Immunity is Better than Vaccine-Acquired Immunity

This one is true, but you have to understand that it requires actually getting sick first. You can't build up immunity to something without having it in your system beforehand, and you're much likelier to die from the disease itself than from the vaccine preventing it.



Vaccines Have Mercury in Them Though!

Flu vaccines are practically the only vaccines which have thimerosal in them. Thimerosal is a mercury-based preservative used to prevent contamination of multi-dose vials of vaccines, and due to a large public demand has been taken out of most vaccines. This change actually served little purpose since thimerosal was never dangerous in the first place, and it really just made the vaccines more expensive. In fact, there's more mercury in tuna than in your vaccines.

