

# Leukemia

## 2 TYPES

Acute leukemia is a rapidly progressing disease that affects mostly cells that are unformed or primitive (not yet fully developed or differentiated). These immature cells cannot carry out their normal functions.

Chronic leukemia progresses slowly and permits the growth of greater numbers of more developed cells. In general, these more mature cells can carry out

## Signs

- ◇ Easy bruising or bleeding
- ◇ Paleness or easy fatigue
- ◇ Recurrent minor infections or poor healing of minor cuts

# National Cholesterol Education Awareness Month

## What is Cholesterol?

Cholesterol is a waxy, fat-like substance that occurs naturally in all parts of the body and that your body needs to function normally.

If you have too much cholesterol in your bloodstream, the excess is deposited in arteries, including the coronary arteries, where it contributes to the narrowing and blockages that cause the signs and symp-

## What can I do?

- ⇒ Follow a low saturated fat, low-cholesterol diet
- ⇒ Be more physically active
- ⇒ Lose weight if you are over weight

As always, more information on these topics and much much more are available at the Wellness Resource Center!

SEPTEMBER