

# Minor Lifestyle Changes Can Provide Major Health Benefits

Want to improve your health? Here are a few minor lifestyle changes that can provide major health benefits. We got these from *Prevention* magazine.

- **Want to cut your risk of head and neck cancer by 400%? Brush and floss!** The bacteria that lives in plaque causes gum disease. Researchers at Roswell Park Cancer Institute in New York found that people with chronic gum disease have a 400% higher risk of developing cancers of the head or neck. So, take care of your gums!
- **To cut your stroke risk by 21% - drink tea.** Researchers at the UCLA School of Medicine examined studies involving nearly 200,000 patients. People who drank at least three cups of tea a day had a much lower risk of stroke than those who drank one cup or less. The type of tea doesn't matter. Both green tea and black tea come from the same plant, and contain the antioxidants and amino acids that protect arteries and blood vessels.
- **To cut medical mistakes by 25%, follow up with your doctor.** If your doctor did tests, don't assume that no news is good news. 25% of patients never hear about abnormal test results, according to a study in the *Archives of Internal Medicine*, and delayed diagnosis causes thousand of serious health problems and deaths every year. The fix: Talk to your doctor about when they'll get your test results, and if you don't hear from them, call them yourself.
- Finally: **Want to feel 20% happier? Write a thank-you note!** A study at Kent State University found that students who wrote letters expressing sincere gratitude to someone were happier and more satisfied with their lives. That's because putting pen to paper – instead of dashing off a quick email – gives people time to focus on the good things. Other studies show that feeling grateful improves immunity, boosts lung and liver function, reduces blood pressure, and provides a greater sense of well-being.

Source: Tess.com