

LIFESMARTS SEPTEMBER 2022

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 Choking	2 Ice it; elevate it; use anti-inflammatories; apply pressure; rest; wrap it; wear a brace	3 Anaphylaxis
4 For non-life threatening illness (things like strep throat, minor burns, flu, and more)	5 Headache; dizziness; weakness; upset stomach; vomiting; chest pain; confusion:	6 Smoking; secondhand smoke; radon exposure; family history of lung cancer; diet	7 Ordinary combustibles; paper; cloth; wood; rubber; some plastics	8 An antiseptic is applied to the body, while disinfectants are applied to non-living surfaces	9 Oxygen, heat, fuel	10 They have a limited life; over time, parts begin to fail; after 10 years they are less reliable
11 Toxic; poisonous	12 Protein; carbohydrates; fat	13 Liver	14 Food and Drug Administration; Health and Human Services	15 Serving size and number of servings	16 Carbohydrates	17 Resistance exercise; strength training
18 Supply needed energy; helps meet daily nutrient requirements	19 Because overexposure to UV radiation from the sun is the most preventable cause of skin cancer	20 It will allow 1/30th of available radiation to pass through it (or 3%)	21 Sun Protection Factor	22 Fiber content; fiber weave; color; finishing processes; presence of additives	23 UVA rays; UVA	24 Scatters UVA and UVB rays; reflects UVA and UVB rays; absorbs UVA and UVB rays
25 Broad spectrum	26 Chronically uses opioids; strong desire to use opioids; increased opioid tolerance; withdrawal symptoms when discontinued	27 Counseling; behavioral therapies	28 Clinical trials	29 Studying the use and effectiveness of drugs in large groups of people	30 Whether the potential benefits of the drug outweigh side effects and other risks	

