

HEALTHY LIVING: SIMPLIFIED.

Simple Living in Canada: Health Tips

Presented by **PHILIPS**
sense and simplicity



1 Have Regular Health Check-ups
Seeing a doctor regularly helps you maintain your health and increases the chance of early detection of health problems. Early detection is a key factor in recovery from many illnesses, particularly cancer.

2 Emphasize Your Own Preventive Care
In Canada, the government-run health program promotes healthy living, including advocating exercise, balanced diets, and stress reduction. Learn what steps you can take to minimize the chances you'll get sick.



3 If You Smoke, Quit
Smoking cigarettes has been linked to dozens of diseases and conditions, including lung, throat, and mouth cancer, heart and respiratory disease, and stroke. Studies show that no matter how long you've been a smoker, quitting has major and immediate health benefits.

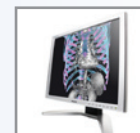
4 Stay Active
It's no surprise that Canadians, surrounded as they are by mountains and wide-open spaces, spend a lot of time outdoors. Outdoor recreation promotes physical fitness, which in turn leads to lower incidences of obesity and chronic disease.



5 Eat a Balanced Diet
The Canadian health system publishes a food guide encouraging citizens to eat a proper balance of vegetables, fruit, grains, dairy, meats, and oils. Proper diet can reduce the risks of obesity, diabetes, heart disease, and some kinds of cancer.

You want the diagnosis without worrying about unnecessary exposure to x-rays.

The Philips Brilliance CT Scanner with DoseWise works out the dose for each patient, which can lower exposure to radiation.



Simplicity is knowing a healthy smile can lead to a healthy life.

The Philips Sonicare Toothbrush. Starting a good oral healthcare routine early will help keep your family's teeth and gums healthy and can contribute to better overall health.



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