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Accident Prevention Begins With Individual Awareness

By Gary Rothstein

Whether you drive an SUV, a delivery van, an RV or a long haul truck, it's vital to always bring

along one item ... your safety awareness! The safe operation of any vehicle is determined by the attentiveness, alertness and ability of an individual to focus on the task at hand. Increasing your own driver awareness can go a long way to help prevent the costly accidents, fatalities and material losses that affect us all.

Drowsy or Distracted, Both Are Deadly

Impaired mental faculty due to limited sleep, mixed with high demands on alertness and attentiveness, makes for a dangerous combination, one that has been attributed to some \$12 billion in yearly costs and thousands of deaths (U.S. Department of Transportation). Driver distraction, or more precisely, driver lapses in attention caused by cell phones, MP3 players, GPS devices and other in-vehicle entertainment, has been named one of the leading safety hazards in the transportation industry. There is no shortage of overwhelming data supporting the need for more safety solutions to mitigate the horrific accidents and fatalities occurring as the result of drowsy or distracted driving. While new technologies are bringing better safety products to market, life saving changes can be made by increasing your individual knowledge about the causes of preventable accidents. Education is a powerful tool, understanding the dangers of unfocused driving may help you think twice. Before you end up on the wrong side of a senseless driving disaster, consider there were 43,443 deaths from motor vehicle accidents in 2005! My guess is numerous were preventable...

The Problem is Everyone's

Over the last 50 years much has been discussed about the perils of sleep-deprived truck drivers, tired individual drivers and drivers not paying attention. Further complicated by the ever increasing number of trucks on the road, additional concerns arise as a result of the dramatic shortage of qualified drivers, moving an ever growing supply of consumer and consumable products. Moreover, the problem is not limited to truck drivers as is clearly detailed in a report from the NHTSA (National Survey of Distracted and Drowsy Driving Attitudes and Behavior, April, 2003). The survey findings show that most drivers at least occasionally engage in behaviors that draw some percentage of their attention away from their

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driving task. These behaviors include talking with other passengers (81%), changing radio stations or CDs (66%), and eating or drinking while driving (49%). making outgoing & taking incoming cell phone calls (25%) and dealing with children riding in the rear seat (24%). While it is estimated that more than a billion driving trips are made weekly by drivers engaging in each of these behaviors, fewer than one in four drivers perceive these particular activities as distracting or as making driving much more dangerous! Don't take the risk of ignorance; always give your full attention to driving whenever you navigate a motor vehicle.

Dangerous Vehicles, Large & Small

It is a well known and documented fact (Commercial Motor Vehicle Facts, Federal Motor Carrier Safety Administration, April 2005) that commercial motor vehicle (CMV) driver alertness/drowsiness is a major safety hazard in modern day society. There are approximately 7.9 million large trucks on our roads today, some driven by drivers working excessive hours, complicated by a shortage of qualified truck

drivers. Large trucks alone make up over 400,000 accidents a year with an average cost of over \$62,000.00 per incident. In 2002 alone the Total Cost of Fatigue-Related Crashes (in 1999 Dollars) exceeded \$2.3 billion! What is a lesser known and reported danger is the ever increasing number of overworked, overtired and highly distracted individuals driving noncommercial trucks, SUV's and cars numbering over 220 million vehicles. While these automobiles are smaller in size and weight, they are no less dangerous in the hands of a sleep deprived or inattentive driver.

Education Enhances Safety Awareness

There are many sources of vehicle safety and accident prevention information available from the US government, such as the National Highway Traffic Safety Administration (NHTSA) and the Federal Motor Carrier Safety Administration (FMCSA). If you are limited in time, I recommend reviewing the Essential Data articles listed on our web site (

<http://www.mobileawareness.com>

) as a convenient

reference. The information is updated frequently and covers many critically important driver safety topics. By taking the time to learn about the hazards and risks associated with driving, it becomes apparent how increased attentiveness can lead to accident avoidance.

Clearly a driver's ability to safely control a vehicle and be "aware" will continue to be tested as a result of the ever increasing distractions in our highly mobilized society. The fact remains that the safe operation of any motor vehicle is the responsibility of the driver. Doing your part to increase your alertness while driving, will not only make you a safer driver, it will benefit all that share our roads.

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Prevention Of Alzheimer's Disease

By I Henman

Since the causes and mode of progress of Alzheimer's disease is still a riddle to experts in this field, some preventive measures at least may put a check on this distressing disorder. In course of random search, it was observed that people with a family history of Alzheimer's are prone to become victims while studies have shown that the disease may set in as a person begins to age. So, if your family tree has several black spots indicating Alzheimer's, you better be careful. Even without any family history, an aging individual should also take the following measures for prevention of Alzheimer's disease.

Lifestyle changes for the prevention of Alzheimer's disease

Though difficult at the outset, lifestyle changes, change of outlook and active mental and physical routine are supposed to render help in prevention of Alzheimer's disease. To begin with, let us see how mental stimulation may assist in the prevention of Alzheimer's disease.

Health studies conducted on nuns revealed that those who participated regularly in intellectual pursuits were less likely to contract Alzheimer's. Further studies also proved that a mere brainwave might not put a stringent check on Alzheimer's altogether, but it certainly delayed the onset and the progression of the symptoms that are no less distressing. So, for prevention of Alzheimer's disease one could just about read adventure stories, travel literature, sci-fi stories or do Crossword puzzles, play chess or scrabble.

Physical activity

Recent studies have shown that apart from mental stimulation, certain forms of physical activity may come of assistance for the prevention of Alzheimer's disease. Since the actual causes are unknown, it is believed that physical activity promotes increased blood flow, heart and lung capacity, etc and the combined effect should prevent Alzheimer's disease. However, physical activity need not necessarily be rigorous. Regular daily walk or swim, if possible or a game of golf or better still, any outdoor activity with small children may delay the onset of the disease.

Social Interaction

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As people age, they tend to avoid social activity, preferring a solitary existence. However, studies have shown that aversion to social interaction prevents release of certain hormones necessary to build up immunity in human being. So, maintaining a social network, visiting friends and relations, attending parties, etc may help in the prevention of Alzheimer's disease.

Diet

Though no definite diet plan has yet been introduced for patients suffering fro Alzheimer's, it is generally believed that diet recommended for cardiovascular diseases is also good for Alzheimer's. Besides, experts studying in preventive medicine have indicated that antioxidants like vitamin C and E and fish oil play a fairly important role in the prevention of Alzheimer's disease. In any event, such diet will do more good than harm to any individual, especially when he or she is aging.

Please note that this article is for educational purposes only, consult your family doctor or a medical expert before ever trying any remedy or treatment for a disease such as alzheimers.

If you found this article useful about Alzheimer's prevention then take the time to visit our other sites on

<http://www.medicalissuesadvisor.com/>

and

<http://www.tipsforhealthyyou.com>

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