



Health is Inevitable

By: Carlos Salazar
Postsecondary/Collegiate Vice President



Health is a mysterious declaration that people commonly use to determine if they are ill or well, but in modern society we do not measure wellness as a state of being but a postponement to sickness. When identifying what has occurred around the country in health this year, statements such as “unhealthy” or “can be terminal to your health” were used repeatedly. We are accustomed to hearing that cancer might be caused by the use of certain equipment or products. Some common sayings are “drinking diet soda can cause cancer.” The reality is the air we breathe, the car we drive, the water we drink or the food we eat has a higher risk of killing us than many of the cancerous products that we are told are potentially deadly. Cancer remains the leading killer among men and women in the country -- breast cancer for women and prostate cancer for men.



Children's Health:

- Cerebral Palsy: a degenerative disease that affects the muscles and brain tissues of the body stiffening and distorting the body of its victims.
- Autism: a rising disease that primarily affects children affecting their cognitive ability to think complexly and increasing anxiety and frustration due to the torment that this disease causes its victim, and finally learning impairments which affect millions nationwide ranging from speech to physical impairments disabling its victim from maintaining a high level of ability in their area of impairment. These diseases affect millions of our youth every year. All are treatable but no cure is available at this point.
- Sudden Infant Death Syndrome (SIDS), and cancer (primarily Leukemia) are two of the most deadly diseases that combined claim more than 35% of all the deaths of youth under 9 years of age.
- The killer that is not discussed much but is the most deadly for children is water. That's right! Drowning is the number one killer of children!
- Two of the most common substances that are available to teenagers and young adults throughout the country are alcohol and cigarettes. Needless to say, these substances are masked murderers that affect the lives of millions. Those of you who believe that marijuana is not dangerous, you are wrong! Marijuana can and will affect your brain causing serious damage that is irreparable.



Always remember, HEALTH is the most important thing that we have!