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Helping You Stay Informed, Engaged & Protected

ALL POINTS
mobile shredding



ALL POINTS
medical waste



Your Free Monthly Shred & Med Waste News!

May 2019

Your Monthly News & Updates

As the leader in information management, destruction and medical waste disposal, we continue to set ourselves apart from the competition by offering our clients piece of mind combined with the very best service.

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Spring Clean Out 10% of Document Purge!*



Records kept beyond their required length of time, become a liability.

How long do you really have to keep those documents?

[Click Here for Record Retention Schedules](#)

Did you know All Points offers?

- On-Site Document Shredding
- Hard Drive and Media Destruction
- Medical Waste Disposal
- On-line Compliance Training (HIPAA, BBP, DOT, OSHA)

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Identity Theft Prevention Tips



- **Social Security Number:** Never carry your Social Security card with you and don't give it to anyone but the government.
- **Personal Identification Number (PIN):** Use a PIN for added safety with your ATM card. Make it hard to guess and change it every 90 days.
- **Date of birth (DOB):** Your DOB and your SSN are two important pieces of information that are needed to steal your identity. Don't put them on the same document unless you are sure of the integrity of the source.
- **Shred Sensitive Documents:** Shred any documents that have personal information, bank accounts, credit card accounts, credit card offers, and so on before you discard them. [Call us for a quote for shredding at your residence or business.](#)
- **Opt Out of Preapproved Credit Card Offers:** Receiving these in the mail increases your chances of becoming a victim of identity theft. Shred any you do receive. You can opt out of preapproved credit card applications by calling the toll-free number, (888) 567-8688.

Source: Identity Theft for Dummies

What Your Blood Type Says About You

There are 4 blood types: A, B, AB and O. A tiny amount of protein, called antigen in a red blood cell decides what blood type you have. The journal of Arteriosclerosis, Thrombosis and Vascular Biology found that blood type affects your health risks.



- **O Blood Type** - Those with this have a lower risk of heart disease. It is also the most common. O Negative can also be given to anyone with any blood type. Those with O Blood type are more likely to have skin cancer and renal cancer.
- **AB Blood Type** - You're at a higher risk of heart disease. This is also the rarest type, with only 4% of people having it. This blood type is the most likely to have memory problems and are more prone to blood clots.
- **A Blood Type** - These individuals are more susceptible to heart disease and stomach cancer.
- **B Blood Type** - If you have this type, you're more likely to have heart disease and pancreatic cancer.

Source: WebMD & Heath Testing Centers

Reasons to Eat Cinnamon

Cinnamon actually comes from the bark of a tree. Research is still underway, but here are some of the benefits:

1. **Lowers Blood Pressure & Sugar** - Several studies have found that cinnamon can help lower blood sugar. One study found that eating cinnamon every day for 3 months can bring your systolic blood pressure down by 5 points.



2. **Increases Metabolism** - An essential oil in cinnamon can target your fat cells and make them burn more energy.
3. **Great Complexion** - One study found that cinnamon can fight the types of bacteria that cause acne. Another study suggests that it can boost collagen production making you look younger.
4. **Reduces Inflammation** - A study that analyzed 100 foods found that cinnamon decreased inflammation.
5. **Reduces Cholesterol** - In a study of 60 adults who ate 1/4 teaspoon of cinnamon daily for 40 days, the subjects' LDL went down. Another similar study found that it can increase HDL and reduce overall cholesterol.

Source: WebMD

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STAY CONNECTED:

