

TANK TIMES

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HAVE A NICE TRIP?

Have you ever been walking along and trip for no reason? Do you run into walls even though you know they're there? Do you have several bruises and you're not even sure how you got them? If so, you may be "accident prone."

Researchers at the University Medical Center Groningen in the Netherlands conducted several studies and determined that one out of every 29 people have a much higher chance of having an accident than the rest of us.

Frequent accidents can be due to a neurological disorder, but more times than not, they happen because you're stressed or not concentrating on the task at hand. For instance, in one day, a woman burned the inside of her wrist on a cooking pan. She then proceeded to burn the outside of the same wrist with a curling iron and then had a heavy trash can fall on her, causing a nasty bruise on her arm that took weeks to heal!

Evidence has shown that people who are more accident prone have a slower reaction time. Throw stress, multitasking, and anxiety into the mix, and you're headed for disaster.

If you seem to be one of those people who is accident prone, you need to learn to slow down and focus. If you're in a hurry, trying to do things in a hurry, or trying to do more than one thing at a time, you're creating a recipe for disaster. Practice living in the present. By becoming more aware of your well-being, you will have fewer accidents and a lot fewer bruises!

Resource: MSNBC



Quote:

"Fall seven times,
stand up eight."

Japanese Proverb



For more information, call the HealthChoice H.E.L.P. line at 1-800-318-BEOK

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WHAT IS DEGENERATIVE DISC DISEASE?

Degenerative disc disease, also known as spondylosis, is the result of the deterioration of the discs between the vertebrae. Over time, the cartilage within the discs and the vertebrae begins to lose water and protein content. Degenerative disc disease generally occurs in the lower back (lumbar region) and the neck (cervical region).

This disease makes you more susceptible to disc herniation. Disc herniation occurs when the nucleus of the disc is forced out through tears or tiny cracks in the outer layer of the disc. The disc may then bulge, break open, or break into fragments. Some people don't even realize that they have a disc problem, while others may experience intense pain.

Not everyone will develop degenerative disc disease; however, discs become weaker, more fragile, and thinner as you age. Degenerative disc disease is more prevalent in people who smoke, regularly lift heavy objects, or are obese. A spinal injury that causes a herniated disc may eventually turn into degenerative disc disease as well.

To diagnose degenerative disc disease, your doctor will discuss your medical history with you, whether or not you have had an injury, and perform a physical examination. Provided there is no known cause for your pain, your doctor will recommend ice or heat for relief and an anti-inflammatory medication to help reduce the swelling. He/she may recommend physical therapy or certain exercises. If your pain persists, an MRI may be needed to pinpoint the exact location of the herniated disc(s) and to determine if surgery will be required.

To help protect yourself against degenerative disc disease, use proper posture when standing and sitting. Lift heavy objects properly by lifting from the knees, not the back. Maintain a nutritious diet including nutrients such as Vitamin D, calcium, and magnesium. Maintain a healthy weight and don't smoke. Practice stretching each day, and exercise to strengthen your back and abdominal muscles.

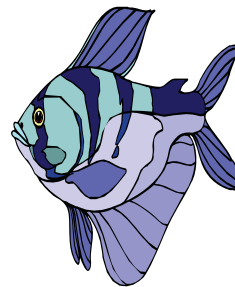
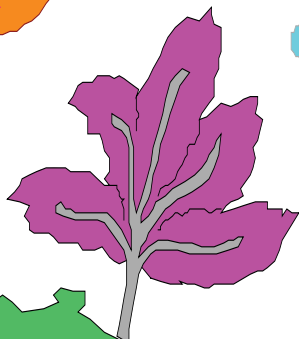
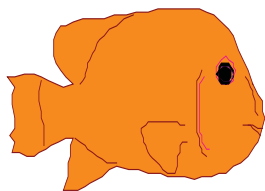
Resource: [WebMD](#)



Quote:

"It's all right letting yourself go as long as you can get yourself back."

Mick Jagger



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HIATAL HERNIA

A hiatal hernia is when part of your stomach protrudes from an opening in your diaphragm where your food pipe (esophagus) joins your stomach. A hiatal hernia can form in your esophagus for a variety of reasons such as; straining, coughing, pregnancy, lifting heavy objects, or sustaining an injury to that area of your body. Basically, anything that puts intense pressure on your abdomen can cause this type of hernia. It isn't even considered unusual when an infant is born with a hiatal hernia.

Most small hiatal hernias don't cause any symptoms; however, larger hernias almost always produce the symptoms and complications of gastroesophageal reflux disease (GERD). GERD generally develops because stomach acids back up into the esophagus. You can experience belching, heartburn, and nausea. In more severe cases, you can experience severe chest pain, difficulty swallowing, and other symptoms.

If you begin to experience any of the symptoms described above, contact your doctor. He/She may first recommend an over-the-counter antacid. If an antacid isn't helpful, you may need to see a specialist, such as a Gastroenterologist, who can prescribe a daily medication that will help reduce or block the amount of acid your stomach produces. Your doctor may decide that certain tests are needed to determine the severity of your hernia. In most cases, hiatal hernias do not require surgery, but in severe cases, the back up of stomach acid causes scarring and inflammation, and this can cause a narrowing of the esophagus. In the event the esophagus becomes constricted or strangulated, surgery to repair your esophagus is necessary.

There are a few things you can do to reduce the symptoms of GERD related to your hiatal hernia: control your weight, don't smoke, avoid problem foods and alcohol, avoid lifting heavy objects, and elevate the head of your bed to reduce the back up of acid into your esophagus. Be aware that stress can worsen GERD symptoms, so try slowing down and relaxing. Remember, follow your doctor's orders!

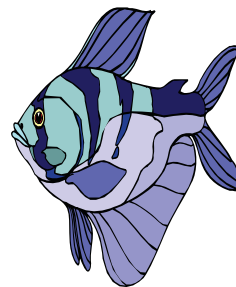
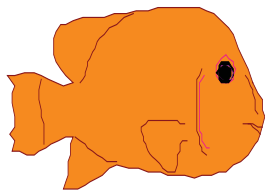
Resource: MayoClinic.com



Quote:

"It's all right to have butterflies in your stomach. Just get them to fly in formation."

Dr. Rob Gilbert



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TIPS TO CONTROL YOUR MEDICATION COSTS

Following are some things you can do to help lower your medication costs:

- ★ Visit with your health or pharmacy plan manager to make sure you understand your prescription coverage and flexible spending accounts.
- ★ Buy in bulk. Medications you take regularly for a long-term, chronic condition can be purchased in bulk. While a 90-day supply will cost you more, it's cheaper per dose than buying a new supply every month.
- ★ Ask your doctor about prescribing generic medications. Generics have the same active ingredients as brand-name drugs, and they can save you a lot of money.
- ★ Make a list of all the medications you take and during your next doctor's visit, ask him/her if all the medications on your list are necessary.
- ★ Compare prices. Some pharmacies offer low cost generics. Check with your regular pharmacy to see if they can match the discount price.
- ★ Check with the companies that manufacture your medications. Some drug manufacturers have coupons, rebates, or income assistance programs available. You can usually find this information on each company's website.

Don't ever stop or cut down on a medication because of the cost. This will make your medication less effective, and it could be hazardous to your health. Talk to your doctor about prescribing a less expensive medication.

Try to stay as healthy as you can because it costs a lot of money to be sick. The healthier you are, the less medication you'll have to take to maintain your health!

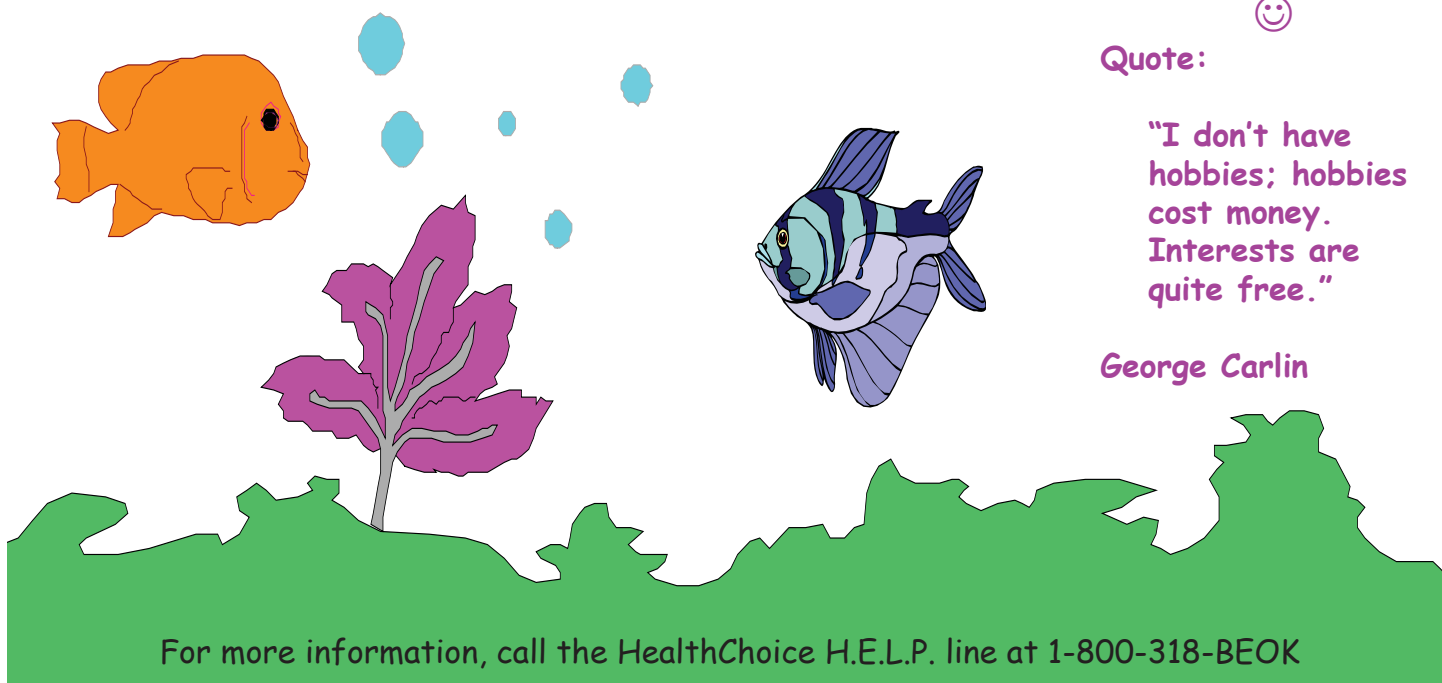
Resource: MedicineNet.com



Quote:

"I don't have hobbies; hobbies cost money. Interests are quite free."

George Carlin



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