

# TANK TIMES

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Volume 2.1

February 2009

## AMERICAN HEART MONTH

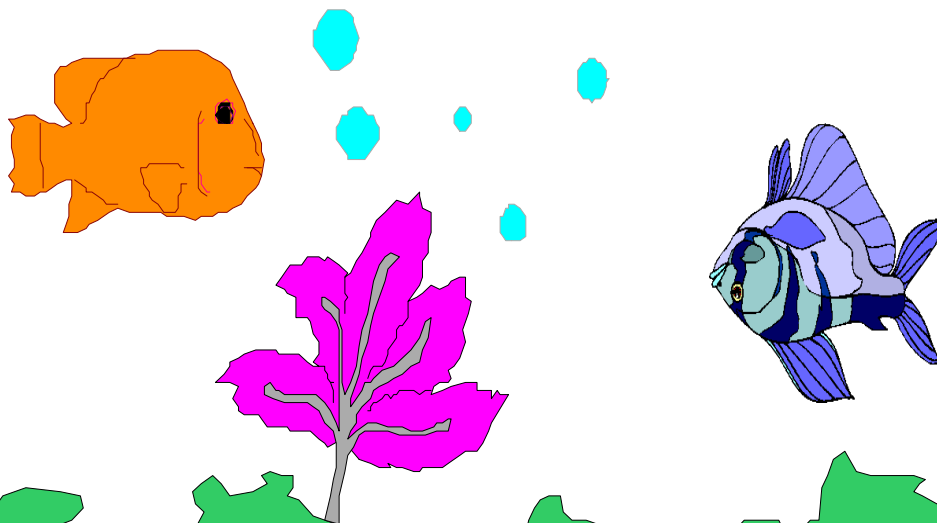
Following are the major risk factors for heart disease and heart attack that can't be changed:

- ♥ Increasing age - 4 out of 5 heart disease sufferers are 65 or older.
- ♥ Male gender - Men have a greater risk for heart attack than women.
- ♥ Heredity - Children of parents with heart disease are more likely to develop it themselves.

Following are the major risk factors for heart disease and heart attack that you can modify, treat, or control by changing your lifestyle or taking medication:

- ♥ Smoking - A smoker's risk of heart attack is more than twice that of nonsmokers.
- ♥ High blood cholesterol - As cholesterol rises, so does the risk of coronary heart disease.
- ♥ High blood pressure - High blood pressure increases the heart's workload.
- ♥ Physical inactivity - Regular, moderate-to-vigorous physical activity helps prevent heart and blood vessel disease.
- ♥ Obesity - People who have excess body fat, especially if a lot of it's in the waist, are more likely to develop heart disease and stroke even if they have no other risk factors.
- ♥ Diabetes mellitus - Diabetes seriously increases your risk of developing cardiovascular disease. If you have diabetes, it's extremely important to work with your health care provider to manage it and control any other risk factors you can.

Source: American Heart Association



Quote:

"We learn from experience that men never learn anything from experience."

George Bernard Shaw

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

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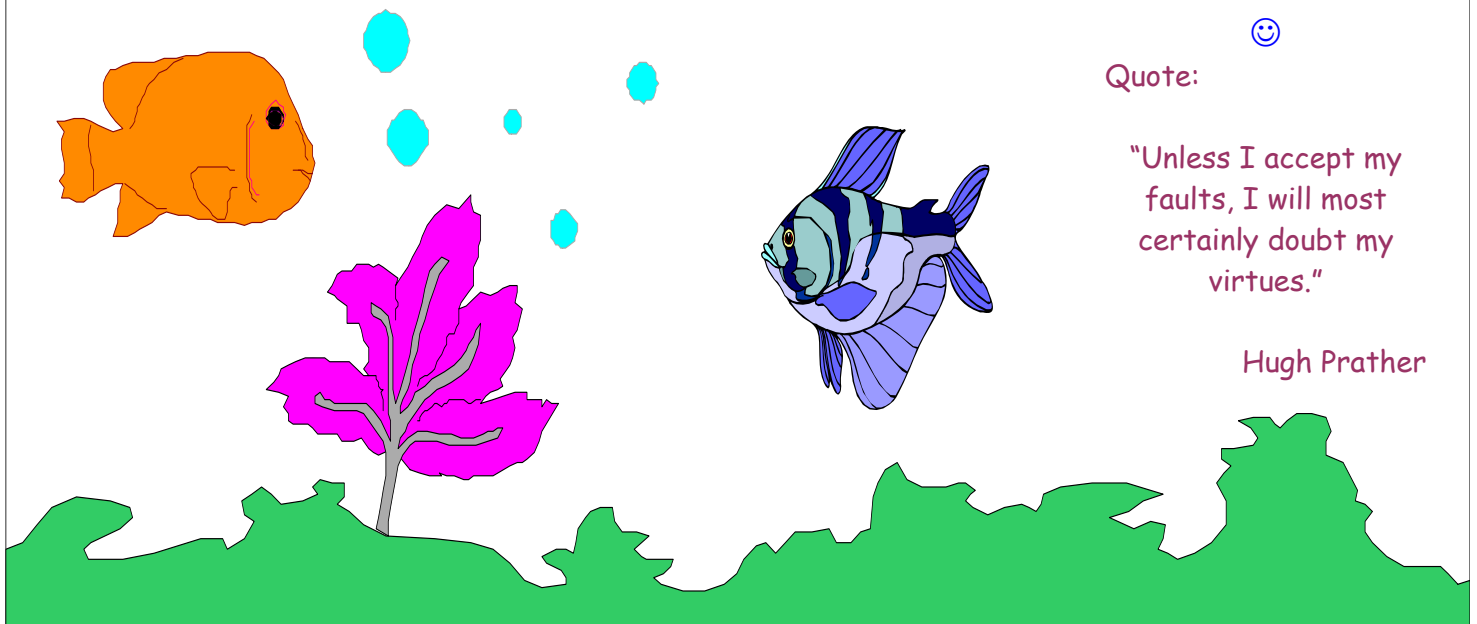
Volume 2.2

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## PROPER USE OF CHILD SAFETY SEATS

|                          | INFANTS   | TODDLER  | YOUNG CHILDREN   |
|--------------------------|---|--|--|
| <b>WEIGHT</b>            | Birth to 1 year<br>Up to 20-22 lbs.   | Over 1 year and<br>Over 20 lbs. - 40 lbs.  | Over 40 lbs. Up to 80 lbs.   |
| <b>TYPE OF SEAT</b>      | Infant only or rear-facing convertible  | Convertible/Forward-facing   | Belt positioning booster seat  |
| <b>SEAT POSITION</b>     | Rear-facing only  | Forward-facing   | Forward-facing   |
| <b>ALWAYS MAKE SURE:</b> | Birth to at least 1 year and at least 20 lbs. in rear-facing seats.<br>Harness straps at or below shoulder level. | Harness straps should be at or above shoulders.<br>Most seats require top slot for forward facing. | Belt positioning booster seats must be used with both lap and shoulder belt.<br>Make sure the lap belt fits low and tight across the lap-upper thigh area and the shoulder belt fits snug crossing the chest and shoulder to avoid abdominal injuries. |
| <b>WARNING</b>           | All children age 12 and under should ride in the back seat.   | All children age 12 and under should ride in the back seat.  | All children age 12 and under should ride in the back seat.  |

Source: National Highway Traffic Safety Administration



Quote:

"Unless I accept my faults, I will most certainly doubt my virtues."

Hugh Prather

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## QUESTIONS YOU SHOULD ASK ABOUT YOUR NEW PRESCRIPTION

If you are prescribed a new medication, make sure you ask the following questions:

- What is the drug's name?
- How does it work?
- How long before it takes effect?
- What will it do for me?
- How long will it be effective?
- When should I take it?
- Are there possible side effects, both short and long-term?
- Should I take it with meals?
- How long should I take it?
- Is there a generic equivalent for it?
- Will it interfere or interact with another drug I'm taking and cause problems?
- May I stop taking it if I start to feel better?

Source: American Institute of Preventive Medicine

Quote:



"People will forget what you did, people will forget what you said, but they won't forget the way you made them feel."

Anonymous

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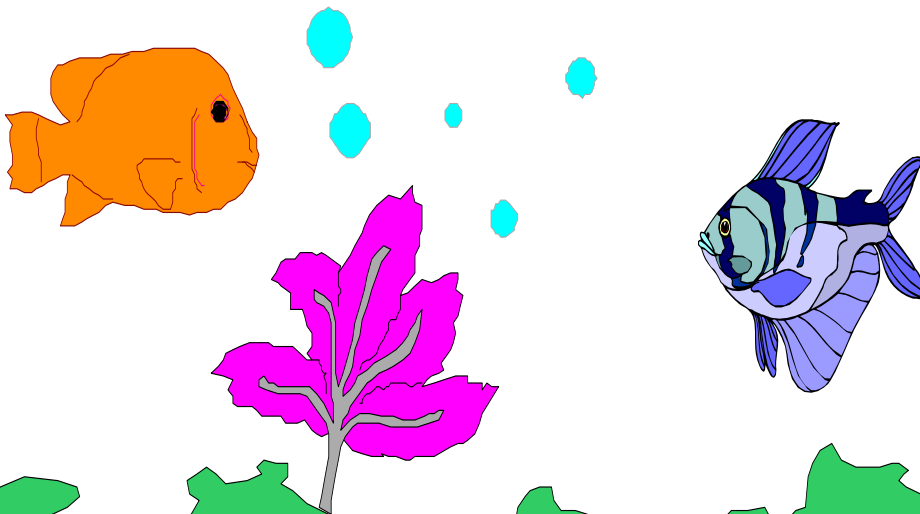
## DO YOU HAVE THE WINTER BLUES?

Are you one of the many people who start to feel depressed in the fall and continue to feel dark and dreary until the spring? Scientists call severe winter depression Seasonal Affective Disorder (SAD). Light and temperature play a significant role in SAD. Daylight prompts the brain to release chemicals that spark feelings of energy. For about 5% of the population, their mood grows darker when the days grow shorter.

The following are some tips for overcoming the winter blues:

- ▶ Get outside as much as possible. SAD sufferers report they benefit more by exposure to early morning light than to light later in the day.
- ▶ Keep the drapes in your house open and the window shades raised during daylight hours.
- ▶ Sit near windows, and look outside periodically.
- ▶ On cloudy days, turn on bright lights.
- ▶ Don't isolate yourself during winter. Visit friends; see shows - anything to get out and about.
- ▶ Try to take a vacation.

Source: American Institute of Preventive Medicine



Quote:

"Science is to see what everyone else has seen but think what no one else has thought."

Albert Szent-Gyorgyi

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