

TANK TIMES

Brought to you by HealthChoice

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January 2009

NATIONAL VOLUNTEER BLOOD DONOR MONTH

What is blood? Blood is the fluid that circulates in a person's heart, arteries, capillaries and veins, carrying nourishment and oxygen to and taking waste products from all parts of the body.

How much blood do I have in my body? About 8 percent of a person's weight is blood. The amount of blood varies according to height and weight, but an average man has about 12 pints of blood, and the average woman has about 9 pints.

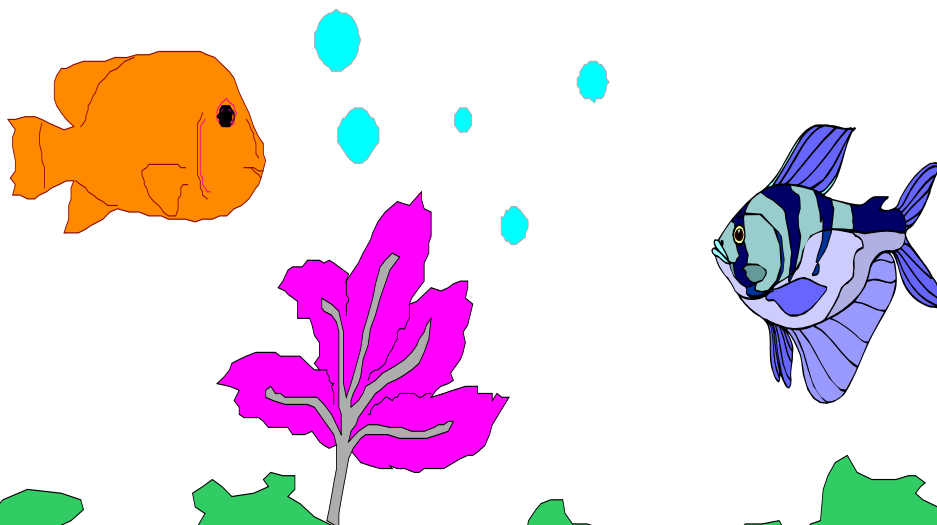
Who uses blood? Women are transfused with slightly more than half of the blood used in the United States, and people 65 and older use approximately 45 percent of all blood products. If you live to the age of 72, there is a 95 percent chance that you will have a need for blood products during your lifetime.

Who is eligible to donate? Healthy individuals who are at least 17 years of age and weigh at least 105 pounds are encouraged to donate regularly.

What are the most common reasons donors are not allow to give blood? Anemia (low blood count), elevated temperature, pulse or blood pressure, and travel to a malarial area.

Who gives blood? Volunteers donate virtually all of this country's supply of blood for transfusion. It's important to encourage all healthy individuals to donate blood.

Source: Oklahoma Blood Institute



Quote:

"Brain cells come and
brain cells go, but fat
cells live forever."

Unknown

For more information,
call the HealthChoice HFD line at 800-318-REOK

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Carbon Monoxide Poisoning Can Be Prevented

Once again, the U.S. Consumer Product Safety Commission (CPSC) and the Centers for Disease Control and Prevention are warning residents to take extra precaution to avoid home heating carbon monoxide poisoning. Carbon monoxide, known by the chemical formula CO , is a poisonous gas that kills nearly 500 people in the U.S. every year. The main causes of CO poisoning are poorly working home heating systems and no working CO alarms.

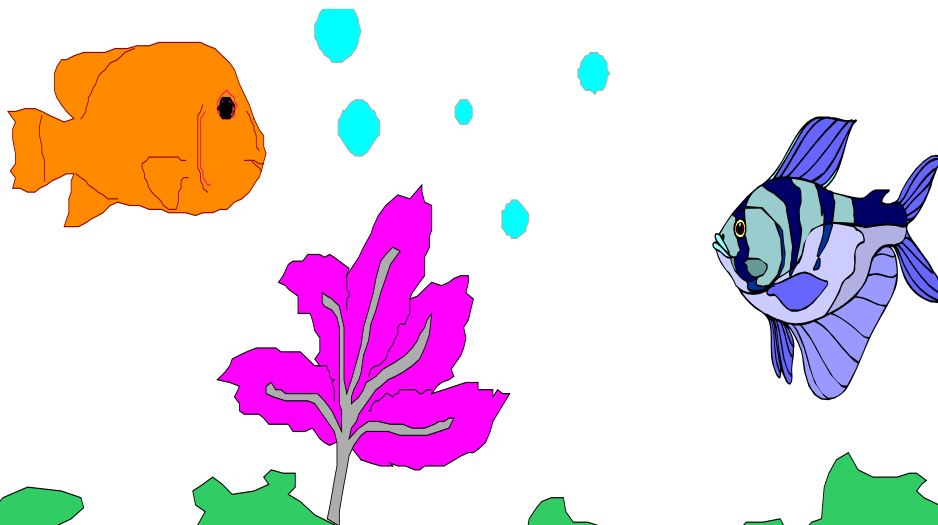
Carbon monoxide is an odorless, colorless gas known as "the silent killer". It can overtake a person quickly and that's why it is so important to know the symptoms of CO poisoning. Mild exposure causes flu-like symptoms such as a slight headache, nausea, vomiting, and fatigue. Medium exposure causes a throbbing headache, drowsiness, confusion, and a fast heart rate. Extreme exposure leads to unconsciousness, convulsions, cardio respiratory failure, and death.

If you start to notice any of the mild symptoms, don't wait! Get all family members and pets outside into fresh air immediately and call 9-1-1.

To avoid carbon monoxide poisoning, have your fuel-burning heating systems, including furnaces, boilers, fireplaces, wood stoves, water heaters, chimneys, flues, and vents professionally inspected each year. Also, purchase battery-operated CO and smoke alarms for your home and check the batteries monthly.

By being aware of the dangers of CO poisoning, and how to prevent them, you will be on your way to protecting your family and pets from a potentially tragic accident.

Source: U.S. Consumer Product Safety Commission and the Centers for Disease Control and Prevention



Quote:

"If you think you can,
you can. If you think
you can't, you're right."

Mary Kay Ash

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

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HEALTHY WEIGHT WEEK - JANUARY 18-24

Traditionally, people begin a diet the first week in January, break that diet the second week, and by the third week are ready to live in healthier ways and feel good about themselves again. Healthy Weight Week helps people move ahead to health-promotion habits they can live with the rest of their lives - sound habits that prevent eating and weight problems instead of intensifying them.

Healthy Weight Week is a time to stop dieting and get on with living our lives in healthy ways, feeling good about others and our self.

Not everyone can be thin, but you can reach and maintain your best weight. Evaluate what you eat on a daily basis. Some people just eat too many calories. Develop a plan that includes a healthy diet and an active lifestyle. Don't skip whole categories of food. Eating a variety of foods is essential to get all the nutrients you need.

Exercise is an important part of maintaining a healthy body. Besides weight control, exercise may help relieve tension and help control high blood pressure, high blood cholesterol and diabetes.

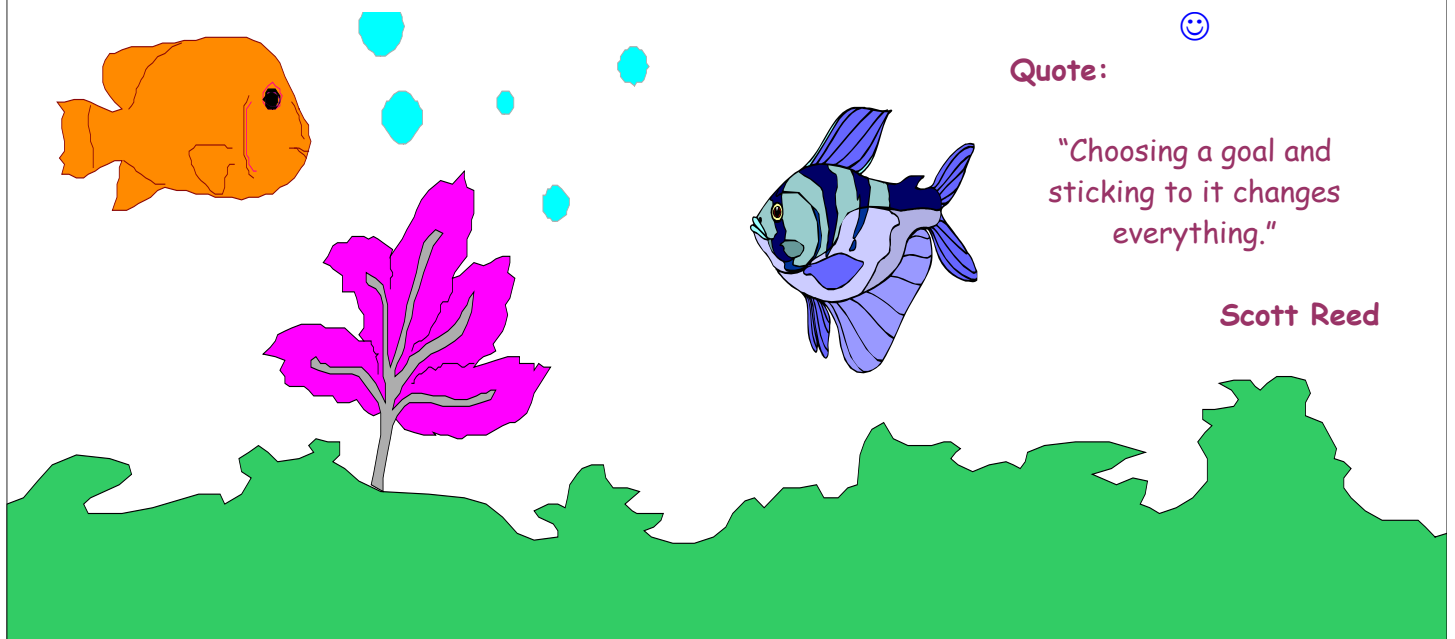
Source: Healthy Weight Network, American Heart Assn.



Quote:

"Choosing a goal and sticking to it changes everything."

Scott Reed



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

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HELP PREVENT BIRTH DEFECTS

All women of childbearing age can take steps even before conception to improve their chances of having a healthy baby. These include taking the B vitamin folic acid daily; adopting a healthy lifestyle; and getting a pre-pregnancy health checkup.

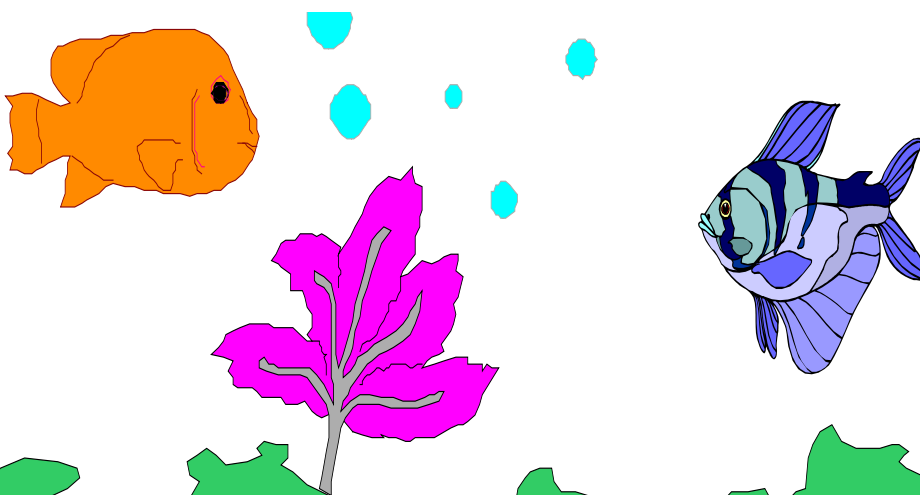
Since many crucial stages in a baby's development occur before a woman may realize she is pregnant, taking these early steps can minimize harm to the baby from certain infections, illnesses, nutritional deficiencies and environmental hazards.

A pre-pregnancy checkup can help prevent many pregnancy risks and improve the chances of having a healthy baby. At a pre-pregnancy visit, a woman will be asked about her medical history, past pregnancies and lifestyle. She can also ask questions and discuss concerns with her doctor. She will be screened for infections and other health hazards.

Pre-pregnancy lifestyle changes are the most beneficial for the baby. However, many pregnancies are unplanned and when that occurs, it is important to seek early and regular prenatal care and alter any potentially harmful behaviors as soon as possible.

For more information on birth defects and their prevention, contact the March of Dimes.

Source: The March of Dimes



Quote:

"Always bear in mind that your own resolution to success is more important than any one thing."

Abraham Lincoln

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