

# TANK TIMES

Brought to you by HealthChoice

Volume 6.1

June 2009

## Breakfast each day may help keep cavities at bay

Did you know that kids aged 2 to 5 years old who skip breakfast are four times more likely to get cavities than children who eat breakfast regularly? A study by dentist Bruce A. Dye<sup>1</sup> and colleagues at the Centers for Disease Control and Prevention indicates that children who skip breakfast or don't eat their fruits and veggies have a higher chance of developing cavities. And, they will need to see their dentist more frequently than children who practice better eating habits. "These findings reinforce the notion that good dietary habits promote oral health," Dye and colleagues write in the January 2004 issue of the Journal of the American Dental Association. They also say that encouraging your children to build good eating habits, such as eating a healthy breakfast everyday, along with the appropriate use of fluoride, could further reduce the amount of cavities children experience.

When it comes to the "typical" children's breakfast, most of us think of a sugary cereal and milk. How could this possibly prevent cavities? Dr. Dye notes that kids who eat breakfast tend to eat fewer sugary snacks; and regardless of the amount added to the cereal, milk is a tooth-healthy food. When sugary cereals are eaten with milk, he says, the effect of the sugar on your child's teeth seems to be reduced. And, kids who don't eat the recommended five servings of fruits and veggies every day increase their risk of developing cavities by more than three times!

Help prevent cavities with these tips:

- ☑ Eat a nutritious breakfast each morning
- ☑ Brush twice a day and floss each night after brushing
- ☑ Avoid sugary snacks and foods
- ☑ Eat five servings of fruits and vegetables each day
- ☑ See your dentist for routine cleanings and check-ups

**Fewer cavities: Another reason that breakfast is the most important meal of the day!**

Source: Cigna



Quote:

"The tooth fairy teaches children that they can sell body parts for money."

David Richerby

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

# TANK TIMES

Brought to you by HealthChoice

Volume 6.2

June 2009

## ABOUT 1 IN 5 AMERICANS HAVE A DISABILITY

Today, about 50 million Americans, or 1 in 5 people, are living with at least one disability, and most Americans will experience a disability some time during the course of their lives. Anyone can have a disability. Some people are born with a disability, get hurt or sick and have disability as a result, or develop a disability as they age. Some people may have a disability that lasts a short time while other people have a disability that lasts a lifetime. Different kinds of disabilities affect people in different ways.

Since the Americans with Disabilities Act was passed in 1990, many improvements have enabled people with disabilities to become more independent and involved in their world. But are they healthier? CDC's research has shown that often they are not, and we need to know why. Understanding how many Americans there are with disabilities, such as paralysis, is an important piece of the puzzle.

People with disabilities go to school and attend places of worship. They also vote, marry, have children, work, and play. Having a disability does not mean a person can't be healthy. Being healthy means the same thing for all of us—getting and staying well so we can lead full, active lives. That means having the tools and information to make healthy choices and knowing the risk factors for illness.

For people with disabilities, it also means knowing that problems related to a disability can be treated. These problems can include pain, depression, and a greater risk for certain illnesses. To be healthy, people with disabilities require health care that meets their needs as a whole person, not just as a person with a disability. People with or without disabilities can stay healthy by learning about and living healthy lifestyles.

### The Paralysis Resource Center

The Paralysis Resource Center (PRC) promotes the health and well-being of people living with paralysis and their families by providing comprehensive information resources and referral services. It focuses on health promotion after paralysis from any disease, injury or birth condition. The PRC is a program of the Christopher and Dana Reeve Foundation and is funded through a cooperative agreement with CDC.

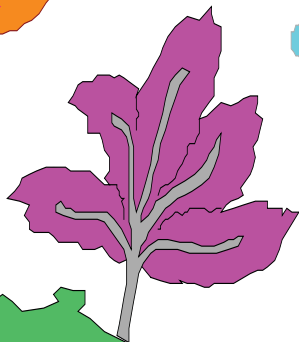
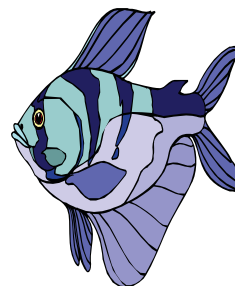
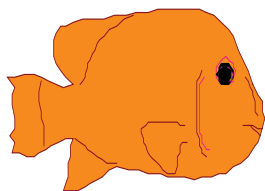
Source: Centers for Disease Control and Prevention



Quote:

"Forget injuries, never forget kindnesses."

Confucius



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

# TANK TIMES

Brought to you by HealthChoice

Volume 6.3

June 2009

## SUNGLASSES AN EYECARE MUST

Stephen Cohen, a VSP doctor from Scottsdale, Arizona, explains that "Sunglasses used to be more about looking stylish than about taking care of your vision, but not anymore." "Today, there's increasing evidence that ultraviolet rays in sunlight can significantly increase your risk of developing cataracts and macular degeneration." Both conditions usually affect older people, and it's no wonder since years and years of sun exposure leave their mark over time. The doctor adds, "Because both conditions can threaten healthy vision, I recommend wearing sunglasses on sunny days year-round. Plus, you'll experience better night vision when you wear sunglasses on sunny days."

There are a few key things to look for when picking the right pair of shades for you. Says Dr. Cohen: "When buying sunglasses, make sure they carry a consumer-protection label stating they're 99-100% UV-absorbent, or provide UV absorption up to 400 nanometers (nm). "Once you've eliminated the threat from UV light, you can focus on other issues, such as reducing glare and choosing a tint that will allow you to control the degree of brightness reaching your eyes."

Here's a rundown of other things to consider when picking the perfect pair:

1. **Go big or wrap it:** Bigger frames and lenses, and also wrap-around styles, give you more UV protection because they block peripheral rays.
2. **Go polar:** Polarized lenses block out sunlight glare bouncing off windshields, pavement, and other smooth surfaces.
3. **Consider color:** Gray lenses are best. Why? They don't change colors. Green and brown lenses are good too.
4. **Rx effects:** If you wear prescription glasses, why not add prescription sunglasses to your eyewear wardrobe?
5. **Shade your specs:** You can make your regular glasses into sunglasses. Look for clip-on or magnetic tinted lenses that can attach to your specs.
6. **Automate:** Ask your eye doctor about photochromic lenses. They automatically get darker outside, then return to normal inside.

Source: VSP



Quote:

"Competence, like truth, beauty and contact lenses, is in the eye of the beholder."

Laurence J. Peter



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

# TANK TIMES

Brought to you by HealthChoice

Volume 6.4

June 2009

## WHY HAIR GOES GRAY

Scientists may have figured out why hair turns gray, and their finding may open the door to new anti-graying strategies.

New research shows that hair turns gray as a result of a chemical chain reaction that causes hair to bleach itself from the inside out.

The process starts when there is a dip in levels of an enzyme called catalase. That catalase shortfall means that the hydrogen peroxide that naturally occurs in hair can't be broken down. So hydrogen peroxide builds up in the hair, and because other enzymes that would repair hydrogen peroxide's damage are also in short supply, the hair goes gray.

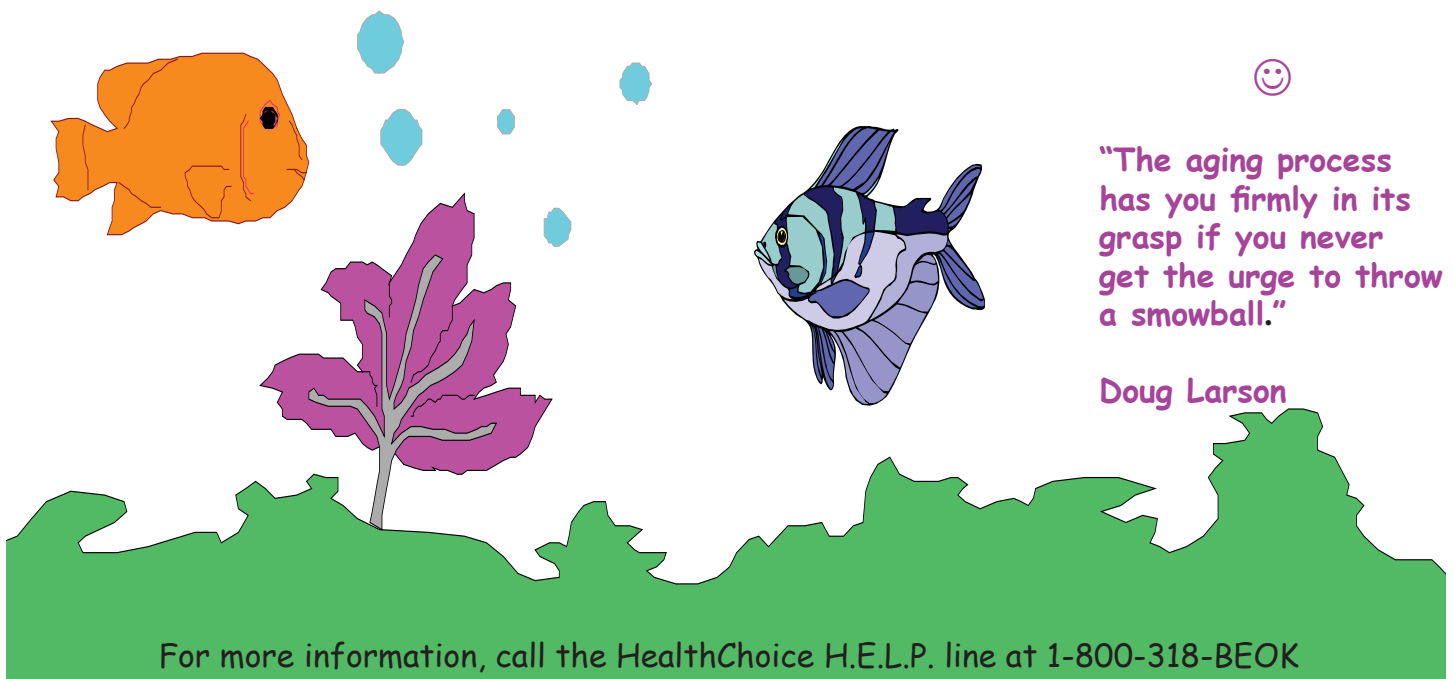
Putting the brakes on that chemical chain reaction "could have great implications in the hair graying scenario in humans," write the researchers, who included Karin Schallreuter, a professor clinical and experimental dermatology at England's University of Bradford.

Source: WebMD



"The aging process has you firmly in its grasp if you never get the urge to throw a snowball."

Doug Larson



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