

TANK TIMES

Brought to you by HealthChoice

Volume 3.1

March 2009

SAVE YOUR VISION MONTH

We all know that we should eat healthy and get more exercise, but when was the last time you had a thorough eye examination? The American Optometric Association urges people of all ages to have regular exams to detect not only vision deficiencies, but eye diseases as well. Certain eye diseases may cause eye damage and vision loss without any apparent warning signs or symptoms. For example, the most common type of glaucoma, which causes increased pressure inside the eye and damage to the optic nerve, develops gradually and painlessly without symptoms. By the time an individual has symptoms, some vision may have already been permanently lost.

Another benefit of regular eye exams can often be the detection of other health problems that manifest themselves in the eyes. Diabetes and high blood pressure don't always have obvious symptoms. The old adage that the eye is the window to the body is absolutely true.

People in early stages of diabetes and hypertension may already have changes going on in their eyes that their optometrist would notice. Rheumatoid arthritis, lupus, and vascular diseases such as atherosclerosis can also often be detected via an eye exam.

Unless health or vision conditions suggest more frequent visits, the American Optometric Association recommends that adults have examinations once every two or three years from ages 19-40; once every year or two from 41 to 60 years; then once a year from age 60 onward to make sure the eyes are healthy.

Source: American Optometric Association



Quote:

Definition for the
Aughts

Stress Puppy: A
person who seems to thrive
on being stressed out and
whiny.

Source: thatsrich.com



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

TANK TIMES

Brought to you by HealthChoice

Volume 3.2

March 2009

NATIONAL NUTRITION MONTH

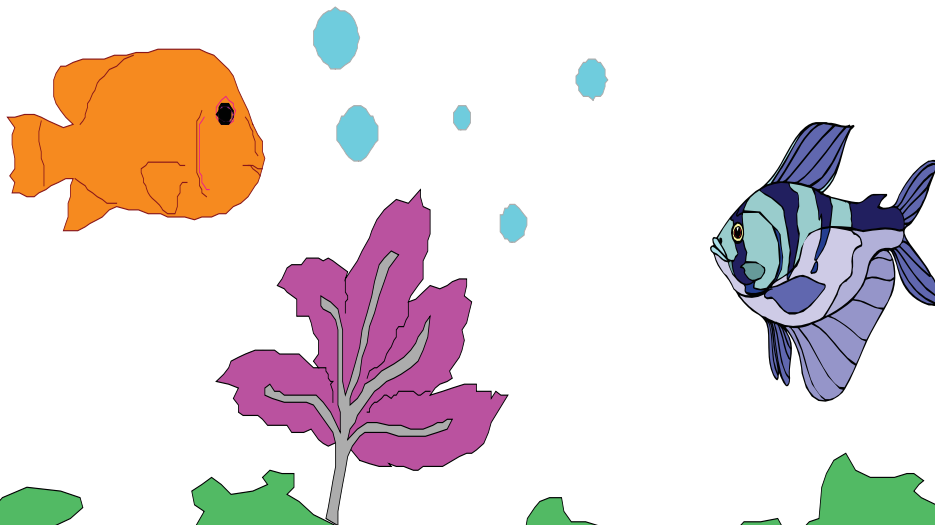
The Dietary Guidelines for Americans begin with the basics of the ABCs for you and your family's health. These guidelines are intended for healthy children (ages 2 and older) and adults of any age.

Aim for fitness. This means aim for a healthy weight and be physically active every day. A healthy weight is key to a long, healthy life. Over time, even a small decrease in calories eaten and a small increase in physical activity can keep you from gaining weight or help you lose weight. Engage in 30 minutes or more of moderate physical activity each day.

Build a healthy base. Let the Food Guide Pyramid be your guide so that you get the vitamins, minerals, energy, and other healthful substances your body needs each day. Since foods within the same food group differ in their array of nutrients and other healthful substances, choosing a variety helps you get all the nutrients and fiber you need. It can also keep your meals interesting from day to day.

Choose sensibly. Choose a diet that is low in saturated fat and cholesterol and moderate in total fat. Choose beverages and foods that limit your intake of sugars. Choose and prepare foods with less salt. Use the Nutrition Facts Label on packaged foods to help you choose foods lower in fat, saturated fat, and cholesterol. Read the label to compare and help identify foods lower in sodium. Take care not to let foods high in sugar crowd out other foods you need to maintain health, such as low-fat milk or other good sources of calcium.

Source: American Dietetic Association



Chinese Proverb:

One joy scatters a hundred griefs.

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

TANK TIMES

Brought to you by HealthChoice

Volume 3.3

March 2009

NATIONAL POISON PREVENTION WEEK March 15-21, 2009

Each year, unintentional poisonings from medicines and household chemicals kill about 30 children and prompt more than 1 million calls to the nation's poison control centers. The goal of National Poison Prevention Week is to help prevent these unintentional poisonings by reminding people to check their homes now.

The most important ways to prevent poisonings include:

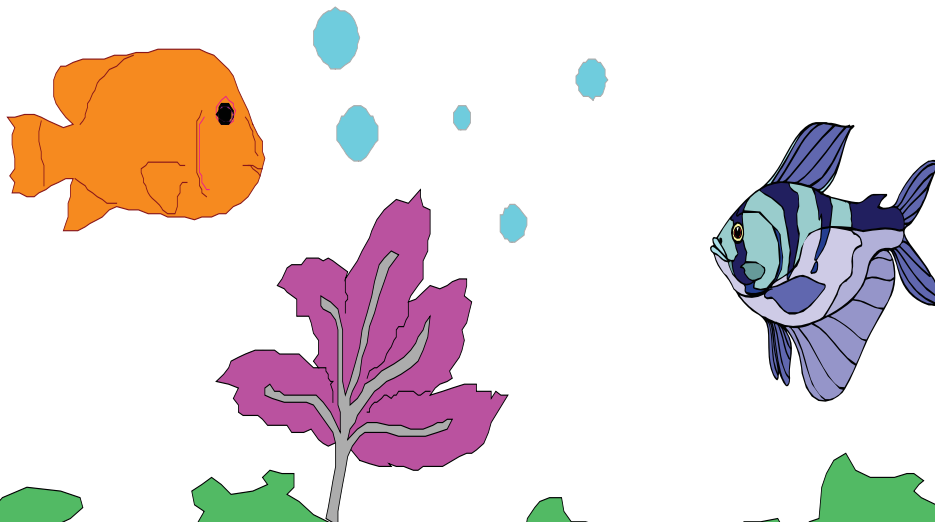
- (1) The use child-resistant packaging
- (2) Keeping medicines and other chemicals locked up and out of reach and sight of children.

Be sure to keep the poison control center number next to your telephone and call it immediately if a poisoning occurs.

In 1961, a law was passed that authorized the President of the United States to designate the third week in March as National Poison Prevention Week. This event is organized each year by the Poison Prevention Week Council which is a coalition of national organizations. This event serves as a means for local communities to raise awareness about the dangers of unintentional poisonings and urges people to take preventive measures. The campaign also emphasizes the responsibility of parents, grandparents, and other caregivers in preventing unintentional poisonings.

Accidental poisonings can be prevented.

Source: U.S. Consumer Product Safety Commission



Grandma's Quote:

"Inside each school are desks, blackboards, computers, and the world's future."

Source: The Family Circus

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

TANK TIMES

Brought to you by HealthChoice

Volume 3.4

March 2009

HOW TO HANDLE A SEIZURE

If you see someone having a seizure with convulsions and/or loss of consciousness, here's how you can help:

1. Loosen clothing around the neck and try to get the person lying on his or her side.
2. Try to protect the person's head from injury by placing a soft object under the head.
3. Keep the person's airway open by tilting his or her head back.
4. Don't restrict the person unless they are in a dangerous area and need to be moved.
5. NEVER put anything in the person's mouth. This could cause choking or damage. Contrary to popular belief, people cannot swallow their tongues during a seizure.
6. Stay with the person until the seizure ends.

After the seizure stops, note how long the seizure lasted, and what symptoms occurred so you can tell a doctor or emergency personnel if necessary.

Following a seizure, the person may be groggy and tired. Be patient and try to find a place for the person to rest until he/she gets home safely.

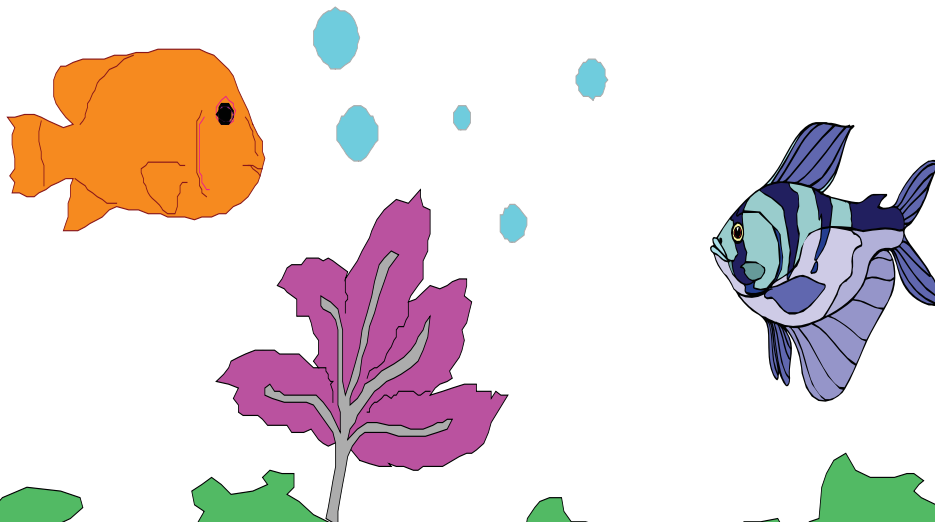
Source: The Foundation for Better Health Care



Quote:

"Shoot for the moon. Even if you miss it, you will land among the stars."

Les Brown



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