

# TANK TIMES

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Volume 5.1

May 2009

## Messy Desks Breed More Than Dust Bunnies

There's a whole lot more than clutter and dust on your desktop. You're sharing space with a big batch of bacteria - 400 times more than the average toilet seat, a new study shows. A one of a kind study took a look at typical office sites in several locations across the country. Each included the usual mix of cubicles, open spaces, and private offices. The cleaning routines in these offices were, to put it nicely, pretty much nonexistent.

During the three-month study, one group of office workers at each location was asked to clean their desks with disinfecting wipes. The other group left theirs alone. Bacterial samples were taken several times a day from just about every surface, handle, and knob.

Results? Telephones came in as the No. 1 germ-ridden site, followed by desks, water fountain handles, microwave door handles, and computer keyboards. Biggest surprise - toilet seats consistently had the lowest bacteria levels of all. On the desks that were cleaned daily with disinfecting wipes, bacteria levels decreased dramatically — 99.9%.

We don't think twice about eating at our desks, even though the average desk has 100 times more bacteria than a kitchen table. Without cleaning, a small area on your desk or phone can sustain millions of bacteria that could potentially cause illness.

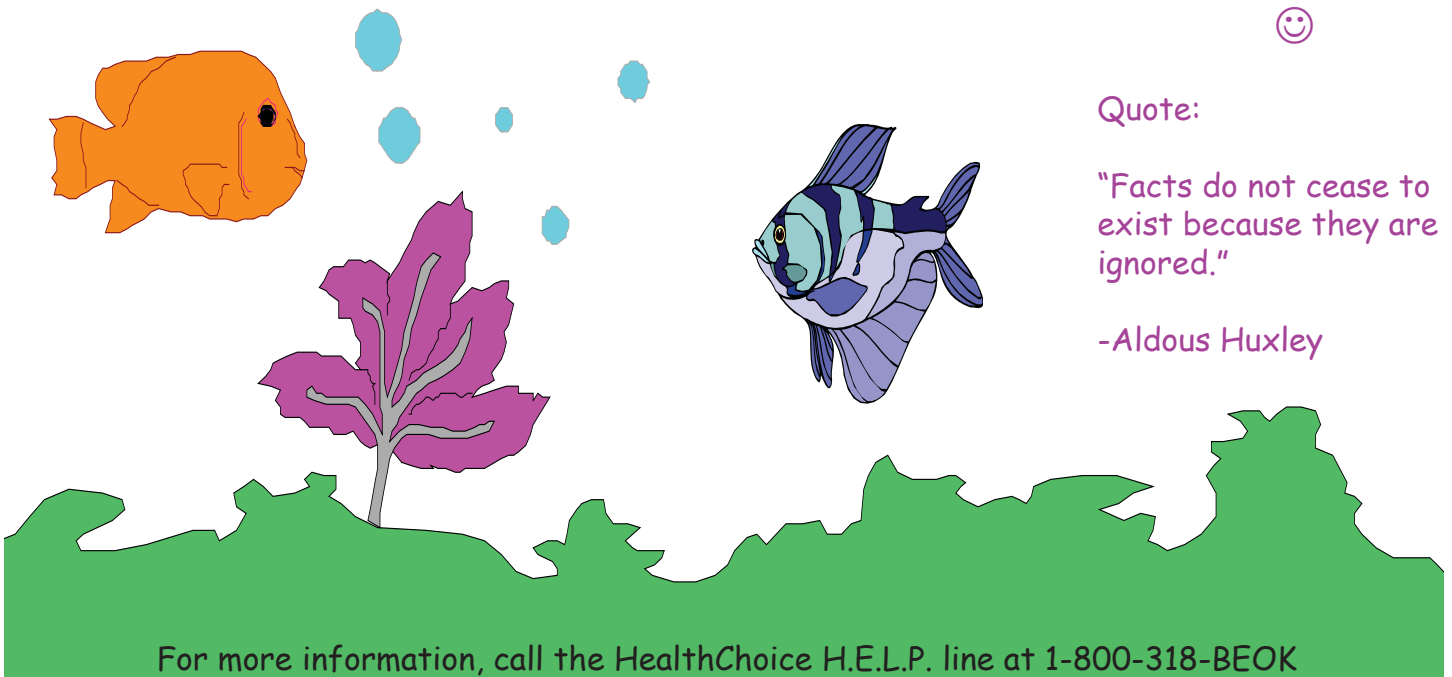
Source: Web MD



Quote:

"Facts do not cease to exist because they are ignored."

-Aldous Huxley



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## ARE YOU DOZING OFF AT THE OFFICE

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If you have problems staying awake during the day, your sleep environment could be to blame. Fatigue resulting from long work days, lack of sleep, and irregular sleep routines not only impairs our ability to make sound decisions on the job, but dulls our senses, decreases productivity, and increases mistakes and accidents.

Unlike stress or illness, sleep environment factors are controllable. The following are recommendations for creating a sleep environment that is conducive to good sleep:

- ☞ If noise is a problem, earplugs or a white noise machine may help.
- ☞ If outside light makes your room too bright, try an eye mask or window coverings that darken the bedroom. To get a restful night's sleep, sleep in a dark room. Just as light cues our bodies to wake up, darkness cues us to sleep.
- ☞ If you're too hot or too cold, simply adjust the thermostat. When a bedroom is too hot or too cold, both quality and quantity of sleep are compromised. The optimal temperature for sleep is between 60 to 65 degrees.
- ☞ If your mattress makes you toss and turn, it might be time to reevaluate your sleep set. A mattress that's past its prime can also cause sleepers to become restless, with their muscles working overtime to support their bodies.

Source: [www.bettersleep.org](http://www.bettersleep.org)



Quote:

"Just because something doesn't do what you planned it to do doesn't mean it's useless."

Thomas A. Edison

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Volume 5.3

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## STRENGTHEN YOUR BONES BEFORE IT'S TOO LATE

Osteoporosis is commonly diagnosed in people over age 50, but porous bone disease can be there long before that. Bone mass reaches its peak at age 30, so the more solid bone mass you have at age 30, the more protection against osteoporosis you'll have later.

If you are between 30 and 50 years old, these are the years when keeping calcium consumption up saves the bone mass you have. If you weren't much of a milk drinker in your early years, there's still something you can do now. EXERCISE!

Weight bearing exercises, such as walking, jogging, and aerobics have been shown to build bone mass, even in the elderly. Good muscles can also cushion and protect bones, giving added safety.

While not as common, 1 in 5 men will develop osteoporosis. It becomes evident later in men, usually after age 65. To take care of their bones now, men should have about 1,000 milligrams of calcium a day.

Women are affected by osteoporosis at an earlier age, so young women should be sure they get 1,000 mg. of calcium a day. After menopause, women need to increase their calcium intake to 1,500 mg. a day.

Those more likely to be affected by bone loss include people with a family history of the condition, postmenopausal women, those taking high doses of cortisone or thyroid hormone, people whose diet is low in calcium, people who are sedentary, and smokers.

Source: Total Wellness



Quote:

"Try to learn something about everything and everything about something."

Thomas H. Huxley



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Volume 5.4

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## FACTS ABOUT SPIDER BITES

Although most spiders in the U.S. are harmless, there are two types that you need to be aware of, the black widow and the brown recluse (fiddleback). Both of these spiders are native to Oklahoma.

The black widow spider is a small, shiny, black, button-shaped spider with a red hourglass mark on its abdomen. The bite from a black widow can cause damage to the nervous system.

Following are some of the symptoms caused by a black widow bite:

- ☞ Immediate pain, burning, swelling, and redness at the bite site
- ☞ Headache and/or dizziness
- ☞ Rash and itching
- ☞ Weakness, tremors, or paralysis, especially in the legs

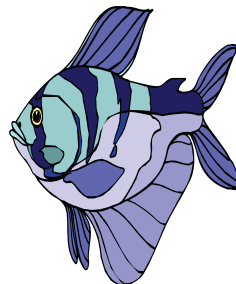
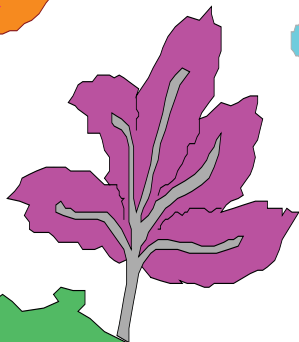
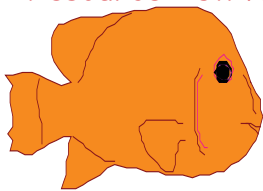
The brown recluse or fiddleback spider, is about an inch long and has a violin shaped mark on its upper back. Venom from the fiddleback usually causes local tissue damage.

Following are some of the symptoms caused by a fiddleback bite:

- ☞ Burning, pain, itching, or redness at the bite site (these may not develop for several days)
- ☞ A deep blue or purple area around the bite, surrounded by a whitish ring and large red outer ring similar to a "bulls eye"
- ☞ Headache, body aches, fever
- ☞ Rash

If you think you have been bitten by one of these spiders, try to remain calm. Find the spider if possible and seek emergency medical treatment.

Resource: University of Maryland Medicine



Did you know?

It is impossible to lick your elbow.

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