

# TANK TIMES

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October 2009

## TAKE TIME TO GET VACCINATED

The Centers for Disease Control and Prevention (CDC) recommends a yearly seasonal flu vaccine. In fact, the CDC believes this is the first and most important step in protecting yourself against seasonal flu.

Each flu season, a new vaccine is developed that protects against the three flu viruses that researchers believe will be the most common.

Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes, heart and lung disease, and people 65 and older.

The seasonal flu vaccine also is very important for health care workers, and people who live with or care for people at high risk.

The seasonal vaccine will not protect against the H1N1 virus. A new vaccine to protect against this virus is being produced and will be available in the coming months. People at greatest risk of developing the H1N1 virus include children, pregnant women, and people with chronic health conditions like asthma, diabetes or heart and lung disease.

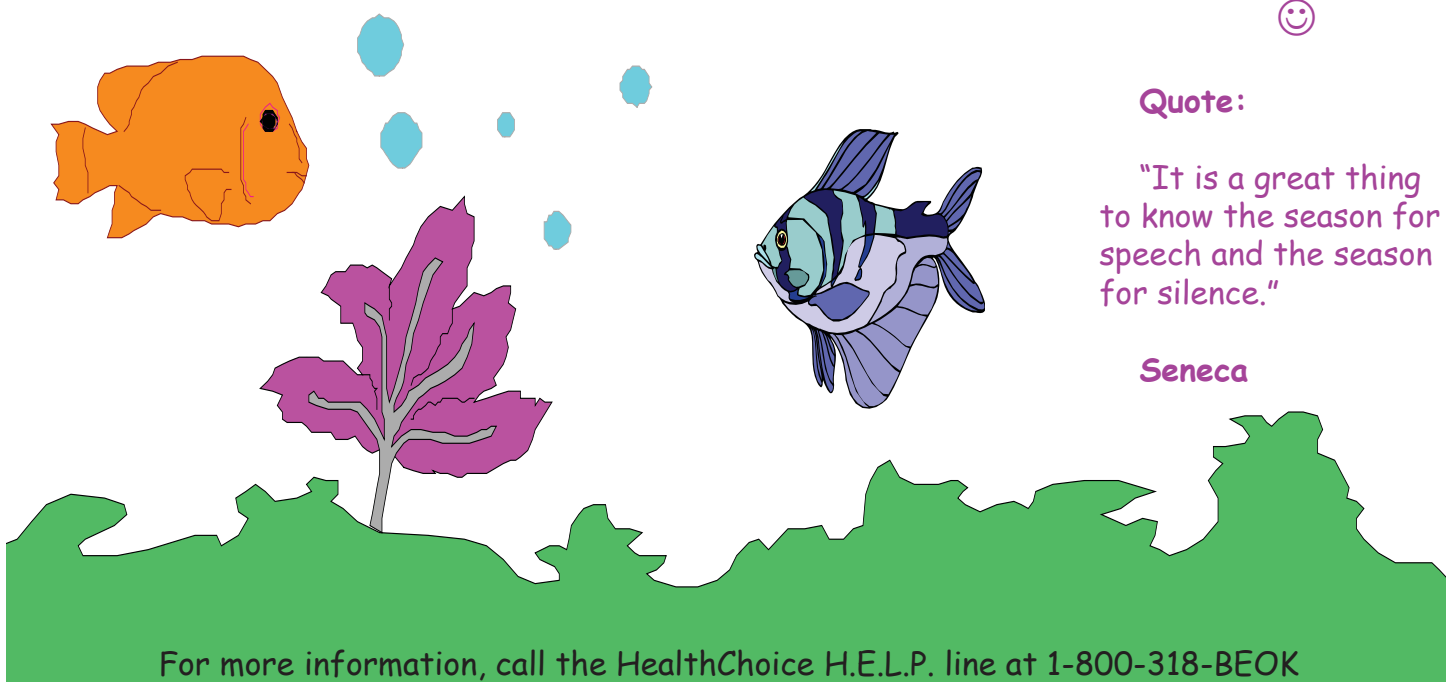
Source: Centers for Disease Control and Prevention or [www.flu.gov](http://www.flu.gov)



Quote:

"It is a great thing to know the season for speech and the season for silence."

Seneca



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## SURPRISING DRINKS THAT CAN CAUSE TOOTH DECAY AND EROSION

Your mouth naturally contains bacteria. Add some acid and sugar into the mix and you've got a recipe for disaster when it comes to keeping your teeth healthy.

Maybe you've heard that smoking, drinking coffee, or red wine can stain your teeth over a period of time? Well, the latest studies show that white wine can do the same thing. The acids, plus other ingredients in the wine, can cause the surface of your teeth to become rough which makes the enamel more porous. When your teeth become too porous, they will easily absorb color.

Of course, we all know that soft drinks are bad for our teeth because of the high amounts of sugar they contain, but what about bottled water? Bottled water doesn't contain sugar, so how could it be bad for your teeth? Even though bottled water contains no sugar, they don't contain fluoride either. If your child(ren) consume large quantities of bottled water instead of fluoridated tap water, they may develop some serious dental problems in the future. The fluoride that is added to our drinking water is essential to building strong healthy teeth.

Lemonade is another drink that can be bad for your teeth, because it contains sugar and acid. If you drink it regularly, you are at increased risk of developing cavities.

So, how do you protect your teeth from wear and tear? Drink fluoridated water after eating or drinking, and wait 30-40 minutes after a highly acidic meal to brush your teeth so you won't be brushing the acid directly onto your teeth. After awhile, a lot of the acid will be taken away by the saliva in your mouth, then brushing your teeth will take care of the rest!

Resource: American Dental Association



Quote:

"False friendship, like the ivy, decays and ruins the walls it embraces; but true friendship gives new life and animation to the object it supports."

Richard Burton



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## RINGWORM - IS IT A WORM OR ISN'T IT?

According to the Mayo Clinic, ringworm of the body is not an actual worm, but a fungus that leaves a circular shape under the surface of your skin. It is red and itchy with healthy skin in the middle.

Ringworm is infectious. It is easily transferred from person to another by skin to skin contact, or by touching or petting an infected animal.

It is also possible to pick ringworm up by touching any surface that has become contaminated by the fungus, examples include items such as sports equipment, bedding, or towels.

Generally, ringworm is not troublesome except that it is very itchy; however, if you have a weak immune system, it can be difficult to get rid of this fungal infection.

Ringworm is usually treated by over-the-counter medications, but if it lasts for more than two weeks, you should consult your doctor. He/she will be able to confirm that you have a ringworm infection and then treat you with a stronger prescription medication such as an antibiotic.

Ringworm can come back, so wash your hands often, keep common or shared areas clean, especially in schools, child care centers, gyms, and locker rooms. Avoid infected animals, and don't share personal items!

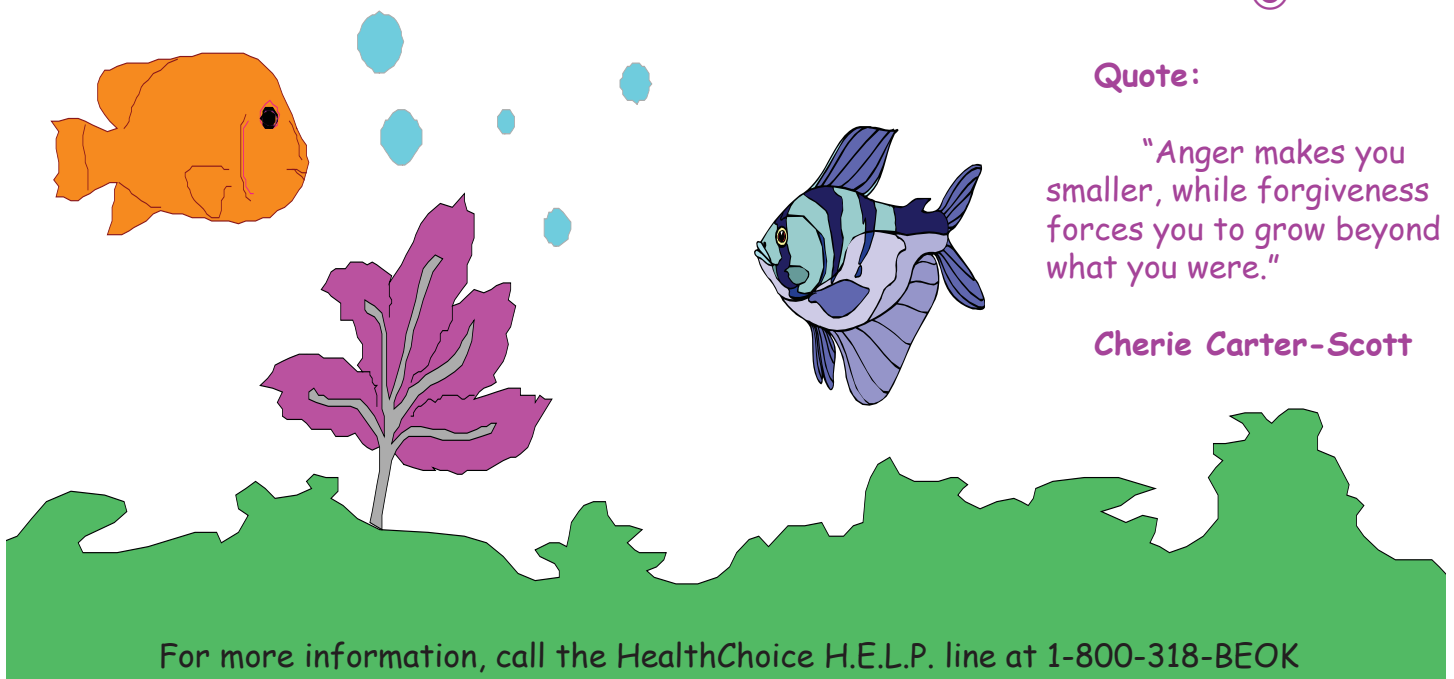
Resource: [Mayo Clinic](#)



### Quote:

"Anger makes you smaller, while forgiveness forces you to grow beyond what you were."

Cherie Carter-Scott



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## IS IT STREP THROAT OR JUST A SORE THROAT?

Strep throat is caused by streptococcal (strep) bacteria that infects your throat and tonsils. There are several different types of strep, some of which can be life-threatening. With strep throat, there are common symptoms to watch for such as:

- \* A sudden, severe sore throat
- \* Pain when you swallow
- \* Fever over 101F
- \* Swollen tonsils and lymph nodes
- \* White or yellow spots on the back of a bright red throat

Strep is very infectious and is passed from person to person. To determine if you have strep throat, your doctor will do a physical exam and probably a rapid strep test. If the rapid strep test comes up negative, but your symptoms still appear to be the signs of strep, your doctor may recommend that he/she culture (grow) the bacteria. If the culture comes back positive, your doctor will usually provide treatment in the form of antibiotics.

A sore throat can mimic the signs of strep and have many of the same symptoms; however, a sore throat is usually caused by a virus such as a cold or the flu and generally these illnesses are not life-threatening. Viruses are also infectious and can be passed from person to person. A sore throat associated with coughing, sneezing, and runny nose, is usually not strep, and is treated differently than strep. A sore throat can usually be treated with over-the-counter medications and home treatments to help ease the discomfort.

If you develop a sore throat, try soothing your discomfort by increasing your fluid intake, gargling with warm salt water, and drinking a mixture of honey and lemon in hot water. You'll be better in no time!

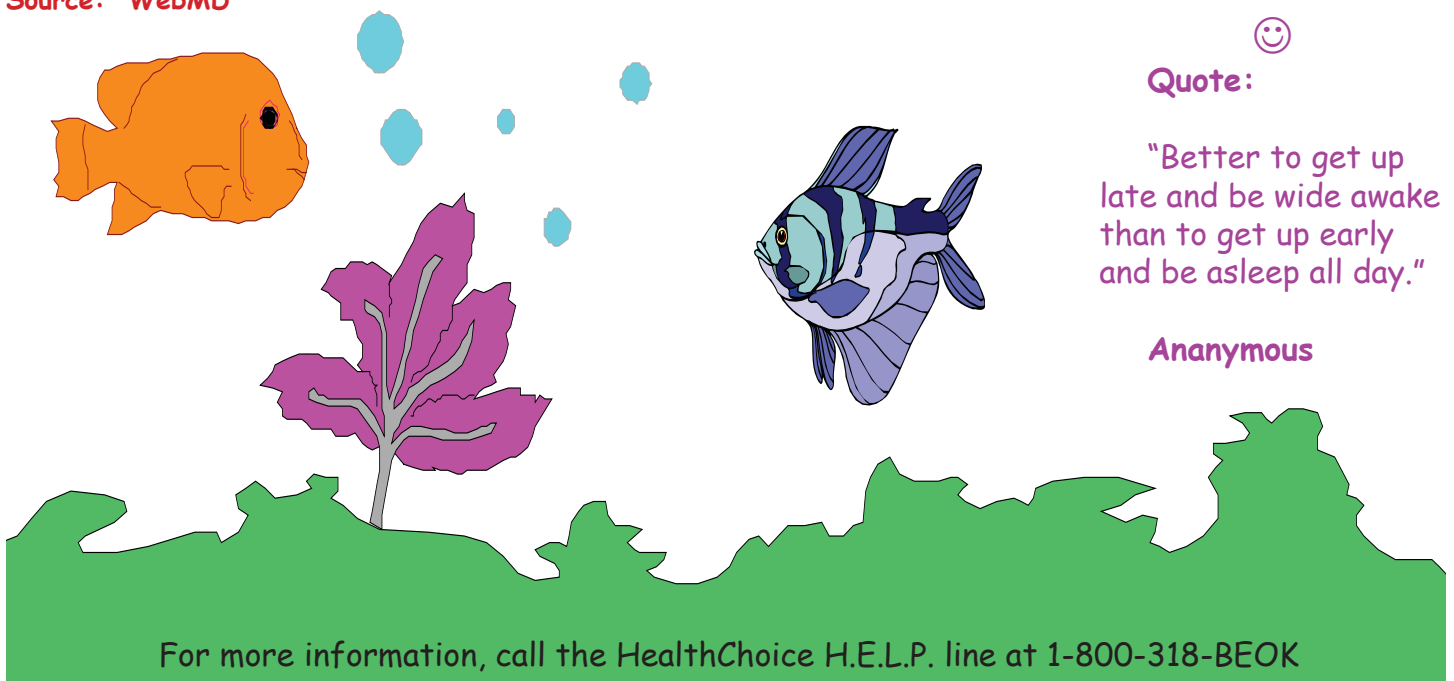
Source: WebMD



Quote:

"Better to get up late and be wide awake than to get up early and be asleep all day."

Anonymous



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