



A Healthy You WIN Newsletter

Volume 1 Issue 3

July—September 2008

Special points of interest:

- July-Skin and sun safety
- August-Immunizations Awareness
- September- 5-9 A Day Month & Cholesterol Awareness

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Skin and Sun Safety

Summer is now upon us and hopefully the sunscreen bottles are being well utilized. We've heard this before and it bears repeating to:

- Wear light-colored, loose fitting, long-sleeved clothes and a broad brimmed hat to shade your face. Wear sunglasses that have UV protection.
- Use a sunscreen with SPF 15 or higher. (Older adults should use a sunscreen with SPF 30 or higher.) Use one labeled "broad spectrum."
- Apply sunscreen at least 30 minutes prior to going out in sunlight.
- Cover all exposed skin areas, including the nose, ears, neck, scalp and lips.
- Reapply sunscreen every 2-3 hours and more often if swimming or sweating a lot.
- Avoid the sun for extended periods between 10 a.m. and 4 p.m. when the burning rays are strongest.
- Teach your children safe sun habits early and use SPF 30 or higher on babies and children.
- Keep babies younger than 6 months out of the sun. Use shade not sunscreen for them.



HEAT RELATED ILLNESS

HEATSTROKE is a life-threatening illness in which body temperature can rise above 106F in minutes. Symptoms include dry skin, rapid, strong pulse and dizziness.

HEAT EXHAUSTION: an illness that can precede heatstroke; symptoms include heavy sweating, rapid breathing and a

fast, weak pulse.

HEAT CRAMPS: muscle pains or spasm that happens during heavy exercise.

HEAT RASH: Skin irritation from excessive sweating.

Your body normally cools itself by sweating but during hot,

humid weather, sweating may not do the trick. Most heat illnesses occur from staying out in the heat too long, exercising too much and not being acclimated to hot weather conditions. Drinking plenty of fluids and limiting time in the heat will help avoid heat related illnesses.

Skin Cancer - Get the Facts

Definition of skin cancer: cancer that forms in tissues of the skin. There are several types of skin cancer. Cancer that forms in melanocytes (skin cells that make pigment) is melanoma. Skin cancer that forms in basal cells (small round cells in the base of the outer layer of skin) is called basal cell carcinoma (see advanced case below). Skin cancer that forms in squamous cells (flat cells forming the surface of the skin) is called squamous cell carcinoma. Skin cancer that forms in neuroendocrine cells (cells that release hormones in response to signals from the nervous system) is called neuroendocrine carcinoma of the skin. Most skin cancers form on older people, on parts of the body exposed to the sun, or in people with weakened immune systems.

Estimated new cases and death from nonmelanoma skin cancers in the United States in 2008:

New cases: more than 1,000,000

Deaths: less than 1,000

See the online booklet [What You Need to Know About Skin Cancer](http://www.cancer.gov/cancertopics/types/skin) to learn more about this subject at <http://www.cancer.gov/cancertopics/types/skin>.



Basal Cell carcinoma of the nose.

Skin cancer is the most common type of cancer.



Provider's Point of View:

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WHY IMMUNIZE?

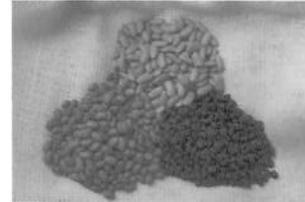
Immunizations are the most effective preventive medicines services provided by physicians. Immunizations have been used to control and even eradicate disease. Immunizations worked differently than any other medications prescribed because they keep people from falling ill rather than treating them when they become ill. It is estimated that over 2 million deaths are averted due to immunizations. In addition, immunizations decreased pain and suffering from certain diseases. Due to the increased use of immunizations in the United States, physicians and patients no longer see diseases like smallpox and polio. In addition, the incidence of diseases like measles, mumps, rubella, and tetanus is almost nonexistent in the United States.

Keeping up with your immunization status is extremely important not only in terms of your own health but within your family and friends. For example, pertussis causes whooping cough. Most adults that are healthy will not be affected by pertussis. However, children and the elderly are extremely affected by pertussis, and they often get the disease from completely healthy people. Because of this problem, immunization practices have changed to have all healthy adults getting a tetanus vaccine get a pertussis/tetanus combination vaccine instead. The incidence of pertussis has gone down in the country since this recommendation was implemented.

We all know that vaccines are for children. We all remember the time that we got vaccinated when we were younger children. The truth is vaccines are for everyone from the young to the old, the healthy to the ill. Vaccines are probably the safest form of medications that we have in the country. In the next 3 to 5 years, we expect an increase in the number of vaccinations for illnesses from cancer to the common cold. Speak with your doctor to see if your vaccines are up to date. Remember prevention! Remember to get your flu shot!

Black Bean Salad Recipe**INGREDIENTS**

- 1 (15 ounce) can of black beans, thoroughly rinsed, and drained (or 1 1/2 cup of freshly cooked black beans)
- 1 1/2 cups frozen corn, defrosted (or fresh corn, parboiled, drained and cooled)
- 1/2 cup chopped green onions or shallots
- 2 fresh jalapeño peppers, seeded and minced, or 1 whole pickled jalapeño pepper, minced (not seeded)
- 3 fresh plum tomatoes, seeded and chopped
- 1 avocado, peeled, seeded, and cut into chunks
- 1/2 cup fresh chopped cilantro
- 1/4 cup fresh chopped basil
- 2 Tbsp lime juice (about the amount of juice from one lime)
- 1 Tbsp olive oil
- 1/2 to 1 teaspoon of sugar (to taste)
- Salt and pepper to taste

**METHOD**

Make sure to rinse and drain the beans, if you are using canned beans.

In a large bowl, combine the beans, corn, onions, jalapeno chili peppers, tomatoes, avocado, cilantro, basil, lime juice and olive oil. Add sugar and salt and pepper. Chill before serving.

The Food Fiber Fuss: WHO Really Needs Fiber and WHY

From children to adults, we all need fiber to keep our pipes and plumbing in good working order. Most of us have heard this, but don't know how much we really need, or even how much is in the foods we do eat. If any of you are thinking you get some from your steak and breaded chicken, **WRONG!** It's all those wonder foods we don't eat enough of, like veggies of all kinds, beans of all kinds, fresh fruits, and whole grains—the brown kind, not the white kind—that we need more of. How many grams of fiber should we get in a day?

- Children 1-2y 19 g
- Children 3-8y 25g
- Males 9-13y 31g; 14-18y 48g
- Females 9-18y 26g
- Adults 30-40g

**Some Good Sources of Dietary Fiber**

- 1 cup cooked lentils 7.9g
- 1 cup blueberries 4.2g
- 1 cup raspberries 5.8g
- 1 cooked cup black beans 7.2g
- 1 cup navy beans 6.6g
- 1 apple 2.2g

All fruits and veggies have some fiber; uncooked is generally more. When buying grains and breads, read your labels to see how many grams/serving you will be getting. And for those of you who need to eat lots of food at night, "pig out" on salads, but only dribble your dressing. It's pretty tough to gain weight on raw veggies. Not only will you sleep better, but your "plumbing" will have a much better flow.

ENJOY!

By getting plenty of daily fiber you may reach the 5 a day goal and improve your cholesterol level.



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Cholesterol-Know Your Numbers!

High blood cholesterol can affect anyone. Cholesterol is a waxy, fat-like substance found in the walls of cells in all parts of the body, from the nervous system to the liver to the heart. The body produces and uses cholesterol to make hormones, bile acids, vitamin D, and other substances.

Cholesterol travels in packages known as lipoproteins (fat inside and protein outside). LDL, or low density lipoprotein, makes up most of the cholesterol in our blood. As LDL rises so does the risk for heart disease. HDL, or high density lipoprotein, takes cholesterol from tissues to the liver which removes it from the body. Think of it this way, LDL = less desirable and HDL = Highly desirable. The goal is to have increased levels of HDL and lower levels of LDL.

Excess cholesterol can become trapped in artery walls which builds up over time and is called plaque. Plaque can narrow vessels and make them less flexible (atherosclerosis or hardening of the arteries).

Various factors can cause unhealthy cholesterol levels; some cannot be changed but most can be modified. Heredity, age and gender are not changeable however, diet and weight can be controlled. Did you know three nutrients in the diet make LDL levels rise? Saturated fats, trans fats and cholesterol. It's important to read food labels to spot these types of fats. Being overweight can increase your LDL and triglyceride levels.

Triglycerides are another type of fat produced by the liver and found in food. High triglyceride levels may be due to being overweight, lack of physical activity, smoking, and excessive alcohol or carbohydrate intake.

All adults age 20 and older should have their cholesterol levels checked at least once every 5 years.

Desirable: Total cholesterol < 200
Optimal: LDL < 100
Major heart disease risk factor: HDL < 40
Some protection against heart disease: HDL > 60
Optimal: Triglycerides < 150

About Us:

Health Promotion and Wellness at Naval Health Clinic, Annapolis is a coordinated effort and partnership among various departments and organizations. These include the Health Promotion Department which offers nutrition services & classes, tobacco cessation assistance, diabetes education, lifestyle counseling and different health challenges throughout the year. Departments working along side Health Promotion include Physical Therapy, Mental Health, Dental, Brigade Medical, Primary Care, Pediatrics, Immunizations, Readiness, Preventive Medicine, Occupational Health and Pharmacy.

Other important partners are Fleet & Family Support Services and MWR.