NAVAL HEALTH CLINIC
HEALTH PROMOTION

WELLNESS IN NAVY

Special points of interest:

- **October** -
- Dental Hygiene Month
- Breast Cancer Awareness
- **November**-
- Diabetes Awareness
- Healthy Skin Month
- **December** -
- Holiday Depression
- Men's Health

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A Healthy You WIN Newsletter

Volume 2 Issue 4 October-December 2009

Five Habits for Healthy Teeth

You know the drill-it's what you hope to avoid with regular brushing and flossing. Brushing and flossing every day will help get rid of plaque, the main cause of tooth decay and gum disease. Plaque is a sticky, naturally occurring film that is deposited on your teeth. It is made up of bacteria, mucus, and particles in the saliva. Bacteria break down the sugars and starches from foods into acids, which attack the enamel on your teeth, causing tooth decay and other problems. Clean white teeth, healthy gums, and fresh breath are usually an indication of overall good oral health. If your dental health is poor, it can affect your overall health and nutrition. Proper dental care is important for adults and children. For good mouth maintenance:

1. Eat a balanced diet
2. Brush gently at least twice a day
3. Floss at least once a day
4. Replace your toothbrush every three to four months
5. Visit your dentist or dental hygienist regularly

It's also important to visit the dentist twice a year. Besides checking for signs of cavities or gum disease, the dentist or dental hygienist will help keep your teeth extra clean. And remember don't forget to smile!

NHC Breast Cancer Bridge Walk

Date: October 8, 2009
Time: 1130 to 1300
Meet at the flag pole then walk across the Naval Academy Bridge

T-shirts will be provided, but we ask if you already have a shirt from past bridge walks please use it.

In case of inclement weather the date will be: 22 October 2009

Holiday Depression - Keeping it Simple

Regina Chace, PhD
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"*You* **must** *be the change you wish to see in the world."*

Gandhi

The good news and the bad news: the holidays are coming. For every person who dreads the holidays and wishes they could fast forward to the day after January 1, skipping the holidays entirely, there are equally as many of you who finished your holiday shopping months ago and can't wait for the festivities to begin. Somewhere in-between lays the rest of humanity. Regardless of where you are on the continuum, whether you celebrate or not, somewhere somehow you will be touched by "the season." Even holiday junkies can feel overwhelmed by all the competing demands that pop up during this time of year, so, how does one survive and do so gracefully? If there is one mantra to learn it is this:

Keep It Simple.

The Scrooges of the world are not completely off the mark when they say, "Bah humbug, a holiday is just another day to me. What's the big deal?" No big deal; there is some truth to that statement. A day is just a day. Left to itself, a day is nothing more than a number on a page in a calendar, it has no meaning. It has no inherent power. WE are the ones who ascribe meaning to the day, whatever it is, and therefore give it power. How does this happen? On the basis of our feelings and experiences and memories we look backwards towards the past or jump forward to the future and say today, "This day has meaning to me because…" "That's the day my mother died so I always feel sad this time of year." "We broke up on that day and I'll never forget it. The holidays remind me of what I don't have now." "That was the best day of my life and I smile every time I remember that day! Every time the holidays come around I remember how lucky I am." We all have our own stories. But the truth is the holidays are no different than any other day. Like Scrooge, without our input, the day is just another day. But, get us involved in what the holidays mean to us with all our messy and unpredictable feelings, hopes, dreams, expectations, memories, disappointments and joys, and the holidays can become the best of times and the very worst of times. The one constant variable in every aspect of that experience is you. You have something to do with how your holidays will go.

Keep it simple. Decide what a good holiday looks like and then commit to creating it. If money, time or proximity to loved ones is the challenge then be excruciatingly honest with yourself about what really is important to you. If you know both your emotional and monetary bank accounts are running on empty then don't set yourself up for failure. Don't promise yourself you'll give everyone the moon when you know you're already overdrawn. Keep it simple. Keep it real. Keep it doable. Sometimes less is more. Consider these priceless gifts: an act of kindness, a gesture of heartfelt love, an offer of genuine friendship. The holidays don't have to serve as painful reminders of everything wrong in your life unless you allow it. If your relationships are built solely on 'bling' then why would you expect them to morph into deep and meaningful simply because it's the holidays? Wanting people in your life who can genuinely show up for more than just the good times is the first step; learning to recognize what that looks like and then committing to healthier choices is the challenge. Decide today that every step you take from here on will be in a positive direction. Commit to making the changes you need to create the life you want. Just because every other year in the past has been like the Griswold's Christmas Vacation doesn't mean this year has to be. Give yourself permission to rewrite the rules. Choose differently. This is your life.

Keep it simple. Keep it real. Keep it doable. Honor your relationships. Remember, sometimes the simplest gesture can be the most profound. Set realistic goals and expectations for yourself and others. Giving your kids everything you never had as a kid growing up sounds great on paper but who are you really doing that for? Can you realistically afford the cost or will you spend next year paying it off? The greatest gift you can give the children and people in your life is your unconditional love. Put a bow on that and you're giving a gift that will last a lifetime.

All About Diabetes

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

There are 23.6 million children and adults in the United States, or 7.8% of the population, who have diabetes. While an estimated 17.9 million have been diagnosed with diabetes, unfortunately, 5.7 million people (or nearly one quarter) are unaware that they have the disease.

In order to determine whether or not a patient has pre-diabetes or diabetes, health care providers conduct a Fasting Plasma Glucose Test (FPG) or an Oral Glucose Tolerance Test (OGTT). With the FPG test, a fasting blood glucose level between 100 and 125 mg/dl signals pre-diabetes. A person with two fasting blood glucose levels of 126 mg/dl or higher has diabetes.

In the OGTT test, a person's blood glucose level is measured after a fast and two hours after drinking a glucose-rich beverage. If the two-hour blood glucose level is between 140 and 199 mg/dl, the person tested has pre-diabetes. If the two-hour blood glucose level is at 200 mg/dl or higher, the person tested has diabetes.

Major Types of Diabetes

Type 1 diabetes - Results from the body's failure to produce insulin, the hormone that "unlocks" the cells of the body, allowing glucose to enter and fuel them. It is estimated that 5-10% of Americans who are diagnosed with diabetes have type 1 diabetes.

Type 2 diabetes - Results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Most Americans who are diagnosed with diabetes have type 2 diabetes.

Gestational diabetes - Immediately after pregnancy, 5% to 10% of women with gestational diabetes are found to have diabetes, usually, type 2.

Pre-diabetes - Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. There are 57 million Americans who have pre-diabetes, in addition to the 23.6 million with diabetes.

Source: American Diabetes Association

5 Tips for Healthy Skin

Your busy lifestyle leaves little time for pampering skin care. The result: Your skin isn't the baby-soft body glove you were born with. As you age, your skin gradually becomes thinner and finely wrinkled. Oil-producing (sebaceous) glands grow less active, leaving your skin drier. The number of blood vessels in your skin decreases, your skin becomes more fragile, and you lose your youthful color and glow. Good skin care - such as avoiding the sun, washing your skin gently and applying moisturizer regularly - can help delay the natural aging process and prevent many skin problems. These simple skin-care habits will help you protect your skin to keep it healthy and glowing for years to come.

1. Protect yourself from the sun
2. Don't smoke
3. Wash your skin gently
4. Moisturize regularly
5. Shave carefully

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Volume 2 Issue 3 October - December 2009

Men's Health Quiz

Test you knowledge about men's health issues by answering the questions below.

1. A man's exposure to substances in the workplace can affect his ability to have healthy children. True or False

2. Adults should get at least one hour of physical activity a week. True or False

3. Males are more likely than women to die from injury in the workplace. True or False

4. People do not need to get vaccination after age 21. True or False

5. Men are more likely than women to attempt suicide. True or False

6. Male high school students are more likely than females students to never wear seat belts. True or False

7. More men die from prostate cancer than from any other type of cancer. True or False

8. Having gonorrhea can increase your risk of getting HIV. True or False

9. Cancer is the leading cause of death in men. True or False

10. Males are more likely tan females to sustain a traumatic brain injury. True or False

1. True
2. False
3. True
4. False
5. False
6. True
7. False
8. True
9. False
10. True

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 Office which offers nutrition services & classes, tobacco cessation assistance, diabetes education, lifestyle counseling and different health challenges throughout the year. Others 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.