



A Healthy You WIN Newsletter

July is UV Safety Month

Special points of interest:

- July – UV Safety Month
- August – National Immunizations Awareness Month
- September – Cholesterol Education month

In addition to sun burn, dehydration, and skin cancer; the American Academy of Ophthalmic Executives urges us to protect our eyes this summer. As July falls in the summer, there are many outdoor activities associated with the nice weather. Wide brimmed hats and sun glasses which protect 99% of UV rays are recommended when exposed to the sun, even on hazy days when the sun can still cause damage despite the cloud cover. Cataracts and macular degeneration are a threat to unprotected eyes, but can easily be avoided with preventive measures. Additionally children should avoid sun exposure between 10 a.m. and 2 p.m. when the UV rays are strongest. Proper use of sun screen can eliminate skin damage caused by UV rays. Many overlook the fact that sun screen takes up to 30 minutes to be absorbed into the skin and start to block UV rays. It's recommend to apply sun screen half an hour prior to exposure and reapply every couple of hours, after swimming and after exercising. When selecting a sun screen, an SPF of at least 15 is recommended. The higher the SPF, the more protection it offers. A valuable sun screen should contain avobenzene, zinc oxide or titanium dioxide as an effective UV blocking agent.

Sources:

WWW.AAO.ORG

WWW.ABOUT.COM

WEAR SHADES & SUN SCREEN



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Group B Strep is a Big Deal

Group B Strep (GBS) is the most common cause of life threatening disease to babies according to the CDC (Center for Disease Control), and is carried by 1 in 4 mothers in the birth canal. GBS can infect babies during pregnancy and during the first few months of life. Not all babies exposed to GBS will have complications, but those who do can face devastating results. In worst cases, the results of GBS can include lifelong handicaps, premature birth, and even death. Women carrying GBS can be with or without symptoms. Those who experience symptoms will experience symptoms closely related to urinary tract infections. Women are encouraged to see their doctors if these symptoms occur. Additionally, the standard of care in the U.S. and Canada is to have each pregnant mother tested for GBS at 35-37 weeks to identify and treat any concerns.

Source: WWW.GROUPBSTREPINTERNATIONAL.ORG



Relax

In the busy lifestyle of professional adults, its very easy to overlook our emotional health in the midst of completing our “to do” lists. Depression effects around 8 % of adults in America, and is a leading cause of disability. There is a wide range of symptoms associated with depression, including; prolonged sadness, sleep and appetite disturbances, physical symptoms not improved by medical treatment, lack of interest in pleasure activities, difficult concentrating and even suicidal thoughts and attempts in worst cases. We can combat depression and other mental health ailments by living emotionally health lifestyles. Relaxation techniques can be thought of as maintenance on the mind, just as exercise and diet maintain the physical body. By improving relaxation techniques, the effects of stress can be minimized. Additionally, blood flow to major muscled can be improved, releasing tension and pain, blood sugar can be improved and concentration can be increased. Relaxation exercises such as deep breathing, guided imagery and yoga, can make noticeable differences in all-around health and lead to better sleep, more energy and better lower levels of anxiety.

Remember to reserve the bed for sleeping and eliminate visual and audio stimulation (TV) in general so that the common activity in the bed is sleep rather than watching an interesting show that will gain your attention and focus. Soothing music or a fan can mask the sounds of outside noise to allow a more relaxation.

Sources:
WWW.NAMI.ORG
WWW.MAYOCLINIC.COM

Find balance in body and mind.

Health Recipe — Summer Garden Stir Fry with Chicken

Ingredients:

2 boneless/skinless chicken breasts
 Salt
 Pepper
 Canola oil
 1/2 chopped onion
 Bell pepper cut in strips
 2 small summer squash
 1 clove garlic, minced
 1 tablespoon chopped basil
 1 tablespoon chopped parsley
 1 cup low-sodium tomato juice

Cooking instructions:

Cut chicken into strips, season with salt/pepper
 Brown both sides of chicken in wok with pre heated oil
 Add vegetables to center of wok one at a time, moving to outer edges and placing each new vegetable in center to cook (2 minutes each)
 Add herbs and tomato juice, cook 2 minutes.
 Season with salt/pepper
 Serve over rice or pasta

Nutritional info:

Calories: 187
 Fat: 5g
 Protein: 22g
 Sodium: 330mg
 Carbs: 14g
 Fiber: 4g
 Saturated Fat: 1g

Caution:
 Nutritional value is for stir fry only and doesn't include the rice/pasta serving. Use a sensible size of pasta/rice to limit caloric intake.

Source: WWW.FOODFIT.COM

Yields 4 servings, of 1/2 piece chicken each.

Carb Moments

Have you ever fallen asleep at the wheel, especially after a meal? Do you feel lightheaded and sleepy if you eat sweets on an empty stomach? Do starchy foods at lunch, especially “white” ones, make you wish it were nap time? If you answer “yes” to any of these questions, you could be “carbohydrate sensitive”, referring to refined foods like white breads, pasta, rice, sweets, and juices/sugar drinks. Even diet drinks can cause hypoglycemic-like reactions with the way the sweet taste triggers the gut-brain connection to “thinking” sugar is coming down the pike, sending out the right hormones to get ready for the “attack”. OOPS! No new sugar in the blood stream, so whatever is there starts to get cleared out, and may leave you with too little fuel to run on. Best choices are always unrefined grains, legumes, veggies, fresh fruits—the fiber rich foods. With a slower digestion time, these foods won’t give that “upper” rush to the brain that can also send you into LaLa land as you start to come down (I know, that “rush” is a moment of pleasure, but save it for home). If it’s white, make sure it has protein with it to slow it down. Most of us would not drink and drive. Tune into you and carbs, and save those splurges when you are “cat nap appropriate”. “Better to be safe than sorry” may very well apply here!

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Vitamin D Benefits

Most probably know of the role vitamin D plays in bone health, specifically the absorption of calcium. More benefits of Vitamin D are being discovered and should be shared with all hands. The risk is Type 1 Diabetes is shown to decrease with sufficient Vitamin D levels. When combined with a low-calorie diet and exercise plan, Vitamin D even plays a role in successful weight loss. Additionally, Vitamin D can reduce the risk of rheumatoid arthritis, multiple sclerosis, heart attacks, and showed a lowering effect on high blood pressure in one study. Adding Vitamin D to the daily plan is a highly encouraged action. It is recommended to take in 1000IU of Vitamin D per day. Most foods are not loaded with this vitamin unfortunately. Some foods, like salmon can yield 270 IU from a 3 oz serving, but most others have very little. The good news is that supplements are available to most grocery stores. Check the content of multi-vitamins to ensure enough of the vitamin is within it and supplement as needed. And of course, the sun is an excellent source of vitamin D and the sun can supply more than enough Vitamin D stimulation with our bodies if daily sun exposure occurs. The challenge is the seasonal changes of winter and fall, along with rain days and busy lifestyles limiting our outdoor time. Most are will find it necessary to have at least some of the Vitamin D intake to come from a supplement when outdoor time is not available.

Source: WWW.WEBMD.COM



Why so many shots?

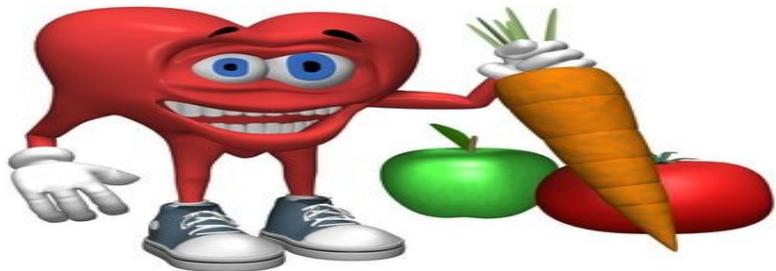
Many, especially parents may wonder, why their children seem to get so many shots at the doctor's office. During the first two years of a child's life, it is possible to receive up to 23 immunizations due to some vaccines requiring multiple doses in a series. The Center for Disease Control (CDC) assures us that the young age of the child is the opportune time to receive these vaccines since the child's immune system is not mature and the child is more vulnerable to disease during this time-frame. There has been no evidence of increase adverse reactions due to multiple vaccines administered on the same day. As a preventive measure, vaccines allow protection from preventable diseases such as diphtheria, whooping cough, polio, tetanus, hepatitis B, etc. Vaccines expose the body to a weakened, often dead form of a disease so that the body's immune system can recognize and build immunity to that particular disease before we become infected by it.

Source: www.cdc.org



What's the skinny on cholesterol?

One of the major causes of death each year is heart disease. One of the contributors to heart disease is blood cholesterol levels. Over time, cholesterol, a fat-like substance can accumulate in the blood vessels, making it hard for blood to pass through and hardening the vessels, increasing the risk of heart attack and stroke. Everyone over 20 years of age is recommended to have their cholesterol checked every 5 years. The cholesterol screen, or "lipid panel" as its called, should be performed after fasting for 10-14 hours for NHC-Annapolis patients. The main source of build-up in the arteries in terms of cholesterol is the LDL version. For this value, an ideal lab result is under 100. The HDL is the "good cholesterol" and actually helps combat heart disease, so higher numbers are better for this part of the test. Levels of 60 or more of HDL are ideal, whereas under 40 raise the risk of heart disease since there is less HDL to fight heart disease. Triglycerides are another form of fat that exist in the blood stream. A health level of triglycerides is under 150. There are many risk factors for unhealthy cholesterol and heart disease. Some risk factors such as age, heredity, and gender cannot be controlled. Those that can be controlled, such as diet, exercise, and stress management are very important to keep under control to lower the risk of heart disease and increase our total health. Regular exercise along with a healthy diet, not smoking, minimizing alcohol intake, and increasing emotional health can increase our heart health



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.

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