



Your Health Matters

***CCMHG – Your Town, County, District, Authority
Working together for your health***

***Volume 4
July 2011***

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It's Summertime!!

Summertime, life is good and the living is easy, right? Not always, while many are ready to head to the beach and soak up the sun, remember that for many others this is the craziest time of the year! Tourists flock to Main Street, Beaches, Restaurants, and Roadways! Towns have hired tons of staff to address this influx of activity and so many of us are feeling the added pressure and stress! Who isn't ready to pull their hair out driving across town?

Much like the holiday season, summer can bring lots of excitement, social opportunities and high expectations. People tend to cram more fun into their week and while this can make for a fun time it also creates a much busier schedule! And let's not forget the ever present skin baring that goes on!



With this in mind, let's focus of ways to keep our sanity while enjoying the abundance of sunshine, warm weather and, oh yeah, all those kids we need to keep active and entertained while school is out!

[About.com](#) has a great list of tips to minimize summer stress, among them are:

- **Pacing Yourself** – keep in mind that it is ok to say no sometimes!
- **Setting Boundaries** – both at play and at work, remember to stay focused and be careful not to take on too many of vacationing co-workers responsibilities too!
- **Try a Staycation or Playcation** – if you can't spare the time and money for a traditional vacation make the best of our beautiful local surroundings!

Remember to apply that sunscreen, enjoy the long summer nights, leave the stress at the office, and have fun most of all!

Sources: [Webmd.com](#); [About.com](#)

Our nation's children: Are we keeping our little ones' smiles at their best?



One fact is consistent no matter where you live in this country: It can seem like pulling teeth to get your little ones to the dentist's office! The good news is that many children do indeed get to the dentist despite their protests. In fact, 78 percent of children ages 2 through 17 saw their dentist at least once a year in 2009, according to the Centers for Disease Control and Prevention.

While more than three-quarters of our nation's children have their teeth examined at least once a year, some other statistics remind us we still have a ways to go when it comes to protecting the oral health of all our nation's children.

Among U.S. children ages 6 to 11 and adolescents ages 12 to 19, tooth decay is the most common chronic disease.¹ Unfortunately, if cavities are left to fester, they only grow larger and more expensive to fix. Even worse, tooth decay can lead to pain and infections, and can cause problems with speaking, playing and learning.

Less than one in three children enrolled in Medicaid received at least one preventive dental service in a recent year.¹ Fortunately, many school-based oral-health programs are trying to teach children from lower-income households how to properly care for their teeth. Some programs also offer dental sealants, or thin plastic coatings put onto the tops of back teeth to act as barriers against plaque and acids.

How can you help contribute to improving the collective oral health of our nation's children? That's simple. It's all about taking care of your family. Take your child to a dentist regularly. Encourage your kids to eat a balanced diet and limit sugary snacks in between meals. Get them to brush at least twice a day, in the morning and before bedtime, and floss once a day. (And the promise of having done so doesn't count! Watch them, or brush their teeth for them, until you're certain they're brushing properly and thoroughly on their own, usually by the age of 7 or 8.)

Help your kids have smiles they're proud to display. And remember: great oral health starts at home.



¹ Centers for Disease Control and Prevention, Division of Oral Health: Preventing Dental Caries with Community Programs, 2010.



Questions for **Harvard Pilgrim**? Contact their member services department at 1-888-333-4742 or via email at their [member services email page](#). You can also log onto your [member services page](#) to check out your personal benefit questions.

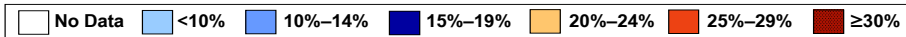
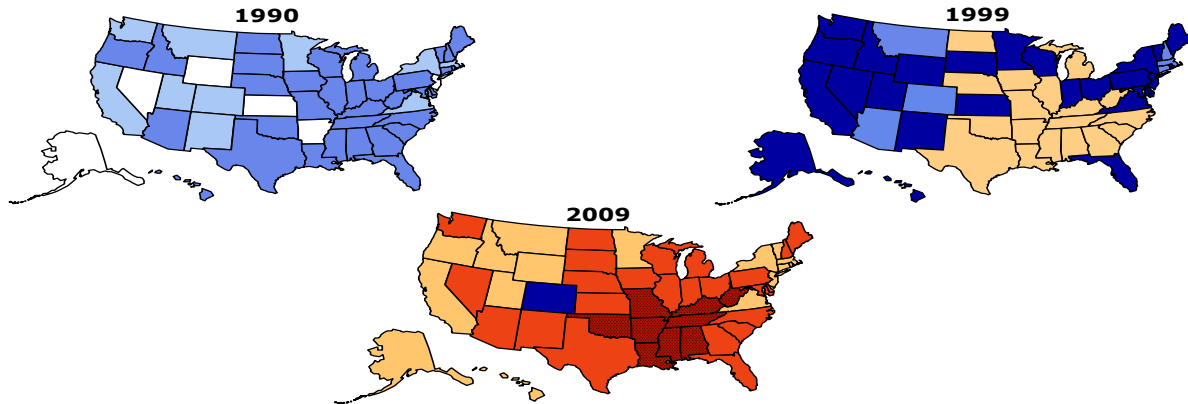
Questions for **Blue Cross Blue Shield**? Contact their member services department at the number on the front of your ID card. You can also log onto your [member services page](#) to check out your personal benefit questions.



Wellness News

Obesity Trends* Among U.S. Adults BRFSS, 1990, 1999, 2009

(*BMI ≥30, or about 30 lbs. overweight for 5'4" person)



Source: Behavioral Risk Factor Surveillance System, CDC.

Good Health Gateway® Diabetes Care Rewards Program

NEW! FREE Telephone Support Group

for members with Type 1 and Type 2 Diabetes

led by Laura Simpson, RN, BSN, MA, CDE

Support one another, ask questions, and learn tips for staying healthy from our Certified Diabetes Educator

Meet Laura.

She has 30 years of experience working with individuals to help them better understand their diabetes.



You must register by calling our HelpLine at (800) 643-8028.

We will provide you with a toll-free number and pass code to join the call.

Support Group calls are held on:

**Mondays at 6:30pm
Wednesdays at 10:00am & 6:30pm**

Private and confidential – only first names are used.

July Schedule

Monday, July 25
Wednesday, July 27

August Schedule

Monday, August 1
Wednesday, August 3
Monday August 8

Hot Topics

Did You Know?

Sodium Guidelines have changed!!

The USDA recommends reducing daily sodium intake to **less than 2,300** milligrams (mg) and further reduce intake to **1,500** mg among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease. The 1,500 mg recommendation applies to about half of the U.S. population, including children, and the majority of adults.

Sources: USDA, USHHS

71.1 %

The number of men in Massachusetts that were reported as obese in 2010; 49% represents the reported number of women in 2010; and 30% represents adolescents ages 10-17 in 2007 and the numbers are only going up!

Sources: CDC; StateHealthFacts.org

Summer Exercise Safety

Some helpful tips for these warm months: *Rehydrate your body* as you can easily lose up to a quart of water an hour; *Avoid working out during peak hours* as hot and humid weather hamper your body's ability to cool down; *Try walking* as it is the most popular exercise among Americans; *Be open to new ideas* such as hiking, kayaking, or biking as these activities allow for easy access to water and rest; *Cool off in the water* even the "doggie paddle" counts as aerobic exercise; *Choose appropriate clothing* that is loose to allow circulation of air; *Don't forget your sunscreen*; and **Watch out for symptoms of heat stroke** such as sudden rise in body temperature, dizziness, or nausea and seek medical attention immediately!! Source: [Discovery Fit & Health](http://DiscoveryFit&Health)

QUICK FACT:

Sunshine: ☺ doesn't it make us all feel better? For years people have been asking "can the sun make me happy"? Well, the answer is yes, somewhat: Although the sun's UV rays cause premature aging and skin cancer, a chronic lack of sun is harmful too. Low sun exposure has been linked to depression, fatigue, fertility problems, cancer and general poor health. Source: [Discovery Fit & Health](http://DiscoveryFit&Health)

Food with Water in it is More Filling

When a food is filled with water, its calories are spread out in a larger "package." A whole, juicy tomato, for example, has the same calories as 5 dry pretzel sticks. You can eat 2 entire cups of juicy grapes as fresh fruits or a 1/4 cup of them dehydrated as raisins. So why not just drink water to feel full? Turns out, studies show that eating foods with lots of water in them make you less hungry, but drinking water alone doesn't. Source: WebMD

Beauty and Personal Care Tips: Taking care of your personal appearance is an important part of maintaining your overall health and self esteem. Many of the products that help in daily care of your hair, skin, and teeth can also have long-term benefits. Using lotion or makeup that has sunscreen will keep your skin from aging prematurely, and can also reduce cancer risk. Regular bathing with soap and shampoo helps you smell good by preventing bacteria and fungi from making a home on your body. Brushing and flossing regularly are important for maintaining your smile, but can also reduce your risk of chronic gum disease and tooth decay. Regular use of these products is important at all stages of life. When combined with healthy eating habits, exercise, and sleep, personal and beauty care routines keep you looking and feeling your best.

Source: Sharecare.com

Food for thought.....

Dietary Guidelines for 2010

Take action on the Dietary Guidelines by making changes in these three areas. Choose steps that work for you and start today.

Balancing Calories

- Enjoy your food, but eat less
- Avoid oversized portions

Foods to Increase

- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Switch to fat-free or low-fat (1%) milk

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers
- Drink water instead of sugary drinks



Choosemyplate.gov has 10 tipsheets available, a place you can put in your info (age, height, weight) and it will give you a meal plan for that weight OR give you the option to move to a healthier weight! Visit choosemyplate.gov now!

Shrimp Salad Stuffed Tomatoes

What you will need to serve 4:

- 1 pound peeled cooked shrimp, tails removed, chopped
- 1 stalk celery, finely diced
- 1/4 cup minced fresh basil
- 10 Kalamata olives, pitted and finely chopped
- 1 medium shallot, minced
- 2 tablespoons reduced-fat mayonnaise
- 1 tablespoon white-wine vinegar
- Pinch of freshly ground pepper
- 4 large ripe tomatoes, cored



To prepare: Combine shrimp, celery, basil, olives, shallot, mayonnaise, vinegar and pepper in a medium bowl. Stir to combine. Carefully hollow out the inside of each tomato using a melon baller or small spoon; reserve the scooped tomato for another use (see Tip). To serve, fill each tomato with a generous 1/2 cup of the shrimp salad.

Nutritional information per serving: 192 Calories; 6 g Fat; 1 g Sat; 2 g Mono; 230 mg Cholesterol; 12 g Carbohydrates; 30 g Protein; 2 g Fiber; 585 mg Sodium; 774 mg Potassium

FDA Announces Changes to Better Inform Consumers About Sunscreen

New Rules Give Consumers More Information to Help Reduce the Risk of Skin Cancer, Early Aging

The FDA has announced significant changes to sunscreen products that will help consumers decide how to buy and use sunscreen, and allow them to more effectively protect themselves and their families from sun-induced damage.



Sunscreen products that meet modern standards for effectiveness may be labeled with new information to help consumers find products that, when used with other sun protection measures, reduce the risk of skin cancer and early skin aging, as well as help prevent sunburn. The changes should help to reduce confusion.

Sunscreen Labeling According to 2011 Final Rule

If used as directed with other sun protection measures, this product reduces the risk of skin cancer and early skin aging, as well as helps prevent sunburn.

Only products labeled with both "Broad Spectrum" AND SPF15 or higher have been shown to provide all these benefits.



Drug Facts	
Active Ingredients Avobenzone 3% Homosalate 10% Octyl methoxycinnamate 7.5%	Purpose Sunscreen
Uses • helps prevent sunburn • if used as directed with other sun protection measures (see Directions), decreases the risk of skin cancer and early skin aging caused by the sun	
Warnings For external use only Do not use on damaged or broken skin When using this product keep out of eyes. Rinse with water to remove. Stop use and ask a doctor if rash occurs Keep out of reach of children. If product is swallowed, get medical help or contact a Poison Control Center right away.	
Directions • apply liberally 15 minutes before sun exposure • reapply: • after 40 minutes of swimming or sweating • immediately after towel drying • at least every 2 hours • Sun Protection Measures. Spending time in the sun increases your risk of skin cancer and early skin aging. To decrease this risk, regularly use a sunscreen with a broad spectrum SPF of 15 or higher and other sun protection measures including: • limit time in the sun, especially from 10 a.m. – 2 p.m. • wear long-sleeve shirts, pants, hats, and sunglasses • children under 6 months: Ask a doctor	
Inactive ingredients aloe extract, barium sulfate, benzyl alcohol, carbomer, dimethicone, disodium EDTA, jojoba oil, methylparaben, octadecene/MA copolymer, polyglyceryl-3 distearate, phenethyl alcohol, propylparaben, sorbitan isostearate, sorbitol, stearic acid, tocopherol (vitamin E), triethanolamine, water	
Other information • protect this product from excessive heat and direct sun	
Questions or comments? Call toll free 1-800-XXX-XXXX	

Remember, stay safe, have fun, and enjoy this wonderful time of year.

Your Health Matters is a quarterly publication for municipal employees and family members of the Cape Cod Municipal Health Group.

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