

# PMWARS GAZETTE

(Preventive Medicine, Wellness and Readiness Service)

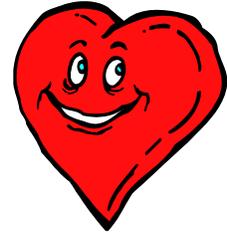
A Letter of Health and Wellness

February 2004

## HEALTHY HEARTS

by

Selina Jeanise



President Bush proclaimed February as American Heart Month. At Fort Huachuca the folks at Raymond W. Bliss Army Health Center coined February as Healthy Heart Month. Why all the fuss? What about SARS ? HIV/AIDS ? And what about all the other 100's of things we should be worried about ?

Here are the facts:

- **The No. 1 cause of death in American men and women is cardiovascular diseases.**
- **Cardiovascular diseases are the No. 3 cause of death among children under the age of 15.**
- **Cardiovascular disease kills approximately one woman a minute in the United States, that's nearly half a million a year. (You thought it was a man's disease, it's not.)**
- **According to statistics compiled by the Center for Disease Control (CDC) and the National Center for Health Statistics (NCHS) in 2001, 498, 863 women died of CVD while 432, 245 men died of CVD.**
- **Among women, African-American and Hispanic women are at a higher risk than white women. But yet they have the lowest awareness of high risk factors.**

Are you at risk? How do you know? Take control of your health. The Health Education Resource Center along with Raymond W. Bliss Army Health Center challenges you to become empowered and take control of your health in 2004. Help arm yourself against CVD through education and awareness.

### **What is CVD?**

Cardiovascular diseases (CVD) are diseases of the heart and blood vessels, essentially the circulatory system. Some diseases of the circulatory system include high blood pressure, coronary heart disease, congestive heart failure, stroke and congenital heart defects.

### **Am I at risk for CVD?**

Risk factors include being overweight, physical inactivity, diabetes, smoking, high cholesterol, and a family history of heart disease.

### **What can I do?**

Take control of your health, STOP smoking, START exercising, lose weight and get regular check-ups. When was the last time you had your blood pressure checked? What about your cholesterol? You can significantly reduce your risks of CVD.

Be proactive in the fight to be healthy. Many of these risk factors are within your control. Talk to your health care provider. Ask questions. Educate yourself and your family. For more information please call or come by the Health Education Resource Center on the first floor of Raymond W. Bliss Army Health Center. We are in the Preventive Medicine Wellness and Readiness Service department, our phone number is 520-533-5668. The Health Education Resource Center has many resources available. We have a patient health library that contains books and videos as well as online databases. There are computers and televisions available. The risk of cardiovascular disease is real. Don't ignore these risks. Another great resource for information is the American Heart Association website at <http://www.americanheart.org>.

**Children's Oral Health**  
**From The Ft. Huachuca DENTAC**  
**COL Mark N. McDonald, DMD, Commander**

**At what age are my children supposed to see a dentist?**

The general rule is between 30 and 36 months. Some children require a bit more time to be comfortable. If an area of concern is noticed, then the child should see a dentist as soon as possible.

**Why is it important to fix baby teeth that have decay? Aren't they going to come out soon anyway?**

It is very important to maintain the baby teeth because these teeth hold space for the future eruption of the permanent teeth. If a baby tooth decays or is removed too early, the space necessary for the permanent teeth is lost and may only be regained through orthodontic treatment. Infected baby teeth can cause the permanent teeth to develop improperly resulting in stains, pits and weaker teeth.

**When will my child lose his/her baby teeth?**

Children will begin losing their teeth at approximately age 5 ½ to 6. They will usually lose their front teeth first. Children will continue to lose baby teeth until the age of 12 or 13 when all of the permanent teeth finally erupt.

**When does thumb-sucking become damaging to the teeth?**

Generally, if the child has stopped sucking his/her thumb by age 5 there is no permanent damage. If the child is a vigorous and constant thumbsucker, however, there can be moderate to severe movement of teeth and prevention of normal bone growth.

**Should my child wear a mouthguard while playing sports?**

It is strongly recommended that children wear a mouthguard while playing any contact sport. It is always better to prevent an injury than to repair one. The earlier a child begins to wear the mouthguard, the easier it is to become comfortable and continue to wear it as they get older.

**What should I do if my child gets a tooth knocked out?**

If the tooth is a permanent tooth, time is extremely crucial. Immediately stick the tooth back in the socket. Don't worry about getting it in straight or having it turned backwards, just get it in the socket and immediately call your dentist. If you are uncomfortable placing the tooth in the socket, put it in a glass of milk and get your child to the dentist as quickly as possible. If the tooth is a baby tooth, do not put it in the socket because damage to the permanent tooth can occur. When in doubt, put the tooth in milk and see your dentist immediately.

**What Is A Sealant?**

A dental sealant is a thin plastic film placed on the chewing surfaces of molars and premolars (the teeth directly in front of the molars). Sealants have been shown to be highly effective in the prevention of cavities. They were developed through dental research in the 1950s and first became available commercially in the early 1970s.

**How effective are sealants?**

Scientific studies have proven that properly applied sealants are 100 percent effective in protecting the tooth surfaces from cavities. Because sealants act as a physical barrier to decay, protection is determined by the sealants' ability to adhere to the tooth. As long as the sealant remains intact, small food particles and bacteria that cause cavities cannot penetrate through or around a sealant. In fact, research has shown that sealants actually stop cavities when placed on top of a slightly decayed tooth by sealing off the supply of nutrients to the bacteria that causes a cavity. Sealant protection is reduced or lost when part or the entire bond between the tooth and sealant is broken. However, clinical studies have shown that teeth that have lost sealants are no more susceptible to tooth decay than teeth that were never sealed.

**How are sealants applied?**

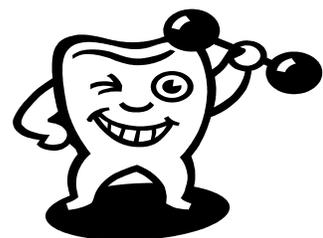
Sealant application involves cleaning the surface of the tooth and rinsing the surface to remove all traces of the cleaning agent. An etching solution or gel is applied to the enamel surface of the tooth, including the pits and grooves. After 15 seconds, the solution is thoroughly rinsed away with water. After the site is dried, the sealant material is applied and allowed to harden by using a special curing light. Sealant treatment is painless and could take anywhere from five to 45 minutes to apply, depending on how many teeth need to be sealed. Sealants must be applied properly for good retention.

**How long will a sealant last?**

Sealants should last five years, but can last as long as 10 years. One study reported that seven years after application, an impressive 49 percent of treated teeth were still completely covered. Sealants should not be considered permanent. Regular dental check-ups are necessary to monitor the sealants' bond to the tooth.

**Who should receive sealant treatment?**

Children, because they have newly erupted, permanent teeth, receive the greatest benefit from sealants. The chewing surfaces of a child's teeth are most susceptible to cavities and the least benefited by fluoride. Surveys show that approximately two-thirds of all cavities occur in the narrow pits and grooves of a child's newly erupted teeth because food particles and bacteria cannot be cleaned out. Other patients also can benefit from sealant placement, such as those who have existing pits and grooves susceptible to decay. Research has shown that almost everybody has a 95 percent chance of eventually experiencing cavities in the pits and grooves of their teeth.



## Apple Oat Bran Muffins

Commercially baked muffins have become as large as small birthday cakes and loaded with calories and fat. These muffins, on the other hand, are delicious and loaded with fiber and heart-friendly oat bran.

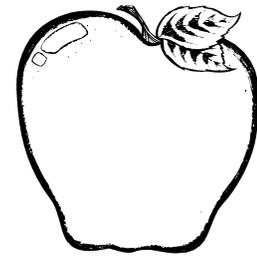
Expeller-pressed canola oil for oiling the muffin pan	1 1/4 cups oat bran
2 large green cooking apples	2 1/2 teaspoons baking soda
2 cups whole-wheat pastry flour	1 teaspoon cinnamon
1 cup unbleached white flour	1/2 teaspoon nutmeg
1 12-ounce can apple juice concentrate, thawed	1 cup water

1. Heat oven to 325°F. Lightly oil muffin pan. Peel and core apples; chop them coarsely. Set aside.
2. In a mixing bowl, stir together pastry flour, white flour, oat bran, baking soda, cinnamon and nutmeg.
3. Add thawed apple juice concentrate, chopped apples and enough water to make a light batter.
4. Mix just enough to moisten all ingredients. Divide batter among the muffin cups and bake until lightly browned, 25-30 minutes. Remove muffins from cups while hot.

### SERVES 12

#### Nutrients Per Serving

Calories: 208.4	Cholesterol: 0.0 mg	Fiber: 5.3 grams
Protein: 5.6 grams	Vitamin A: 19.5 IU	
Fat: 1.4 grams	Vitamin E: 0.7 mg	
Saturated Fat: 0.3 grams	Vitamin C: 3.1 mg	
Calcium: 25.1 mg	Calcium: 25.1 mg	
Monounsaturated Fat: 0.3 grams	Magnesium: 58.3 mg	
Polyunsaturated Fat: 0.5 grams	Carbohydrate: 48.7 grams	



## HOW TO LOVE YOUR JOB

Excerpt from an article in September 2003 issue of Natural Health Magazine

Author Susan Gerber



Six of the most frustrating work stressors have been identified and experts have been asked for tips to resolve them. Going to work unhappy is a complaint of over a third of Americans. Research also links work stress to a list of disorders, including back pain, headaches, insomnia, stomachaches, impaired immunity, and even obesity. Hopefully these tips will help you love your job.

1. **YOU HAVE TOO MUCH TO DO** – Learn to prioritize, try not to put too much time and effort into nonessential tasks. Get organized; develop routines to handle least important tasks quickly. Examples are to check your email on a schedule, touch an incoming piece of paper once, file it, toss it, or act on it, rather than moving it from pile to pile.
2. **YOUR ARE BURNED-OUT** – If the joy is gone and it's hard to get out of bed, you may be suffering from burn-out. Rethink your work, think of ways to get excited about your work. Ask your boss or supervisor for suggestions and what is appropriate. Treat yourself right, do not neglect your personal needs such as nutrition, exercise, hobbies, or family. Mix up your routine, small changes may make a difference. If you're routine is to start your day returning phone calls or answering emails, switch it around.
3. **YOU FEEL UNAPPRECIATED** – Ask for comments, politely let your boss know you'd appreciate feedback. Expect some criticism and give your boss time to get back with you. It may take them awhile to research and respond to your question. Set an example; give your boss or co-workers the kind of kudos you desire. A quote from Gandhi says it perfectly, "You must be the change you wish to see in the world". Praise yourself, make a list of five recent accomplishments, reflect on the list and allow yourself to feel good about them.
4. **YOUR BOSS IS A TERROR** - Teach your boss, diplomatically make suggestions to alternative ways of managing to your supervisor. Communicate, if personality or behavior are causing clashes, talk about how your feeling. But rather than criticize your boss focus on how your needs aren't being met. For instance, say "I'm here to do good work, but I need to be talked to in a certain way to perform at my best". Resolve to adapt, if all else fails, take heart. You can learn more from a bad boss than a good one. You may learn self-reliance, develop a thicker skin, or find other colleagues who can meet your needs.
5. **YOUR COMPANY'S CHANGING** – React the right way, you can't control change but you can control your reaction to change. Tell yourself, "Isn't it exciting", rather than "Isn't it horrible". Seize the opportunity, think of how you can spin change to your advantage. Maybe you'll click better with your new boss or this boss will be open to your playing a larger role in the company.
6. **YOU HAVE A DIFFICULT CO-WORKER** - Minimize contact, if possible, move your desk, change your hours, change teams, whatever it takes to insulate yourself as much as possible from contact with the co-worker. Express yourself, speak up politely but directly, tell a distracting colleague you need privacy and quiet to get your work done. Ask a pessimist to come up with a solution rather than a compliant. Get support, when all else fails, privately bring up the problem with the co-worker's supervisor.



## NATURE-MADE PREVENTIVES



There are many natural substances that may help lower your risk of a variety of diseases.

- ❖ Calcium and Vitamin D have been found to be a sound way to guard against osteoporosis
- ❖ Omega-3 fatty acids, found in fish oils, are considered a powerful defense against heart disease and stroke
- ❖ The American Heart Association suggests that healthy people eat at least two weekly servings of fish, such as salmon, lake trout or albacore tuna.
- ❖ People with elevated triglycerides can need up to 4 grams of omega-3 fatty acids daily in supplement form, **but only under a doctor's supervision.**
- ❖ Fish oils may help prevent depression, vision problems, arthritis and cancer, according to Dana Simpler, M.D., a Baltimore internist. More research is needed.
- ❖ A small daily dose of aspirin – 75 to 325 milligrams – is now widely accepted as a sound strategy for cutting the risk of heart attack by as much as 44 percent. But again, **only** under the supervision of your doctor.
- ❖ Zinc lozenges have been shown in several studies to be effective in preventing a full-blown cold if taken at the first inkling of illness. They should not be taken on a regular basis, however, because they can interfere with the absorption of other minerals.

Again, for many of these further research is needed, but so far studies are promising. Also, do not take any type of medication or dietary supplements without the supervision of your physician.

This was adapted from an article in the February 2004 issue of Natural Health Magazine.

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### Lower Your Risk of Colon Cancer

Results of a study published in the Jan. 12, 2004, issue of the British Journal of Cancer show that vegetarians were 15 percent less likely to develop colorectal cancer than participants who ate meat or fish. The study also found that those who ate more than five servings of fruit per week were more than researchers, from Britain's University of Oxford, followed more than 10,000 people for 17 years.

In the United States, a study that followed more than 38,000 women for about eight years showed that those whose diets included a lot of foods that rapidly increase blood sugar levels were nearly three times more likely to develop colorectal cancer than women who ate less of these foods. High glycemic-load foods include baked potatoes, pasta, refined flour products and sweets. Study results were published in the Feb. 4, 2004 issue of the Journal of the National Cancer Institute.

Adapted from Dr. Andrew Weil's Weekly Wellness Bulletin.

## Health Facts

**Depression** - Depression is a very common health problem, affecting at least 5 of every 100 people in the United States. It can decrease the quality of a person's life as much as diabetes or a heart attack, and thus is one of the leading health problems in the world. The good part is depression is also highly treatable. Most people can feel much better and are able to get back to their "old selves". What causes depression? Severe life stressors, alcohol or drugs, medical problems like thyroid or stroke. Many people have a genetic risk to develop depression and it can begin with no clear cause.

### Symptoms

#### Feelings:

Sad or blue  
Unable to enjoy usual pleasures  
Low energy  
Not motivated

#### Thoughts:

Negative outlook  
Things seem pointless  
You feel useless  
Feeling much too guilty  
Bad thoughts about yourself  
Thoughts of suicide

#### Behaviors:

Emotionally reactive  
Easily tearful  
Easily angered  
Change in appetite  
Change in sleep  
Difficulty concentrating



#### What to do?

If you're depressed, get help: from your health care provider, your church, your family or friends. If you're having trouble with your treatment, don't give up! Tell your provider and try a different approach - there are many ways to treat depression. You might have to try several to find one that works well for you.

If you have any questions or concerns please see your physician or health care provider. If you need further health information on depression or any other medical condition or illness please feel free to call or come by the Health Education Resource Center on the first floor of R.W. Bliss Army Health Center. The phone number is 520-533-5668 or email at [RWBAHC.Library@amedd.army.mil](mailto:RWBAHC.Library@amedd.army.mil)

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### ARE OPTIMIST'S HEALTHIER?

Pessimism has been linked to a higher risk of dying before age 65. Expressing positive emotions, such as optimism, is associated with lowered production of the stress hormone cortisol, better immune function, and reduced risk of chronic disease.

### HEART FACTS

64% of women and 50% of men who died suddenly of heart disease had NO previous symptoms. -AHA Heart Disease and Stroke Statistics, 2004 update.