

# TANK TIMES

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Volume 2.1

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## AMERICAN HEART MONTH

### Heart disease facts:

- \* Heart disease, which includes stroke, high blood pressure, hardening of the arteries, congestive heart failure, and congenital heart defects, ranks as the number one cause of death in the United States.
- \* More than 60 million Americans suffer from some form of heart disease.
- \* Americans pay more than \$300 billion annually for medical and disability costs related to heart disease.
- \* Approximately every 29 seconds, an American suffers a coronary event and someone dies because of heart disease.
- \* Currently, more than 10 million Americans have a history of heart attack, angina, or both.

### Healthy lifestyle changes can lower your risk of heart disease.

- \* Quit tobacco
- \* Have your blood pressure checked regularly
- \* Get more exercise
- \* Have regular health checkups and cholesterol checks

Maintaining a healthy lifestyle is one of your best defenses against heart disease, so start now by making a commitment to a heart-healthy lifestyle!

Source: American Heart Association



Quote:

"We learn from experience that men never learn anything from experience."

George Bernard Shaw

For more information, call the HealthChoice H.E.L.P. line toll-free at 1-800-318-BEOK

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## EATING OUT? TIPS TO KEEP IT HEALTHY

### Find out:

- ☛ If visible fat has been trimmed from meat or poultry
- ☛ What kind of oil was used in food preparation
- ☛ If the restaurant will accommodate special requests

### Ask for:

- ☛ Margarine instead of butter
- ☛ Fat-free milk instead of whole milk or cream
- ☛ Salad dressing served on the side

### Select foods that are:

- ☛ Steamed
- ☛ Garden fresh
- ☛ Broiled
- ☛ Roasted
- ☛ Poached
- ☛ Lightly sauteed or stir-fried

Source: National Heart, Lung, and Blood Institute



Quote:

"Unless I accept my faults, I will most certainly doubt my virtues."

Hugh Prather

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## QUESTIONS YOU SHOULD ASK ABOUT YOUR NEW PRESCRIPTION

- \* What is the drug's name?
- \* How does it work?
- \* How long before it takes effect?
- \* What will it do for me?
- \* How long will it be effective?
- \* When should I take it?
- \* Are there possible side effects, both short and long-term?
- \* Should I take it with food?
- \* How long should I take the medicine?
- \* Is there a generic equivalent?
- \* Will it interfere or interact with another drug I'm taking?
- \* Can I stop taking it if I start to feel better?

It's important to take your medications carefully and correctly. You put your health at risk if you don't fill your prescriptions, follow the medication instructions, or take the required doses. If you have any problems or concerns about your medicines, you should contact your doctor right away.

Source: AARP



Quote:

"People will forget what you did, people will forget what you said, but they won't forget the way you made them feel."

Anonymous

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## DO YOU HAVE THE WINTER BLUES?

Are you one of the many people who start to feel depressed in the fall and continue to feel dark and dreary until springtime? For about 5% of the population, their mood grows darker when the days grow shorter. Scientists call this severe winter depression Seasonal Affective Disorder or SAD. Light and temperature play a significant role in SAD, because daylight prompts the brain to release chemicals that spark feelings of energy.

The following are some tips for overcoming the winter blues:

- ✓ Get outside as much as possible. SAD sufferers report they benefit more by exposure to early morning light than to light later in the day.
- ✓ Keep the drapes in your house open and the window shades raised during daylight hours.
- ✓ Sit near windows and look outside periodically.
- ✓ On cloudy days, turn on bright lights.
- ✓ Don't isolate yourself during winter. Visit friends, see shows, anything to get out and about.
- ✓ Try to take a vacation.

SAD can turn into a serious mental disorder, so if you frequently experience the "winter blues", contact your doctor immediately.

Source: [National Institute of Mental Health](#)



Quote:

"Science is to see what everyone else has seen but think what no one else has thought."

Albert Szent-Gyorgyi

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