



Kay County Health News

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Did you know one of the potential benefits of a Certified Healthy Business is a healthier and happier workforce?

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An App A Day

Smart phones have become a common tool for use in our daily lives. They allow us to stay connected with family, friends and the office as often as we think necessary. They serve as dictionaries, encyclopedias, GPS, calculator, address books, flashlight, CD player and camera. Now those who have added weight loss and increased exercise among their New Year Resolutions can download apps on their phone to help with their exercise efforts.

There is no shortage of exercise apps to choose from but here are three free apps I have heard good things about. If you have a smart phone and want to increase your activity level, give one of these free apps a try! If you have found success with another app not described below, please share your information by sending an email to kchealthnews@yahoo.com and I will share it in the next newsletter. If you are adding more exercise to your routine, remember to pace yourself. Start off slow and increase your exercise over time. These apps can record progress you will feel good about.

Every Body Walk! – Turn your smartphone into a pedometer with Every Body Walk! Every Body Walk! helps you track all aspects of your walk, including distance, time, calories burned, and routes. You can watch your progress en route, save your walking history for future reference.

With Every Body Walk! you can:
- Start, end, pause, and resume your walk with the tap of a button.

- Set targets such as distance, time, and calories burned.
- View your walking routes on maps.
- Watch your progress in real time and save walks for future reference.
- Share your walk summary on Facebook and Twitter.

Nike+ Running - Get training programs, reminders and the push you need to go farther and faster than ever before. Nike+ Running captures your route, distance, time, and pace. You can challenge yourself to run longer, farther, and faster by taking on your personal bests, setting goals, find running routes nearby and compare or compete with others.

RunKeeper – This app allows you to track various types of activity – running, walking, skiing, skating, swimming and many more choices. You will be able to keep maps and activity settings private or share with others on Twitter and Facebook. RunKeeper uses the GPS technology on your phone to track your fitness activity, giving you comparable results to an expensive GPS watch at a fraction of the cost.

The app makes it easy to track how far you went, how long it took, what your pace/speed was, how many calories you burned and the path you traveled on a map. Once your activity is completed, the data is synced to the RunKeeper website where you can view a history of all your activities and cumulative totals of your vital stats. You can also share your progress with friends by posting your activities to Facebook and Twitter, and creating a profile page that allows people to view all of your public activities. RunKeeper is only compatible with the iPhone and Android devices at this time.

What to Eat Now: Pomegranate



Pomegranate seeds are most commonly eaten raw. It's easier to buy the seeds already scooped, but when exposed to prolonged air or sunlight they lose some vitamin content.

Try them sprinkled over salads, swirled into yogurt, or blended into a smoothie. Mix them with roasted red peppers, walnuts, and olive oil, and purée into a Middle Eastern-inspired dip. Or mix the juice with mineral or seltzer water.

They are low in calories, very low in saturated fat, cholesterol and sodium, yet high in fiber, folate, vitamin C and vitamin K.

The antioxidants in pomegranates include polyphenols, such as tannins and anthocyanins. They may have more antioxidant power than cranberry juice or green tea according to Karen Collins, MS, RD, CDN, a nutrition advisor for the American Institute for Cancer Research.

Pomegranate juice may improve blood flow to the heart in people with ischemic coronary heart disease. Researcher Dean Ornish, MD, believes pomegranate juice may even be able to help prevent heart disease in people who do not already have it.

Pomegranate juice may help stop plaque from building up in blood vessels. The antioxidants in the juice may help keep cholesterol in a form that is less damaging, and may also reduce plaque that has already built up in vessels, according to Collins.

Pomegranate juice may slow prostate cancer growth. Antioxidants are known to help prevent and repair DNA damage that can lead to cancer. "Pomegranate juice won't fend off cancer by itself, but studies suggest it may be a wonderful addition to the balanced, plant-based diet recommended by the American Institute of Cancer Research," says Collins. Men who have had treatment for prostate cancer may benefit from a daily dose of pomegranate juice. The juice appeared to suppress the growth of cancer cells and the increase in cancer cell death in lab testing, according to research from UCLA. More research needs to be done on pomegranate juice for us to know anything definitive about its benefits. But, so far, the future looks bright for this vibrant, fuchsia-colored fruit. One thing that is for certain - the red juice can leave you with pink hands and juice stains on clothing, so be careful with any crushed seeds.

Source: www.webmd.com/food-recipes/features/pomegranate-power

Apple Pomegranate Salad

1 large shallot, finely chopped (1/4 cup)
2 tsp olive oil
1/4 cup balsamic vinegar
2 TBSP honey
12 cups mixed salad greens
1 sliced apple (Fuji or Pink Lady work well)
3 oz goat cheese, crumbled (3/4 cup)
1 cup pomegranate seeds

Heat oil in small pan over low heat. Add shallot and sauté 4 minutes or until soft. Remove from heat and stir in vinegar and honey. Season with salt and pepper. Combine salad greens and apple slices in large bowl. Drizzle half of shallot dressing and toss to coat. Divide onto salad plates. Top with goat cheese, pomegranate seeds and remaining dressing.

Serves 6 Source: recipe.com

February: Dental Hygiene Month

Although nearly always preventable, tooth decay is the most common chronic disease in children. Over 40% of children ages 2 - 11 had a cavity in their primary (baby) teeth, and more than two-thirds of teens had a cavity in their permanent teeth. Overall rates of tooth decay have decreased but decay in preschool children has increased in recent years. If there is a young child in your family, you may be interested in this information.

Tooth Decay in Babies

Baby Bottle Tooth Decay occurs in infants and toddlers. It happens when breast milk, formula, cow's milk, and fruit juice stays on teeth. Although these foods are healthy, sugars in these foods cause rotting and/or blackening if allowed to linger in the mouth. This happens when babies are allowed to have these drinks with them throughout the day or if they are allowed to suck from a bottle while sleeping.

Healthy baby teeth help children with speech, good eating habits and reserving space for permanent teeth.



Prevention Tips:

- Don't put your baby to bed with a bottle. Wean your baby from this habit using plain water.
- Don't allow your baby to walk around with a bottle or sippy cup through the day. Teach your child to use a regular cup when the primary teeth begin to appear.
- Don't dip a pacifier in sugar or honey.
- Don't share your spoon or fork with your baby.
- Don't give babies and children soda pop.
- Try to wean your baby from a bottle to regular cup by 12 months. This reduces the sugar deposited on their teeth.
- Begin cleaning your baby's mouth a few days after birth with a clean gauze pad or soft cloth; no toothpaste. Gently wipe off the gums, inside the lips, cheeks and tongue.
- Make sure your baby gets fluoride. If your city water is not fluorinated or if you use bottled water or a water treatment system, talk to your dentist about supplements.

- Begin using a child-size toothbrush and water twice a day after the first teeth erupt. Replace the brush every 3 or 4 months or sooner if bristles are bent. Use floss when the child has two teeth that touch.
- Children should see a dentist within 6 months of the first tooth erupting, but not later than the first birthday. Exams may uncover small problems when they are easily treated.

Two to Ten Year Olds

- Fluoride is needed, but too much is not desirable. Two-year-olds can begin to use a pea-sized amount of fluoride toothpaste. Make sure they don't swallow toothpaste and rinse well with water. Do not use fluoride mouth rinse.
- Consult with a dentist regarding sealants for molars.
- Help children brush their teeth until age 5 or 6 and supervise them until 10 or 11.

Older Children and Adults

Once children have established a regular routine to brush and floss parents simply observe that these good habits continue. As in all areas of parenting, one of the best things a parent can do is be a good role model for their children. If they see good dental hygiene is important to you, they will be more likely to follow your example.

Dentists and dental hygienists recommend the following four steps to dental care.

Eat healthfully

Choose a variety of healthy foods. Avoid sticky, sweet or sugary foods if you snack; raw fruits and vegetables are best. If you can't brush after eating, rinse your mouth with water or chew sugarless gum.

Brush - 2 minutes, 2 times a day

Brushing for two minutes is the single most important method for reducing plaque and preventing cavities, gingivitis and other plaque-related diseases. Replace your brush when bristles are bent and after you have been ill.

Floss daily

Flossing removes plaque and food particles that cannot be reached by a toothbrush, particularly under the gums and between teeth. Plaque that builds up in these areas can lead to tooth decay and gum disease.

See a dentist

Visit your dentist as recommended for cleaning, x-rays and other needed treatment.

This information is not meant to replace advice from your healthcare provider. If you have questions, consult your healthcare provider.

Secrets of Successful Weight-Lifting Workouts

Pumped any iron lately? If not, you might want to consider it. Resistance exercise is a great way to round out your aerobic workout and help you stay strong. Resistance exercise is any exercise where muscles contract against an external resistance with the objective of increasing strength, tone, mass, and/or muscular endurance. The resistance can come from dumbbells, weight machines, elastic tubing or bands, cinder blocks, cans of soup, your own body weight (for example, pushups), or any other object that forces your muscles to contract. Results take time, but are sure to come when you train consistently over time.

It seems simple: Pick up and toss around the equivalent of a couple of soup cans a few times a week, and change your body, maybe your life. This very simplicity is at the heart of weight training, which is fast becoming one of the most popular forms of exercise today.

The sport that was for bulky bodybuilders is now being embraced by the average guy looking to drop a few pounds and beef up his physique, as well as the average gal looking to tone up and strengthen bones and muscles. And it is as beneficial for older adults as it is for the younger crowd.

"Weight lifting not only helps you to look better, but it can play an enormous role in your quality of life as you age -- particularly for women -- since it definitely helps increase bone density, which diminishes with age," says Cedric Bryant, vice president of scientific affairs for the American Council on Exercise. And weight lifting may prevent falls in older adults.

Unlike other forms of exercise that burn calories only while you're working out, weight lifting keeps on incinerating calories for hours after you stop. It increases your metabolic activity for the entire day -- not only when you are challenging your muscles, but also during the repair process that occurs when you stop working out.

Of course, a successful weight lifting workout does involve a bit more than just moving those soup cans from the kitchen counter to the cabinet a few times a week. To help put you on the path to success, WebMD asked Bryant and Mike Ryan, a weight expert from the Gold's Gym Fitness Institute, for some tips on how to start a weight lifting workout and stick with it until you meet your goals.

Here is the first of six rules. Watch this newsletter in the future for the remaining five rules!

Weight Lifting Workout Rule No. 1: Define Your Goals

For any exercise program, it's important to start with a realistic goal in mind. But for weight training it's essential. Setting a goal that's attainable is important to not only give you a sense that you are accomplishing something, but, in the case of weight lifting, to insure that you don't overdo it when you first begin.

Because successful weight training involves small steps, having short-term goals will keep you from giving up too soon.

Ryan agrees with this strategy. "It's extremely important to set realistic, achievable goals so that you don't get discouraged, and so that you don't try to do too much too soon and increase your risk of injury," he says. What's more, he cautions that this advice is as important for seasoned athletes as well as fitness newbies. No matter how much you've accomplished in another sport, if you haven't done weight lifting, you're still a beginner, so don't expect too much too soon. But if you can do more than 15 with good form, then the weight load is probably not quite challenging enough. In that case look for something a bit heavier or add on more resistance.



Source: <http://www.medicinenet.com>