

# TO YOUR GOOD HEALTH

Fall 2002

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## The ABCs of Burns

To determine appropriate treatment, you need to first assess the severity (defined by the depth and size of the burned area) of a burn:

- **First-degree** burns affect only the outer layer of skin but may cause mild swelling and pain. Run cold water (not ice) over the burned area for 5-10 minutes, then cover with a sterile cloth or gauze. Do not apply ointment, creams or home remedies.
- **Second-degree** burns affect the outer and underlying skin layers, causing redness, swelling and blisters. Never break or disturb blisters. Doing so leaves the skin unprotected and open to infection.
- **Third-degree** burns destroy deep layers of skin, often leaving a charred or waxy appearance. Because these burns usually damage the nerve endings that send pain impulses to the brain, there may be little or no pain. Third-degree burns are serious and require immediate professional treatment.



*Is coffee robbing you of calcium? See page 3.*

Prompt medical attention can prevent or minimize the scarring and deformity caused by severe burns. Always seek immediate medical attention when:

- A burn covers a large area of skin or is extremely painful.
- A third-degree burn occurs.
- A burn becomes infected (blisters with brownish or greenish fluid form).
- A burn doesn't heal.

## CAN YOU AVOID THE OFFICE COLD THIS WINTER?

**The common cold. It's passed around the office more than the coffee pot. Maybe you can't avoid the commute and overtime, but you can take precautions to reduce the chance of catching what everyone else has this winter. (See page 3)**

**The Red Wine Paradox: Hoax or Health? (see page 4)**

## R&R: How You Do It Isn't Important. Just Do It.

All work and no play make Jack a dull boy. Study after study has reinforced the truth of this simple axiom. Stress-related conditions now account for more than 80% of the annual American health bill. Stress isn't just a pain in the neck—it's a health-buster, attacking the body's immune system and overall ability to fight off disease. Stress and anxiety can cause an incredible number of health-related problems, from ulcers, headaches and rashes to high blood pressure and heart attack.

The Rx for controlling stress before it causes serious problems is surprisingly simple: just relax. Or as one doctor likes to prescribe, "Take two weeks off and call me in the morning." Relaxation—the art of just taking it easy—is important for mental and physical well-being. But the simple truth is that many of us don't make time to relax. Life in the 21<sup>st</sup> century is a far cry from the simple lives our ancestors led. We're busier than ever. It's easy to slide into the habit of rushing from one task to another throughout the day, until we find ourselves accelerating everything we do to make time for the social, personal and business demands we face. Try the following to give your stress the boot:

**Deal with it.** Unless you live in a cave, you experience anxiety to some degree. We all do. The question is: how do you handle it? Any stress reduction plan begins by identifying situations that are most stressful. If you can't eliminate the root causes, decide how to approach and deal with them.

**Make relaxation a priority.** Recognize a little R&R is necessary. Schedule some alone time—even if it's just a few minutes each day—and make time for fun with family or friends.

**Take your choice.** Many community centers, schools and hospitals have stress management classes, but there are lots of "cool down" methods available. Exercise to reduce your stress while you reduce your waist. Stretch with yoga. Take up gardening, walk the dog, listen to music or watch a good movie. Sign up for a class or join a group and try something new. Volunteer your time and services. And above all, don't forget to laugh. Now, that's great medicine.



*Research shows that 77% of people living within 30 miles of the beach never go there.*

### Health Information for International Travel Updated

The Centers for Disease Control has released the new edition of *Health Information for International Travel*.

The new edition advises international travelers of health risks related to travel, contains plenty of updated information about vaccinations, malaria risk by country, altitude sickness, international adoption and many other topics. Download your free copy from:

[www.cdc.gov/travel/ybint.htm](http://www.cdc.gov/travel/ybint.htm).

To order a hard copy (\$25), visit <http://bookstore.phf.org/prod159.htm> or call toll-free 877-252-1200.

## Did You Know?

- People with higher levels of education typically live longer than those with less education. Perhaps they more actively seek out and follow good health practices. The more educated we are, the more likely we are to seek out and maintain regular health care.
- Canned tomato and vegetable juices are tasty and convenient, but they can't match the nutritional value of the real thing. The canned juices are loaded with sodium and lack fiber. So, enjoy your juice, but be sure to eat a variety of raw and cooked fresh vegetables as well.
- It's never too late to sign up to be an organ donor, as long as you're in good health. For more information, visit [www.organdonor.gov](http://www.organdonor.gov) or call 800-528-2971.