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LOCAL: Farmers
Markets August/
September

**BADSEED Friday Night
Farmers Market - 1909
McGee, KCMO - Every Friday
4 to 9 pm**

**Brookside Farmers Market-
63rd & Wornall, KCMO -
Every Saturday 8am to 1pm**

**Ivanhoe Farmers Market -
3700 Woodland, KCMO -
Every Friday 5pm to 7pm**

**KC Organics and Natural
Market at Minor Park - E
110th street, KCMO - Every**

**Saturday 8am to 12:30 pm
KCK Farmers Market - 2220
Central Ave, KCKS - Every
Wednesday 7:30am to
sellout**

HEALTHY EATING

3rd Quarter Issue

BEAT THE HEAT

Take Steps to Prevent Skin Cancer from
Healthfinder.gov



THE BASICS

The best way to prevent skin cancer is to protect your skin from the sun and other sources of ultraviolet (UV) rays.

To protect your skin from the sun:

- Stay in the shade as much as possible between 10 a.m. and 4 p.m.
- Use sunscreen with SPF 15 or higher.
- Cover up with long sleeves, a hat, and sunglasses.

You can also protect your skin by avoiding indoor tanning.

Why do I need to protect my skin?

Protecting your skin today may help prevent skin cancer later in life. Most skin cancer appears after age 50, but skin damage from the sun can start during childhood.

Taking steps to prevent skin cancer may also help prevent:

- Wrinkles
- Blotches or spots on your skin
- Other damage to your skin and eyes

Take Steps to Prevent Skin Cancer from Healthfinder.gov cont. from pg. 1

What is skin cancer?

Skin cancer is the most common kind of cancer in the United States. There are 3 major types of skin cancer:

- Basal cell carcinoma
- Squamous cell carcinoma
- Melanoma

Basal cell carcinoma and squamous cell carcinoma are also called non-melanoma skin cancer, and they are more common than melanoma. Melanoma is the most dangerous kind of skin cancer.

Skin cancer can almost always be cured when it's found and treated early. That's why it's a good idea to check your skin regularly for new growths (like moles or lumps) or changes in old growths. Tell your doctor or nurse right away if you find a change.

What causes skin cancer?

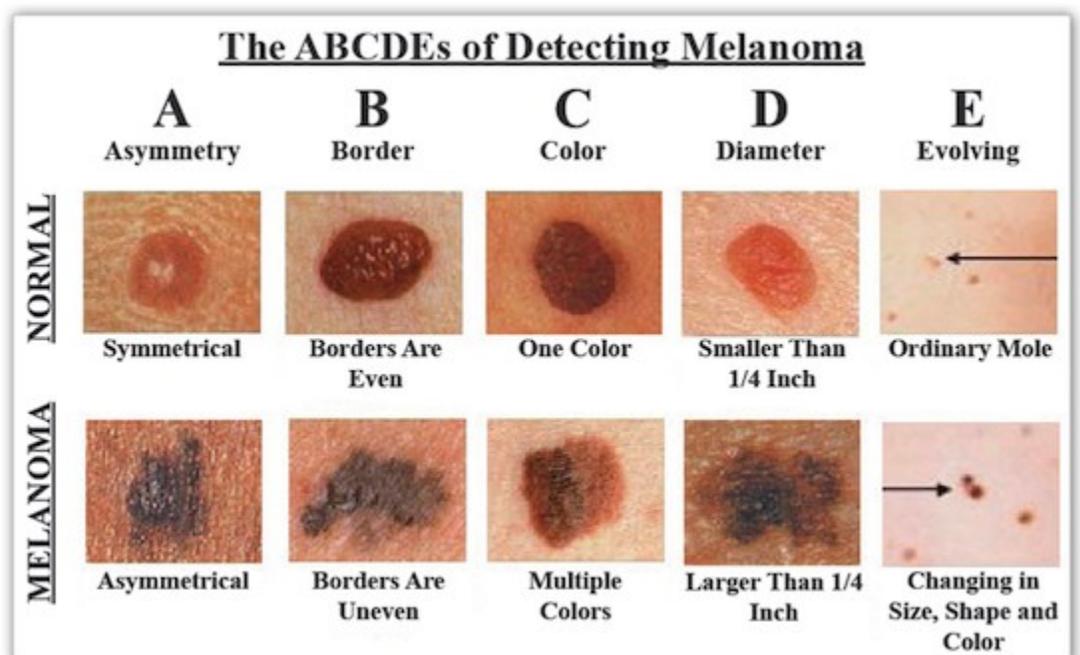
Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV radiation can also come from tanning beds, tanning booths, or sunlamps.

Anyone can get skin cancer. The risk is highest for people with:

- White or light-colored skin with freckles
- Blond or red hair
- Blue or green eyes

You are at higher risk for the most dangerous type of skin cancer (melanoma) if you have:

- Unusual moles
- A large number of moles (more than 50)
- A family history of melanoma



Improve your health with steps so simple you'll barely notice the effort. From [webmd.com](#)

In the warmer, longer, lazier days of summer, the living may not be easy, but your life probably feels less chaotic. Even adults tend to adopt a "school's out!" attitude in summer. That's why this is a perfect time to improve your health in a fashion so seasonally laid back you'll barely notice the effort.

1. Give Your Diet a Berry Boost

If you do one thing this summer to improve your diet, have a cup of mixed fresh berries -- blackberries, blueberries, or strawberries -- every day. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich. A big bonus: Berries are also tops in fiber, which helps keep cholesterol low and may even help prevent some cancers.

2. Get Dirty -- and Stress Less

To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots -- indoors or out.

Just putting your hands in soil is "grounding." And when life feels like you're moving so fast your feet are barely touching the stuff, being mentally grounded can help relieve physical and mental stress.

3. Floss Daily

You know you need to, now it's time to start: floss every single day. Do it at the beach (in a secluded spot), while reading on your patio, or when watching TV -- and the task will breeze by.

Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low, your body has more resources to fight bacteria elsewhere. Floss daily and you're doing better than at least 85% of people.

4. Get Outside to Exercise

Pick one outdoor activity -- going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, roller blading, or swimming -- to shed that cooped-up feeling of gym workouts.

5. Be Good to Your Eyes

To protect your vision at work and at play, wear protective eyewear. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes.

And when playing sports or doing tasks such as mowing the lawn, wear protective eyewear. Ask your eye doctor about the best type; some are sport-specific.

6. Vacation Time!

Improve your heart health: take advantage of summer's slower schedule by using your vacation time to unwind.

Vacations have multiple benefits: They can help lower your blood pressure, heart rate, and stress hormones such as cortisol, which contributes to a widening waist and an increased risk of heart disease.

7. Alcohol: Go Lite

Summer's a great time to skip drinks with hard alcohol and choose a light, chilled alcoholic beverage (unless you are pregnant or should not drink for health or other reasons).

A sangria (table wine diluted with juice), a cold beer, or a wine spritzer are all refreshing but light. In moderation -- defined as one to two drinks daily -- alcohol can protect against heart disease.

8. Sleep Well

Resist the urge to stay up later during long summer days. Instead pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule and not drinking alcohol within three hours of bedtime.

DON'T LET SUMMER BITE YOU! AVOIDING LYME DISEASE CPT JOSHUA POLING

While Lyme Disease is not common in the Kansas City area I wanted to bring forward this concern as I myself was recently diagnosed with the disease. Here are some signs and symptoms to look for if you have recently been bitten by a tick and the types of ticks that carry the disease.

Early localized stage (3 to 30 days post-tick bite)

Red, expanding rash called erythema migrans (EM)

- Fatigue, chills, fever, headache, muscle and joint aches, and swollen lymph nodes

Some people may experience an EM rash and the general symptoms. In other people, general symptoms may be the only evidence of infection.

Some people get a small bump or redness at the site of a tick bite that goes away in 1 to 2 days, like a mosquito bite. This is not a sign that you have Lyme disease. However, ticks can spread other organisms that may cause a different type of rash. For example, Southern Tick-associated Rash Illness (STARI) causes a rash with a very similar appearance.

Erythema migrans (EM) or "bull's-eye" rash

- Rash occurs in approximately 70 to 80 percent of infected persons¹ and begins at the site of a tick bite after a delay of 3 to 30 days (average is about 7 days).
- Rash gradually expands over a period of several days, and can reach up to 12 inches (30 cm) across. Parts of the rash may clear as it enlarges, resulting in a "bull's-eye" appearance.
- Rash usually feels warm to the touch but is rarely itchy or painful.
- EM rash may appear on any area of the body.



Blacklegged Tick (*Ixodes scapularis*)



adult female



adult male



nymph



larva



STAYING ACTIVE AS YOU GET OLDER

– Healthfinder.gov



Physical activity is good for people of all ages. Staying active can help:

- Lower your risk of heart disease, stroke, type 2 diabetes, and some types of cancer
- Improve your strength and balance so you can prevent injuries and stay independent
- Reduce symptoms of depression
- Improve your ability to think, learn, and make decisions

BEFORE YOU START

IF YOU HAVE A HEALTH PROBLEM LIKE HEART DISEASE, DIABETES, OR OBESITY, TALK TO YOUR DOCTOR ABOUT THE TYPES AND AMOUNTS OF PHYSICAL ACTIVITY THAT ARE RIGHT FOR YOU.

AIM FOR 2 HOURS AND 30 MINUTES A WEEK OF MODERATE AEROBIC ACTIVITIES.

- If you weren't exercising before, start slowly. Begin with 10 minutes of aerobic activity and gradually build up to doing 30 minutes at a time.
- Aim for 30 minutes of aerobic activity on most days of the week.
- Choose aerobic activities – activities that make your heart beat faster – like walking fast, dancing, swimming, or raking leaves.

-TELL YOUR DOCTOR IF YOU HAVE SHORTNESS OF BREATH, CHEST PAIN, OR UNPLANNED WEIGHT LOSS.

Do strengthening activities 2 days a week.

Try using exercise bands or lifting hand weights. You can also use cans of food as weights. Breathe out as you lift the weight, and breathe in as you lower it. Don't hold your breath – holding your breath can cause changes in your blood pressure.

Do balance activities 3 or more days a week.

Practice standing on one foot (hold onto a chair if you need to at first).

Stand up from a sitting position without using your hands.

Learn tai chi (“ty chee”), a Chinese mind-body exercise that involves moving the body slowly and gently. Sign up for a yoga class, or try following a yoga video at home.

SUMMER TIME MEAL - FROM WWW.COOKINGLIGHT.COM



If you thought these kiddie faves were off-limits in a healthy diet, think again. These Chicago-style dogs take about 15 minutes to cook, are covered in healthful and tasty vegetables, and weigh in at only 225 calories apiece.

INGREDIENTS:

7 hot dog buns
2 quarts water
7 97% fat-free beef franks (such as Hebrew National)
1 cup finely diced white onion
1 cup diced tomato
1/2 cup sweet pickle relish

PREPERATION:

Preheat oven to 350°.

Wrap buns in foil; bake at 350° for 10 minutes or until thoroughly heated. Remove from oven, and keep warm.

Bring 2 quarts water to a simmer in a large saucepan. Add franks; simmer 5 minutes or until thoroughly heated. Drain well. Place 1 frank in each heated bun. Top each frank with about 2 tablespoons onion, about 2 tablespoons tomato, about 1 tablespoon relish, and about 2 teaspoons mustard. Serve with peppers

Reducing Food Waste Basics- from www.epa.gov

Most people don't realize how much food they throw away every day — from uneaten leftovers to spoiled produce. About 95 percent of the food we throw away ends up in landfills or combustion facilities. In 2013, we disposed more than 35 million tons of food waste. Once in landfills, food breaks down to produce methane, a potent greenhouse gas which contributes to climate change.

BENEFITS OF REDUCING WASTED FOOD

- **Saves money** from buying less food.
- **Reduces methane emissions** from landfills and lowers your carbon footprint.
- **Conserves energy and resources**, preventing pollution involved in the growing, manufacturing, transporting, and selling food (not to mention hauling the food waste and then landfilling it).

SUPPORT THE COMMUNITY BY PROVIDING SOME DONATED UNTOUCHED FOOD THAT WOULD HAVE OTHERWISE GONE TO WASTE TO THOSE WHO MIGHT NOT HAVE A STEADY FOOD SUPPLY.

WAYS TO REDUCE WASTED FOOD

- Shop your refrigerator first! Cook or eat what you already have at home before buying more.
- Plan your menu before you go shopping and buy only those things on your menu.
- Buy only what you realistically need and will use. Buying in bulk only saves money if you are able to use the food before it spoils.
- If safe and healthy, use the edible parts of food that you normally do not eat. For example, stale bread can be used to make croutons, beet tops can be sautéed for a delicious side dish, and vegetable scraps can be made into stock.
- Find out how to store fruits and vegetables so they stay fresh longer inside or outside your refrigerator.
- Freeze, preserve, or can surplus fruits and vegetables - especially abundant seasonal produce.
- Compost food scraps rather than throwing them away. Nutritious, safe, and untouched food can be donated to food banks to help those in need.
- At restaurants, order only what you can finish by asking about portion sizes and be aware of side dishes included with entrees. Take home the leftovers and keep them for or to make your next meal.



RECIPE OF THE MONTH: TWO BEAN AND CORN SALAD

From GEHA's Health E-Report

Two Bean and Corn Salad

Ingredients

1/3 cup vegetable oil
2 tablespoons balsamic vinaigrette
1 teaspoon cumin
1 (15-ounce) can black beans,
drained and rinsed
1 (15-ounce) can Great Northern
beans, drained and rinsed
3 stalks celery, chopped
2 cups frozen corn, thawed
1 medium red bell pepper, chopped
1 cup chopped red onion
1/3 cup chopped fresh cilantro
2 small jalapeno peppers, seeded
and
chopped (optional)



Directions

In a large bowl, whisk oil, vinegar, and cumin. Add remaining ingredients and toss to coat. Serve immediately or refrigerate for up to 1 hour to allow flavors to blend. Makes 10 servings.

Nutritional values per serving

Calories: 227
Carbohydrates: 31g
Dietary fiber: 9g
Protein: 9g
Total fat: 8g (saturated fat 1g)



Eight Things to Consider When Looking for a Gym

1. Location, Location, Location

If you choose a gym on the other side of town, will you really make it there consistently to work out? Often, a gym located somewhere between your home and office (or school) is best. On days when you're crunched for time, having a gym close by will make things easier on your hectic schedule. After all, a good workout is supposed to lower your stress level, not increase it.

2. Hours

Is the gym open when you'll use it most? While some gyms are open 24 hours a day, others are closed on weekends. Whether you workout early in the morning or late at night, make sure the hours fit *your* schedule, or you'll be paying for something you can't access.

3. Members

Everyone responds differently to those around them, and you should keep this in mind before you choose a gym. You should feel relaxed in your exercise environment, not embarrassed or intimidated. Some gyms are co-ed, while some are same-sex only. Others attract individuals of certain age groups. Will you be comfortable exercising around the current members? On your tour, does the gym seem overly crowded?

4. Staff

The staff members of the gym should be supportive and courteous, ready to answer questions or spot you on a machine if needed. They are there to help you make the most of your workouts. Before selecting a gym, ask about the certifications of the staff members. Are they qualified to guide you through your fitness routine? If you need a trainer, what are their rates?

5. Cleanliness

This may or may not be obvious on your first trip to the gym, so keep your eyes peeled. Make sure that towels are available to wipe off the equipment after each use. Also, look to see if staff members enforce this standard of hygiene. Peek into the locker rooms and showers, especially if you'll be using these often. Look at the toilets, sinks, and showers themselves to see that they're properly maintained.

6. Equipment

Take a good look around. Are there enough of the "popular" machines to go around, or do members have to wait in line to use them? Find out if there is a sign-up sheet or a time limit on cardio equipment. If you run on a treadmill for an hour, then a 30-minute time limit won't really suit you. Make sure that there are a wide variety of machines, but don't be intimidated by new ones. Notice whether or not instructions and pictures are posted on the machines, or if staff is available to help you. Be cautious of out-of-order machines; this might be indicative of a poorly maintained gym.

7. Classes

Ask to see the schedule of fitness classes offered at the gym. Make sure that the classes you **WANT** to take are offered at the times you can attend, and find out if you need to show up early to reserve a spot. High-energy classes like spinning might interest you, or a calming yoga class might be more up your alley. If group classes are the staple of your exercise program, find out if the gym charges extra for classes before you join. Decide whether or not these fees are affordable *before* you join, or you might be paying for a membership that you don't really use.

8. Fees

Cost is probably the deciding factor when choosing a gym. Many gyms have a sign-up fee, but these are often waived during certain promotions. Take a look at the payment schedule. Do you pay each month, or do you have to commit yourself to an entire year as a member? Can you cancel without penalty? And ultimately, does a gym fit into your budget?

When it comes down to joining a fitness center, you may feel like you're signing your life away—if you aren't informed and prepared. Be picky! Shop around, talk to friends, and take the tours until you find a place that meets all (or most) of your expectations at a reasonable price. After all, finding the right gym can be the key to a healthy lifestyle!



School Starts Soon!... Is your Child Fully Vaccinated?

Make sure your children are up-to-date on vaccines before sending them back to school.

School-age children, from preschoolers to college students, need vaccines. Making sure that children receive all their vaccinations on time is one of the most important things you can do as a parent, to ensure your children's long-term health – as well as the health of friends, classmates, and others in your community.

The CDC has online resources and tools to help parents and doctors make sure all kids are up to date on recommended vaccines and protected from serious diseases. Get your children to the doctor if you discover they need vaccines to protect them against serious diseases.

What all parents need to know

To keep children in schools healthy, your state may require school-age children to be vaccinated against certain diseases, such as pertussis (whooping cough). If you're unsure of your state's school requirements, now is the time to check with your child's doctor, your child's school, or your local health department. That way, your child can get any needed vaccines before the back-to-school rush.

It's true that some vaccine-preventable diseases have become very rare thanks to vaccines. However, cases and outbreaks still happen. The United States experienced a record number of measles cases during 2014, with 668 cases from 27 states reported to CDC's National Center for Immunization and Respiratory Diseases (NCIRD). This is the greatest number of cases since measles elimination was documented in the U.S. in 2000. From January 1 to June 26, 2015, there have been 178 cases of measles and 5 outbreaks reported in the United States. From January 1 to July 10, 2015, almost 9,000 cases of whooping cough have been reported to the CDC by 50 states, Washington, D.C., and Puerto Rico.

Outbreaks of whooping cough at middle and high schools can occur as protection from childhood vaccines fades. Those who are vaccinated against whooping cough but still get the disease are much more likely to have a mild illness compared to those who never received the vaccine.

Making sure your children stay up-to-date with vaccinations is the best way to protect your communities and schools from outbreaks that can cause unnecessary illnesses and deaths. Getting every recommended dose of each vaccine provides children with the best protection possible.

Vaccines for your young children (newborns through 6 years old)

During the early years of life, your children need vaccines to protect them from 14 diseases that can be serious, even life-threatening. Parents who choose not to vaccinate their children increase the risk of disease not only for their own children, but also for other children and adults throughout the entire community. For example, newborns are vulnerable because they are too young to have received the maximum protection from the recommended vaccine doses. People with weakened immune systems, such as those with cancer and transplant recipients, are also at higher risk of disease.

Flu vaccines are recommended for kids in preschool and elementary school to help keep them healthy. In fact, all children 6 months and older should get flu vaccines. Getting all of your children vaccinated – as well as other family members and caregivers – can help protect infants younger than 6 months old. Ask your family's doctor or nurse about getting flu shots or the nasal spray to protect against flu.

Vaccines for your preteens and teens (7 years old through 18 years old)

Preteens and teens need vaccines, too! As kids get older, they are still at risk for certain diseases. Before heading back to school, three vaccines are recommended for 11-12 year olds – HPV, Tdap, and meningococcal conjugate vaccine – for continued protection.

HPV vaccine is important because it can prevent HPV infections that can cause cancer later in life. For other diseases, like whooping cough, the protection from vaccine doses received in childhood fades over time. That's why 11-12 year-olds are also recommended to get the booster shot called Tdap to help protect them from whooping cough, tetanus, and diphtheria. Meningococcal conjugate vaccine helps prevent two of the three most common causes of meningococcal disease, which can be very serious – even life-threatening.

Event Takes Place at Richard Bolling Federal Building

Health & Wellness Expo

Sponsored by the U.S. Army Corps of Engineers Health & Wellness Committee

19 August 2015

11:00 - 1:00

Room 204

There is something for
EVERYONE!

The Center for Women's Care

It Works! (Healthy Food)

Massages

Mary Kay

AFLAC

GNC

Foundation Fitness Briarcliff

Juice Plus+

KC Corporate Challenge

Advocare

Cleveland Chiropractic College

World Gym

Vitamin Shoppe

GEHA/Health Care Providers

Blue Cross/Blue Shield

AETNA

Life Wellness Center (FOH)

FOH

Lupus Foundation

Davis Chiropractic Clinic

PaleoFit

Natural Grocers

Mother's Nature Health Market

Complete Nutrition

Lakewood Chiropractics

Diagnostic Imaging

Faithful Fitness

Sprouts

Hy-Vee

