

Keeping your health and wellbeing in the know

MyHealthTALK

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Courtesy of Asset Health



Before Getting Back to School, Get Back to the Doctor

It won't be long before children will be heading off to school again. Schools are a great place for children to develop their minds and social skills—they are also a great place to pick up germs. August is National Immunization Awareness Month.

It is important to talk with your physician about keeping your child, and yourself, up to date on the vaccines everyone needs. The Centers for Disease Control and Prevention provide tools to determine which vaccines are needed and at what age.

August is also Children's Eye Health and Safety Month. During a visit to get your child's immunizations, ask the pediatrician for an eye exam. According to WebMD, as many as one in 20 children can't see out of one of their eyes. Children who can't see well can't perform as well in school. Make sure this school year is a healthy and happy one for you and your children!

CDC Immunization Recommendations:

4-6 years old

- Diphtheria, Tetanus and Pertussis (DTaP)
- Polio (IPV)
- Measles, Mumps and Rubella (MMR)
- Varicella
- Influenza annually

7-10 years old

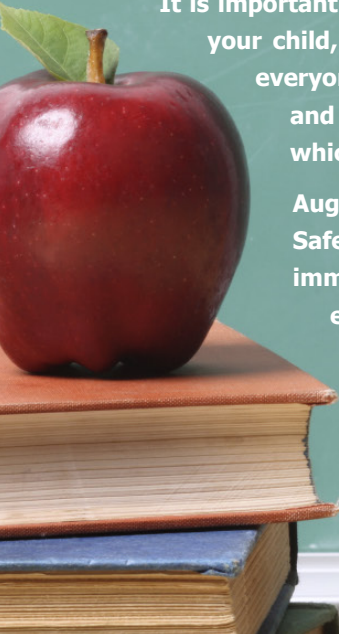
- Influenza annually

11-12 years old

- DTaP vaccine
- Human Papillomavirus (HPV) (3 Doses)
- Meningococcal Conjugate Vaccine (MCV4) Dose 1
- Influenza annually

13-18 years old

- MCV4 Booster at age 16
- Influenza annually



Put the Tanning Bed to Rest



Didn't get the tan you had hoped for this summer? Many people looking for a golden glow turn to indoor tanning, but that is far from the best solution. In fact, depending on your age, your state might prohibit it.

A tan is actually skin damage caused by the cells' reaction to increased UV exposure. Indoor UV tanning beds emit harsh UV

rays and damage skin. According to the Centers for Disease Control and Prevention, people who begin tanning younger than age 35 have a 75 percent higher risk of melanoma. There are some states, though, that are cracking down on tanning beds in an effort to stop skin cancer—the most common form of cancer in the United States.

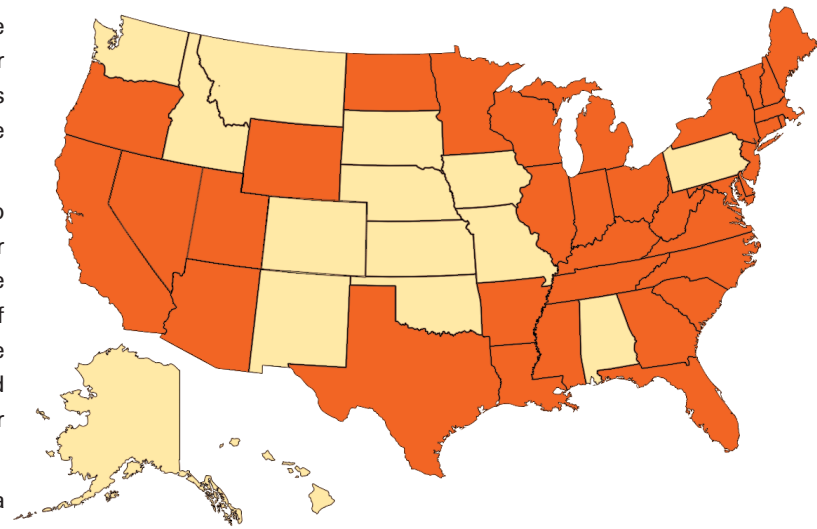
As of July 1 this year, Nevada and New Jersey had legislation take effect that prohibits minors from using tanning beds. These states join more than 30 others with laws on the books regarding indoor tanning. In 2012, California became the first state to ban the use of indoor tanning beds for everyone under 18.

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Though most laws pertain to minors, adults are not immune to the damaging effects of tanning beds. Tanning (both indoor and outdoor) increases the risk of skin cancer. Tanning beds and booths also change the skin's texture and can cause eye problems as serious as ocular melanoma, or eye cancer.

The Food and Drug Administration reports that tanning can also cause immune suppression. Tanning can suppress the proper functioning of a person's immune system, making them more vulnerable to diseases, including cancer. Kathryn Doyle of Reuters reports that some experts say tanners actually become dependent on the habit. In fact, one in seven people diagnosed with skin cancer actually goes back to the tanning bed after diagnosis!

There are options if you want a tan, though. Spray tanning is a popular alternative to traditional tanning. There are also products like self-tanning lotions and sprays that can give anyone a bronze hue. So ditch the bulbs, and keep your skin healthy!



States with Laws Restricting Indoor Tanning for Minors
No Known Statewide Restrictions

Information from the National Conference of State Legislatures



Diet Soda: Low in Calories, HIGH IN HEALTH RISKS

Many dieters turn to fat-free, low-fat and diet options of their favorite foods and drinks to stay on track. Diet soda is a widely adopted alternative to its sugary alter ego. According to Beverage Digest, four of the top-10 carbonated soft drinks in the United States in 2012 were diet sodas, including Diet Coke, Diet Pepsi, Diet Mt. Dew and Diet Dr. Pepper.

You might want to think twice before cracking open that can of diet, though. A recent study from Purdue University found that diet soda is linked to just as many health problems as regular soda is.

"Findings from a variety of studies show that routine consumption of diet sodas, even one per day, can be connected to higher likelihood of heart disease, stroke, diabetes, metabolic syndrome and high blood pressure, in addition to contributing to weight gain," Susan E. Switchers, a professor of psychological sciences and a behavioral neuroscientist told Purdue News.

Switchers said the danger is in the artificial sweeteners. Though sweeteners such as aspartame, sucralose and saccharin eliminate calories, they create problems all their own. Research shows that adults and adolescents who opt



for artificially sweetened beverages over regularly sweetened ones showed an increase in weight gain and greater risk for type 2 diabetes, high blood pressure, heart disease and metabolic syndrome. Research suggests that these artificial sweeteners can cause weight gain by confusing the body's ability to manage calories.

Artificial sweeteners are all around us, but this research suggests that its intake should be limited. If water is too boring, try different kinds of tea, water infused with fruit or homemade fruit smoothies to quench your thirst.

"Prof: Diet drinks are not the sweet solution to fight obesity, health problems," Amy Patterson Neubert, Purdue.edu, July 11, 2013.