



The VOICE

A Newsletter for the
Residents of Teravista

Volume 2, Issue 4

April 2012

Fit & Fun: Health Tips for You & Your Children

By: Concentra Urgent Care

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families. Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen. The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

BELOW ARE SOME IDEAS FOR GETTING OFF THE COUCH & HAVING SOME FUN WHILE GETTING FIT:

- **Take an active vacation:** It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.
- **Visit a local park:** It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around – it's your time, too!



- **Hold a block party:** Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.
- **Go for a hike:** Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

THE GOAL: BE INSTRUMENTAL IN ENCOURAGING CHILDREN TO DEVELOP THE GOOD HABIT OF MOVING THROUGH SPACE, NURTURING THEIR PHYSICAL POWER, & GETTING FIT.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's Web site at: <http://www.cdc.gov/healthyyouth/physicalactivity/>

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Georgetown Animal Control.....	512-930-3592

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Early Packing List: When to Get Travel Vaccinations

PLANNING AHEAD IS THE KEY TO SAFE, HEALTHY GLOBE-TROTTING

*Submitted by Laura Guerrero, M.D., medical director
for The Austin Diagnostic Clinic's Travel Clinic*

There are just a few days to go before your big trip overseas. You've triple checked your itinerary, memorized important maps, and maybe even practiced speaking a bit of the local language. But unless you have taken the proper vaccination measures well in advance, your health may be at risk.

One of the most overlooked to-dos on a busy pre-travel itinerary checklist is the need to get vaccines and other medical preparations taken care of weeks, sometimes even months, before a trip, says Laura Guerrero, M.D., an internal medicine physician and medical director of the Travel Clinic at The Austin Diagnostic Clinic (ADC).

"Depending on where in the world you are going, you may be exposed to diseases and other pathogens that your body just hasn't had to cope with here in the United States. Often, vaccines are the best preventative measure to protect your health," says Dr. Guerrero. "But what people sometimes forget is that many vaccines have to be taken over an extended period of time before they can effectively prevent an illness."

ROUTINE, RECOMMENDED, & REQUIRED VACCINATIONS

The Centers for Disease Control and Prevention (CDC) divides travel vaccines into three categories: routine, recommended, and required. Dr. Guerrero says the number and type of vaccines you should receive will vary depending on what part of the world you are traveling to.

"Your particular vaccination and health needs can be as different as the Amazon jungle is to the Sahara desert," says Dr. Guerrero. "The only way to know what vaccinations are recommended for you is by consulting with your doctor at least one month before you plan on traveling abroad."

THE RIGHT VACCINE AT THE RIGHT TIME

Routine vaccinations are designed to protect you from diseases that rarely occur in the United States, but are still common in many parts of the world. According to the CDC, routine vaccinations should be administered for things such as influenza, tetanus, hepatitis A and B, measles, chickenpox, and zoster (shingles).

Exactly what routine vaccinations travelers should get will also depend mainly on your age and gender. And if you are traveling with children, they will likely require different vaccinations than an adult. Infants may need to have their vaccines administered over a period of several days or weeks, explains Dr. Guerrero.

Recommended vaccinations will also depend on where you are traveling. The CDC lists vaccine information about specific

(Continued on Page 3)

Early Packing List - (Continued from Page 2)

destinations around the world on its website, <http://wwwnc.cdc.gov/travel/destinations/list.htm>. The site includes detailed health information about specific countries.

"We will update your shot record so we know what vaccines you should be receiving," says Dr. Guerrero. "And we will also counsel you about what diseases may be present in your destination, and how you can avoid exposure." As far as required vaccinations go, international health regulations currently only require a vaccination for yellow fever for travelers visiting certain countries in sub-Saharan Africa and tropical South America. Meningococcal vaccination is also required by the government of Saudi Arabia for annual travel during the Hajj—the term for the annual pilgrimage to Mecca, Saudi Arabia, which occurs sometime between November and January.

"Even if you do not get your travel vaccines in time, it's always a good idea to see your doctor before you travel abroad because you can still benefit from medications and other information about how to protect yourself from illness and injury while on vacation in another country," adds Dr. Guerrero.

HEALTHY TIPS WHILE ABROAD

Once you have followed the vaccination schedule exactly, there are many other health considerations to take into account, Dr. Guerrero says. If you are taking prescription medications, for example, make sure you bring enough to last your entire trip and that you keep them stowed in their original containers. It's also a good idea to bring medicine for diarrhea, and to be cautious about drinking from local water supplies or eating things like raw seafood or other uncooked items.

"Part of ensuring a memorable travel experience abroad is making sure you are prepared for any potential health situations," explains Dr. Guerrero. "For example, if you have a preexisting health condition, it's always a good idea to know what your emergency care options are if something were to happen abroad. By taking the proper health planning measures, your trip of a lifetime can be filled with good memories instead of bad ones."

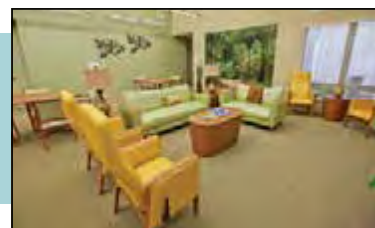


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Auto Talk – Ask a Medic

Recently my mechanic said my catalytic converter is defective and has to be replaced.

WHAT IS A CATALYTIC CONVERTER & HOW DOES IT BECOME DEFECTIVE?

A catalytic converter is a device that converts three harmful compounds (hydrocarbons, carbon monoxide and nitrogen oxides) in car exhaust into harmless compounds. Carbon monoxide is a poison for any air-breathing animal. Nitrogen oxides lead to smog and acid rain, and hydrocarbons produce smog.

A catalytic converter becomes defective when too much raw fuel enters the exhaust system—causing the metals inside to start imploding. When this happens, severe black exhaust fumes (smells like raw fuel) and/or “bogging down” can happen and causes back pressure on the engine. Your check engine light will illuminate on your vehicle’s dashboard when this occurs.



WHAT CAN I DO TO PREVENT CATALYTIC CONVERTER FAILURE? TWO SIMPLE THINGS:

- Make sure your vehicle is tuned up on time; every time. Why? Once the spark plugs become worn, they will not burn fuel optimally—this causes raw fuel to enter and/or collect in the vehicle’s exhaust system.
- Service your cooling system every two years or 30,000 miles (contrary to the manufacturer’s suggestion of five years or 100,000 miles. With wear and tear, your vehicle’s cooling system thermostat may be sticking “open,” causing continuous flow of coolant—never allowing the engine to reach its full operating temperature the majority of the time. The driver will never see this issue on the gauge. It’s a minute problem that will cause severe issues to the catalytic converter later down the road. If the vehicle continuously stays cool, the computer wants to dump more fuel in the engine than what is really needed. This again allows raw fuel to enter the exhaust thereby causing catalytic converter failure.

Tommy Bludworth is an ASE certified technician with more than 15 years experience. Advice and recommendations given are for your convenience. You should see a qualified, professional when having any automotive repairs made on your vehicle.




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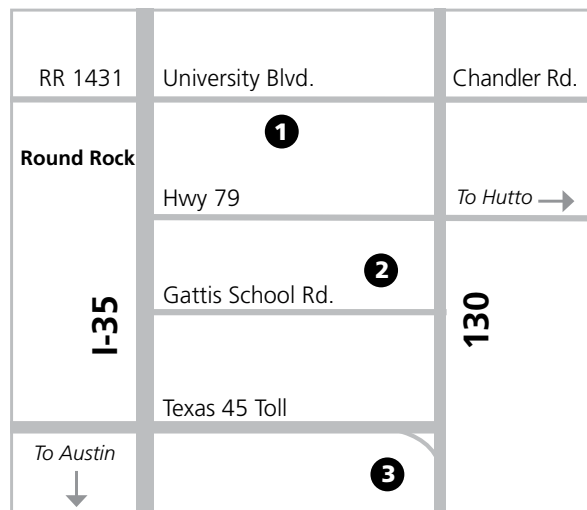
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Tips for a Diet that Promotes Healthy Teeth

Of course we all know that a healthy diet is good for our bodies, but did you know that what you eat affects your teeth as well? Here is a list of simple ways you can improve your oral health by paying close attention to your diet. Brushing and flossing are vital to keeping your teeth healthy, but what you eat and drink in between your daily cleaning rituals also plays an important role in your oral health.

Plaque – an invisible, sticky layer of bacteria – regularly coats your teeth. When the starches and sugars present in many foods come into contact with this bacteria, acid is produced. This acid breaks down the enamel that protects the outside of your teeth, and over time can cause tooth decay. If you choose your foods wisely, you can decrease the amount of acid that attacks your teeth. Here are some diet tips for keeping your teeth healthy:

Limit foods and drinks that are high in sugar, like cookies, candies and sodas – remember even unsweetened fruit juices are high in sugar. **Read packaging labels** to find out how much sugar is included, and make educated choices in the products you purchase. **Limit dried fruits**, which are sticky and cling to the teeth – instead, eat fresh fruit, especially apples, which serve as natural tooth cleaners.

Avoid snacks between meals – but if you must snack, replace sugary treats with crackers, cheese, yogurt, nuts, and celery or carrot sticks, which produce less acid. If you do drink sugary liquids (soda, sports drinks, juices), **avoid sipping slowly** over a long period of time as this extends the period that acid attacks your teeth.

If you're a regular coffee or tea drinker, **reduce or eliminate added sugar**. If your

children snack at school, be sure they have **access to healthy snacks** (veggies, fresh fruits, cheese) instead of packaged foods that are high in sugar. If you occasionally treat yourself to a sugary snack, **brush your teeth afterwards** to reduce the acid effect – if you aren't near a toothbrush, **rinse with water or chew a piece of sugarless gum** to stimulate saliva, which helps clean your teeth.

Your diet also affects your overall health, which helps determine how well your body can fight off infection. If you aren't getting certain nutrients, the tissues in your mouth may not be as resistant, leaving you more prone to periodontal (gum) disease.

If you have any questions about your diet and its effect on your oral health, let us know. We'll be happy to guide you toward healthier eating habits.

Submitted by Dr. Flury

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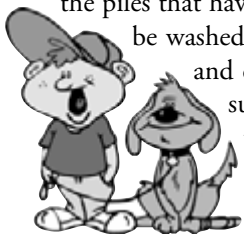


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THE VOICE

PICK UP THE PILE

Happy New Year to all! As we embark on 2012's journey, some will think of ways to improve upon themselves. I'd like to offer an idea to those that still think dog poop is fertilizer, let's try picking up after our dogs. In case you were not aware, scientists have established the fact that the dog's gut harbors a particular type of bacteria known as the coli form bacteria. This bacterium includes the dreaded E. coli bacteria and also contains strains of salmonella and giardia. Now, since the rains have finally come, all the piles that have been left behind will



be washed into our storm drains and contaminate our water supply. Not only is our water supply affected but perhaps even the air we breathe...I came across this article:

SCIENCEDAILY (AUG. 18, 2011)

"Bacteria from fecal material -- in particular, dog fecal material -may constitute the dominant source of airborne bacteria in Cleveland's and Detroit's wintertime air, says a new University of Colorado Boulder study." This was the first test conducted, for air borne disease so far, however, scientist presume other cities, with an abundance of the canine kind, will show similar results. Please be kind, don't leave it behind. To those that pick up....THANK YOU

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Legacy We Leave For Our Children

Undoubtedly, as parents, we have thought about the money we will leave behind for our children. Have we ever thought about the part of our spirits that we want our children to inherit? Granted, our children are unique individuals. But, we can still leave footprints in the sands of time that will continue to connect us with our children, long after we die.

Our children will learn their own life lessons. But, that should not stop us from modeling survival skills to our children that have helped us handle the struggles of life. We can nurture resilient children by talking to them about our core values through sharing photographs, conversations and dining table games. Our children will learn from us, both consciously and sub-consciously, the skills that can help them weather the physical and mental storms of life. The time spent in reflecting on what really matters to us and communicating the same to our children can make our bonds with our children richer and more meaningful.

My parents actively reinforced the value of gratitude in me. Being mindful and expressing thankfulness for every experience has attracted many positive forces in my life. Gratitude is the legacy that my parents



have left for me. Legacy is a priceless gift that we can pass down to the generations that come after us. Legacy unites us with our ancestors, children and grand-children. Legacy is thinking about what qualities our ancestors have blessed us with, that we will continually strive to transmit in our kin.

It is important to ask ourselves some questions. Which qualities do we value: Humor and Power of laughter; Faith and Spirituality; Forgiveness; Pride; Compassion or something else? Do our children know of our values? What effort am I making in leaving a physically, mentally, emotionally and spiritually strong legacy for my children? What difference can I make in the lives of my children in April 2012 through daily affirmations and encouragement?

We leave a legacy when we make a positive impact on our children's souls. This legacy is pure, powerful and long-lasting. Just like wood becomes stronger and harder when immersed in water, our legacy can preserve the resilience of our children.

*Sugandha Jain, Master Registered Texas
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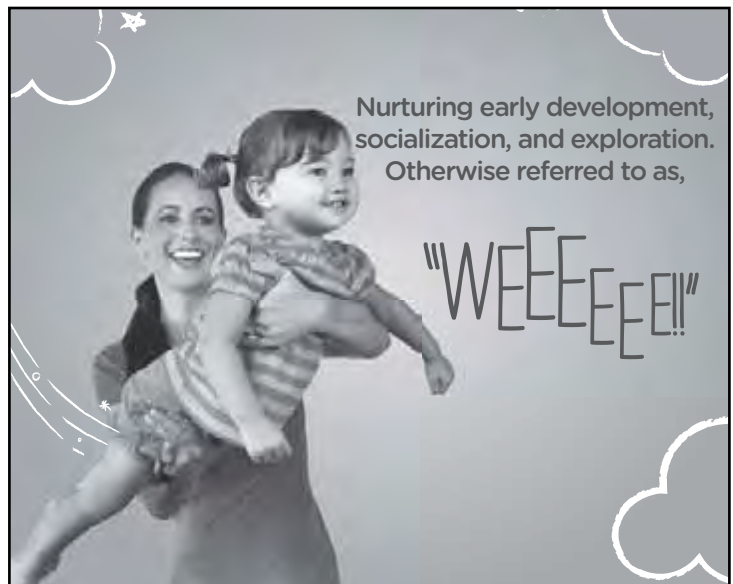
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ACROSS

1. Abbreviate (abbr.)
5. Mom
9. Rubber cement, for example
10. Confuse
11. Snaky fish
12. To that time
13. Residential district
15. East southeast
16. Freedom
18. Firearms
21. Extra-sensory perception
22. Group of four
26. Ooze
28. Move gently
29. Singing voice
30. Level
31. Sulk
32. Marrow

DOWN

1. Gets older
2. Type of cheese
3. Flower start
4. Ensur
5. Males
6. Not before
7. Slightly wet
8. Awry
10. What a gum chewer blows
14. Troublemaker
17. Believe
18. Vermin
19. Small island
20. Chine
23. Praise
24. Afloat
25. Indent
27. Cut grass

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