

Windermere Lakes

H O M E O W N E R S

A S S O C I A T I O N



April 2012

www.windermerylakes.net

Volume 6, Issue 4

YARD OF THE MONTH

11814 Miramar Shores Dr.



Congratulations to 11814 Miramar Shores for a beautiful yard in bloom. The design is simple-but striking and curves of the bed invite you right to the home front door. This beautiful design also compliments color choices used in this home design. Notice how the bed is long and curves across the home front showing off a heavily covered mixture of green plants, bright hot pink snap-dragons, furry fox tails and cabbage plants. From the looks of this yard prior planning and lots of thought went into this yard design many, many months ago. Maybe they drove around looking at what other people had done with their front yards,

had it professionally done or noticed the good use of color in the landscaping of our community beds. Whichever they chose the use of eye catching seasonal color really kicks the beauty of this home into high gear. Who knows where the inspiration came from or how they will change things as the spring and summer season approaches but I'm sure what ever they decide it will be great as this home owner has pride in ownership and the drive to improve our community.

Thanks to 11814 Miramar Shores for taking the time to make their home smile.

Just an FYI : The Yard of the Month (YOM) program has been

established to recognize the efforts of residents, whether they are homeowners or tenants, who inspire other people to improve and maintain their front and back yards. The YOM committee strives to follow criteria we have established but realizes there is often a need for flexibility. Just as I had to do this month , our committee saw several homes that could have received this award but it all came down to who had mowed, watered and manicured their lawn the day we drove around.

*Blessings for a Happy Life,
Rich and Marilyn Schaefer
Landscape Committee*

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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

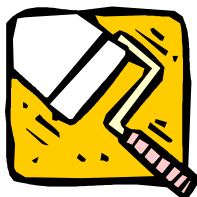
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Early Packing List: When to Get Travel Vaccinations

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 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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*Congrats
Neighbor!*

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Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to newsletter@windermerylakes.net. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



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