



# The VOICE

A Newsletter for the  
Residents of Teravista

Volume 3, Issue 10

October 2013

## *Pruning Guidelines for Prevention of Oak Wilt in Texas* **NOW IS THE TIME TO PRUNE YOUR OAKS TREES**

Oak wilt, caused by the fungus *Ceratocystis fagacearum*, is the most destructive disease affecting live oaks and red oaks in Central Texas. Most of the tree mortality results from tree-to-tree spread of the pathogen through interconnected or grafted root systems, once an oak wilt center becomes established. New infection centers begin when beetles carry oak wilt fungal spores from infected red oaks to fresh, open wounds on healthy oaks. Wounds include any damage caused by wind, hail, vehicles, construction, squirrels, birds or pruning. Research has shown that both oak wilt fungal mats on infected red oaks and insects that carry oak wilt spores are most prevalent in the spring. Below is a brief description of how you can reduce the risk of fungal spread when pruning.

- Always paint fresh wounds on oaks, including pruning cuts and stumps, with wound dressing or latex paint immediately after pruning or live tree removal at all times of the year.
- Clean all pruning tools with 10% bleach solution or Lysol™ between sites and/or trees.
- If possible avoid pruning or wounding of oaks during the spring (currently defined as February 1 through June 30). Reasons to prune in the spring include:
- To accommodate public safety concerns such as hazardous limbs, traffic visibility or emergency utility line clearance.

- To repair damaged limbs (from storms or other anomalies)
- To remove limbs rubbing on a building or rubbing on other branches, and to raise low limbs over a street.
- On sites where construction schedules take precedence, pruning any live tissue should only be done to accommodate required clearance.
- Dead branch removal where live tissue is not exposed.

Pruning for other reasons (general tree health, non-safety related clearance or thinning, etc.) should be conducted before February 1 or after June 30. Debris from diseased red oaks should be immediately chipped, burned or buried. Regardless of the reasons or time of year, proper pruning techniques should be used. These techniques include making proper pruning cuts and avoiding injurious practices such as topping or excessive crown thinning. If you are uncertain about any of this information, you should consult with a Texas Oak Wilt Certified arborist, ISA Certified Arborist, or an oak wilt specialist from a city, county or state government agency such as the Texas Forest Service or Texas AgriLife Extension Service.

*References available at <http://www.TexasOakWilt.org>.*



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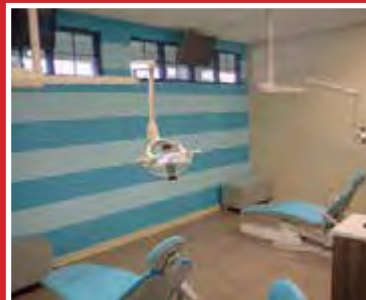
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## Adding yoga to workout regime can improve health

Implementing yoga into a workout routine can provide unique health benefits, said a Baylor College of Medicine physician and yoga enthusiast.

Yoga is a broad philosophy containing many different paths to achieve the goal of physical, mental and spiritual well-being, said Dr. Bobby Kapur, assistant professor of medicine at BCM and associate chief for emergency medicine at the Harris County Hospital District's Ben Taub General Hospital. In physical fitness, yoga is the practice of physical postures and breathing exercises that allow a person to strengthen the body and at the same time enter a meditative and relaxed state of awareness.

Yoga entails various positions, stretching and deep breathing. Practicing yoga can help a person improve flexibility, balance, limberness, blood circulation, and it can also relax muscle tension and fight infection, Kapur said.



## Cooking substitutions aid in calorie reduction

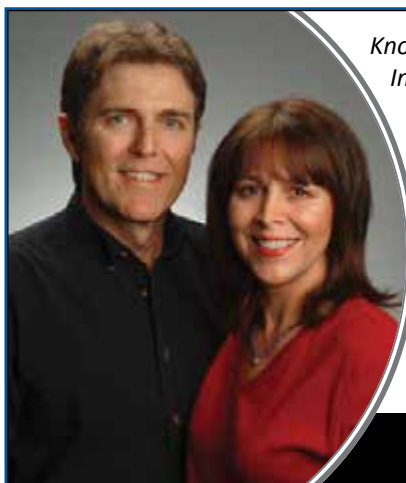
When looking to make permanent changes to a diet, consider using ingredient substitutions, said Roberta Anding, registered dietitian at BCM and Texas Children's Hospital.

Modifying the fat content in recipes gives the biggest calorie reduction, said Anding. Many times, applesauce can replace butter and oil in baking recipes, and Greek yogurt can replace sour cream.

Learning what substitutions work best does take some time and experimentation with cooking time and temperature, but reducing a diet by 100 calories per day can result in a 10-pound weight loss in one year, said Anding.

Other substitution options include switching to a low-fat cheese rather than a whole-fat cheese and switching from white bread and rice to wheat bread and brown rice. Not only is there a benefit in amounts of fiber, but also in magnesium, which can decrease the risk of type 2 diabetes.

"Don't look for extreme changes to your diet. Look for the common sense changes that you can make permanent," said Anding.



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## Asthma can be controlled, not cured

*Medications and lifestyle changes help manage asthma, but they will not actually cure it*

"You still have airway inflammation that needs to be treated," said Dr. Nicola Hanania, associate professor of medicine at BCM.

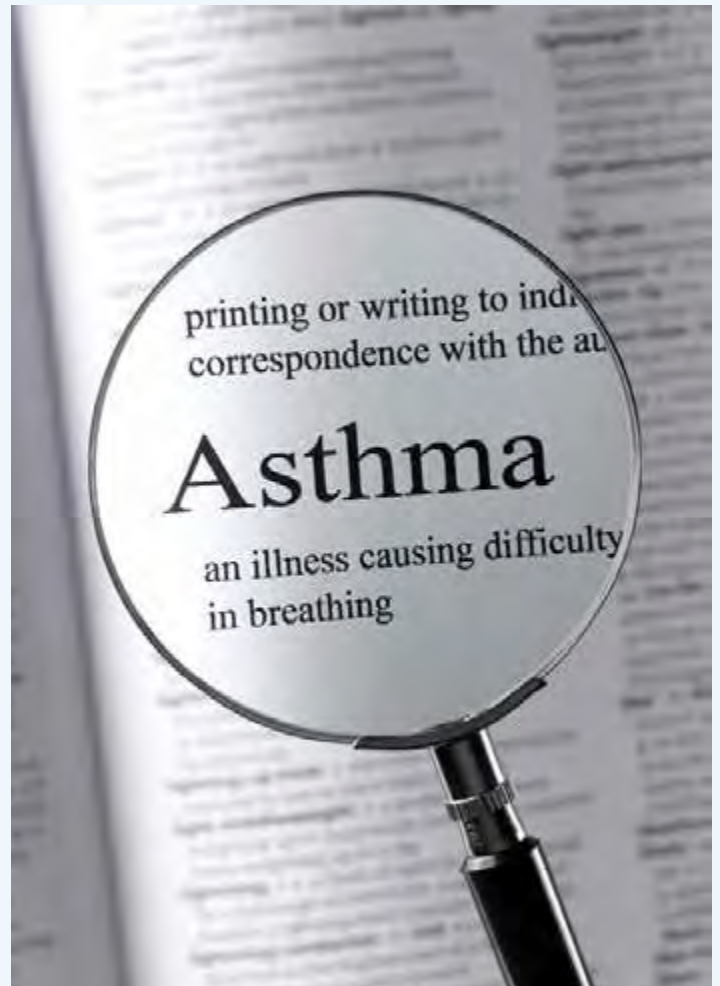
Asthma has a higher prevalence in the inner city population. Treatment incorporates anti-inflammatory medications and lifestyle changes.

Hanania stresses controlling indoor allergens such as dust mites and mold, as well as controlling exposure to second hand smoke.

Although asthma symptoms may not be as apparent when medication and lifestyle changes are incorporated, asthma is not actually cured. If medication or lifestyle changes are stopped, signs of poor control, such as exacerbations and an increased use of an inhaler, will appear and can lead to emergency room visits, hospitalizations and sometimes even death.

Hanania suggests proper education about asthma and having an action plan and knowing when to get help or when to go to the emergency room.

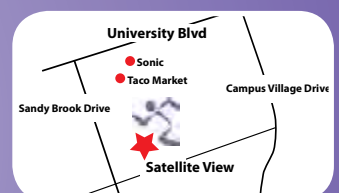
It is possible for adults to develop asthma even though it was not present previously.



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## Breast Cancer: Importance of Early Detection

*By: Concentra Urgent Care*

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths.

Screening is vital because early stages of the disease are easier to treat. The American Cancer Society recommends women:

- Obtain yearly mammography screenings, beginning at age 40
- Obtain yearly clinical breast exams
- Check your breasts regularly for lumps
- Discuss their breast cancer risk with their physician

Breast cancer risk increases as we age. Other factors that increase a woman's risk for breast cancer include:

- Having started menstrual periods at a young age
- Having a first child after age 30
- Use of hormone replacement therapy
- Having a family history of breast cancer

Men are also at risk for rare cases of breast cancer. All persons familiar with the normal look and feel of their breasts should promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and men consult their doctor if they notice any of the following:

- A new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
- Swelling, redness, or warmth that does not go away
- Recurrent pain in a particular part of the breast
- Pulling in of the nipple
- Nipple discharge that starts suddenly in only one breast
- An itchy, sore, or scaly area on one nipple

For more information about breast cancer and early detection, contact your health care provider, your Concentra health specialist, visit the American Cancer Society Web Site at: [www.cancer.org](http://www.cancer.org), or visit the National Breast Cancer Awareness Month Web site at: <http://nbcam.org/>



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Thank you to AG Real Estate Services for underwriting our Underwater Holiday Photo project.



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# - Kids Stuff -



From the candy to the costumes, Halloween is a fun-filled time for kids and parents alike. But it's also a holiday that can pose dangers to young revelers. To help make this year's festivity a trick-free treat, follow these simple safety tips:

## Adorning Your Little Ghouls

- Choose a light-colored costume or add glow-in-the-dark tape to the front and back of the costume so your kids can be easily seen.
- Don't buy a costume unless it's labeled "flame-retardant." This means the material won't burn.
- Make sure wigs and beards don't cover your kids' eyes, noses, or mouths.
- Don't let your children wear masks — they can make it difficult for kids to see and breathe. Instead, use nontoxic face paint or makeup. Have younger children draw pictures of what they want to look like. Older kids will have fun putting the makeup on themselves.
- Put a name tag — with your phone number — on your children's costumes.
- Avoid oversized and high-heeled shoes that could cause kids to trip.
- Avoid long or baggy skirts, pants, or shirtsleeves that could catch on something and cause falls.
- Make sure that any props your kids carry, such as wands or swords, are flexible.

## Pumpkin-Carving Precautions

- Don't let kids handle knives. Have them draw their designs on the face of the pumpkin with a black marker — then you do the carving. And make sure you're using a sharp knife or a mini-saw that's pointed away from your body.
- Keep kids at a safe distance while you're carving the pumpkin so that they don't distract you or get in the way of sharp objects.
- Remove pumpkin guts safely. If your children beg to remove the guts of the pumpkin — as many kids do — don't hand over a knife to do it. Instead, let your little ones get messy by scooping out pumpkin flesh with their hands or an ice cream scoop.
- Clean up your mess. Pumpkin flesh is slippery and can cause falls and injuries when dropped on the floor. Layer newspaper or old cloths under your carving workspace and clean up spills right away so no one slips or trips.

- Skip the candles. A burning candle in a pumpkin may become a blazing fire if left unattended. Instead, use a glow stick (available in many colors) to safely illuminate your jack-o'-lantern.

## Trouble-Free Trick-or-Treating

Accompany young children (under age 10) on their rounds. But make sure they know their home phone number, the cell phone numbers of parents and any other trusted adult who's supervising, and how to call 9-1-1 in case they get lost.

For older kids who are trick-or-treating on their own, make sure you approve of the route they'll be taking and know when they'll be coming home. Also be sure that they:

- carry a cell phone, if possible
- go in a group and stay together
- only go to houses with porch lights on and walk on sidewalks on lit streets (never walk through alleys or across lawns)
- know to never go into strangers' homes or cars
- cross the street at crosswalks and never assume that vehicles will stop
- Give kids flashlights with new batteries.
- Limit trick-or-treating to your neighborhood and the homes of people you and your children know.

When your kids get home, check all treats to make sure they're safely sealed and there are no signs of tampering, such as small pinholes, loose or torn packages, and packages that appear to have been taped or glued back together. Throw out loose candy, spoiled items, and any homemade treats that haven't been made by someone you know.

Don't allow young children to have hard candy or gum that could cause choking.

Make sure trick-or-treaters will be safe when visiting your home, too. Remove lawn decorations, sprinklers, toys, bicycles, wet leaves, or anything that might obstruct your walkway. Provide a well-lit outside entrance to your home. Keep family pets away from trick-or-treaters, even if they seem harmless to you.

Take these quick and easy precautions to help your little ghosts and goblins have a hauntingly happy and safe Halloween.

**Reviewed by: Mary Gavin, MD**

**Date reviewed: October 2007**

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation

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