

JANUARY 2012

## Don't Let Your Gums Go Up In Smoke

Many smokers know that tobacco can stain their teeth, but that's just the beginning. Smoking is a significant risk factor in the development of periodontal disease.

### Smokers are more likely to ...

- ✓ **Accumulate tooth plaque (calculus) requiring professional cleaning.** The bacteria found in calculus can destroy tissue, causing the gums to pull away from the teeth.
- ✓ **Develop deep pockets between teeth and gums** where bacteria may flourish, damaging tissue supporting the teeth.
- ✓ **Lose teeth.** As periodontal disease progresses, teeth become loose and painful. Daily smokers over 65 are twice as likely as nonsmokers to have missing teeth.
- ✓ **Heal poorly after periodontal treatment** — but this effect may be reversed if a patient quits smoking before treatment.



**Cigarettes are not the only risky products.** Users of pipes, cigars and smokeless tobacco experience more tooth loss than non-users.

**See a dentist or hygienist if you experience any of these warning signs:** red, swollen, tender or bleeding gums; painful chewing; sensitive or loose teeth; persistent bad breath; or receding gum lines. For healthier gums, floss daily and brush twice a day with fluoride toothpaste — and stop using tobacco.

**Kicking the habit can also reduce your risk** of certain types of cancer, mouth sores, loss of taste and even facial wrinkling — now that's a lot to smile about.

Weedless Wednesday is

# January 18

— the perfect time to kick tobacco out of your life for good!

## HEALTH NOTES

◆ **Is your television hazardous to your health?** Watching TV is usually a sedentary activity. Australian researchers concluded that for every hour of TV you watch, you shorten your lifespan by about 20 minutes. So if you watch a lot of TV, either hop on a stationary bike or treadmill while watching, or turn off the TV and get moving. — Zorba Paster, MD

◆ **Lower cholesterol with diet.** When people ate more soy protein (soy milk or soybeans), sticky fibre (oats, barley), plant sterol esters (in sterol-enriched margarines), and nuts (such as almonds, walnuts or peanuts), their LDL cholesterol dropped 13% in six months (versus 3% on a low fat diet). If you have borderline cholesterol levels, these foods might benefit you — but don't stop taking your cholesterol-lowering medication without your doctor's OK.

◆ **For certain individuals, online social networks may actually cause depression.** Participants sometimes feel inferior when they perceive others as more popular or successful based on profiles or number of "friends." Spending too much time online can also generate a sense of isolation. When this occurs, go offline, remember profiles can be inaccurate, report bullying if it occurs and strive to use this internet tool discreetly and moderately.

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Smart moves for reaching your personal best are at:

[www.personalbest.com/extras/CanadaJan12tools](http://www.personalbest.com/extras/CanadaJan12tools)

## Achilles Tendon TROUBLE



The Achilles tendon is the largest tendon in the body. You use it when you walk, jump or run, or point or lift your toes. The Achilles tendon can become damaged:

- ✓ during sports that require jumps or sudden stops and starts.
- ✓ when it's under repetitive or intense strain.
- ✓ when you rapidly increase your exercise, especially after periods of inactivity.

**To prevent Achilles tendon injuries:** Increase your activity level slowly, and warm up sufficiently before exercising. Wear the shoes suited for your activity and that have good heel cushioning and arch support. More tips: Gently stretch and strengthen your calf muscles, alternate high- and low-impact activities and run on even surfaces.

**What to do:** It can take months for symptoms to go away. However, you may get pain relief with **RICE** — rest, ice, compression and elevation (and some gentle stretching). Seven to 10 days of an over-the-counter painkiller can help too. Do gentle calf stretches or ankle rotations (as long as they don't cause pain) to prevent stiffness.

**Ouch!** If you experience sudden and intense pain, hear a popping sound or can't put weight on your foot, seek help immediately. These symptoms suggest tendon rupture, a more serious condition.

## Envision a New You

Our thoughts have a powerful impact on self-esteem. Having too high an opinion of yourself can cause as many problems as being overly self-critical.

Regarding yourself as better than others can lead you to believe that you deserve special privileges and that can get in the way of success.

In contrast, your self-worth may need a boost if you put little value on your opinions and ideas, believe others are more capable than you or are unable to accept a compliment.

Healthy self-esteem helps you feel secure and worthwhile. People with a healthy self-esteem often do well in school, work and relationships. So how do you get a more balanced self-view?

**Identify trouble spots:** Are you tormented by memories of situations that ended badly for you? Identify strategies that could lead



to better results, and mentally replay a revised scenario with a successful outcome.

**Listen to self-talk:** Are your thoughts about yourself and others mostly negative? Correct distorted thinking, and stop comparing yourself to others.

**Do a reality check:** Ask for honest feedback from people you trust, and listen nondefensively. Consider whether your goals and standards are realistic, and give yourself credit for your progress to date.

## Ensuring a Full-Term Pregnancy

Babies who arrive pre-term (fewer than 37 weeks) are at higher risk for serious health problems, developmental delays, learning and behavioural issues and even mortality. What you can do to help ensure a full-term pregnancy:

**If you are considering pregnancy, make a preconception appointment with a doctor or health care provider.**

You may need to improve your diet and achieve a healthy weight before conceiving. It's important to control chronic health conditions and stop habits such as smoking and drinking alcohol. Certain medications and supplements should be avoided during pregnancy too.

**If you're already pregnant, keep all your prenatal appointments and follow through on recommendations.** Immediately report symptoms such as more than eight contractions per hour; low, dull backache;

pelvic pain or pressure; diarrhea; vaginal bleeding; or watery discharge, especially if your doctor says you are at high risk.

Limit stress, and take care of your teeth (gum disease is associated with pre-term labour). You may also need to reduce physical activities or time on your feet.

**If pre-term labour occurs despite your best efforts,** your doctor or health care provider can help by suggesting rest and fluids or more aggressive interventions such as progesterone treatment.



# Have Laptop, Will Travel (Safely)

If you're like most people who travel on the job, your laptop is a necessity. Safeguard it five ways:

**Back up all of your important files before you leave.** It's a good idea to back up files daily in case of unforeseen computer crashes, power outages or power surges that can corrupt data.

**Don't use a laptop case when you travel;** it's an advertisement to thieves. Instead, consider carrying your laptop in a padded backpack, tote or carry-on suitcase.

**Watch your laptop at security gates.** Hold onto your laptop until the person in front of you has gone through the metal detector. Keep an eye out when it emerges on the other side of the screener. The confusion of security checkpoints is a tempting hunting ground for thieves.

**Keep your laptop with you at all times,** or secure it with a cable lock or secure docking station. If you're leaving it in your hotel room, keep it in a safe.

**Keep your passwords separate** from your laptop or carrying case.



## Need More TIME?

How many of these phrases have you said lately, either out loud or to yourself?

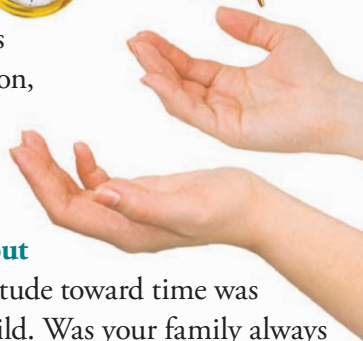
- I don't have time.
- I'm running from one thing to another.
- I'm too busy.
- I'm killing time.
- I'm wasting time.
- I have too much time on my hands.
- I'm running behind.
- I'm in a rush.
- This is bad timing.

It's amazing how much of our daily success depends on time. You can't add minutes to your day, but you can learn to be happier with the time you have. Try these easy mental exercises:

**Do nothing.** Take 15 minutes to daydream, look out the window, take a leisurely walk, listen to music or reflect quietly. Refrain from anything that could be termed "productive." Many people find

doing nothing excruciatingly hard. Use this exercise to cultivate more quiet time in your life. This is time your mind uses to find relaxation, balance and creativity.

**Explore how you think about time.** Your attitude toward time was learned as a child. Was your family always early or always late? Was free time seen as a waste? Recognize that as an adult you can form your own, healthy relationship with time. Take steps to get time under your control, rather than letting it control you.



## PRODUCE PICK of the Month

### Jicama

Jicama (pronounced *HEE-kah-mah*), a relative of the potato, comes by many names: Mexican yam bean, Mexican potato or Chinese turnip. It looks like a large brown radish, but has a delicate, sweet taste. Available year-round, peeled jicama can be added to a crudité platter or salad, stir-fried or simply eaten as a snack. Jicama is high in vitamin C and low in sodium. Purchase tubers that are firm, dry and unblemished. Refrigerate in a plastic bag for up to two weeks.



## KNOW YOUR Numbers

### Got Iron?

The **No. 1** nutritional deficiency among Americans is iron. Low iron can cause fatigue and anemia in adults, delay development in babies and affect memory and brain function in teens. Iron can be obtained from foods such as meats, beans and fortified cereals. A blood test can determine if your iron levels are low and whether you need an iron supplement. Daily recommended intake for adults: **8 mg** for men; **18 mg** for women ages 19 to 50; **8 mg** for postmenopausal women; and **27 mg** for pregnant women.



## STAY IN TOUCH

Keep those questions and suggestions coming!

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**World on Your Plate:**  
By Cara Rosenbloom, RD

# Very Vibrant Vietnamese Cuisine

**F**rom the preparation methods to the ingredients, there are many healthy aspects of Vietnamese cuisine. As long as you skip the deep fried options and watch the salt, you can fill up on an array of healthy, lean meats, colourful vegetables and fragrant herbs. Vietnamese cuisine preserves the freshness and natural taste of food as much as possible.

**Vietnam's ingredients reflect the country's geography and climate.** Rice is grown liberally throughout the land and serves as a base to most meals. It's also made into sticky rice cakes and rice noodles, the latter of which feature prominently in soups such as the popular phở (pronounced fuh). There are endless varieties of phở — it can be made with beef, chicken or vegetables. Rice vermicelli noodles are called bún and are used in soup and noodle dishes.

**Alongside rice or noodles, you will find an array of meat and vegetable dishes.**

Common vegetables include eggplant, cucumber, carrot, daikon and chayote. Pork, beef, chicken, shrimp and peanuts are the key protein sources. Herbs such as lemongrass,



ginger and mint add flavour to these interesting combinations.

**In addition to herbs, much of the flavour in Vietnamese cuisine comes from fish sauce** (nuoc nam) and soy sauce, which are quite high in sodium. They are used liberally for cooking and as dipping sauces. To keep the meal healthy, skip the dip. Vietnamese food usually has enough flavour from herbs and does not need the extra layer of saltiness. Pickled (dưa muối) or fermented (mắm) dishes are also high in sodium and should be eaten sparingly.

Some Vietnamese foods, such as spring rolls, are deep fried. Choose these less often, and opt for stir-fried, boiled or steamed items instead, which use minimal (if any) oil.

## Black Bean Turkey Chili

680g (1 ½ lbs) ground turkey breast  
15ml (1 tbsp) olive oil  
250ml (1 cup) red onion, diced  
500ml (2 cups) bell pepper, diced  
45ml (3 tbsp) jalapeño pepper  
(cored and seeded), finely minced  
10ml (2 tsp) minced garlic  
7ml (1 ½ tsp) chili powder  
7ml (1 ½ tsp) dried oregano  
7ml (1 ½ tsp) ground cumin  
2ml (½ tsp) red pepper flakes  
500ml (2 cups) chopped, ripe tomatoes  
410g (14 oz can) low-sodium tomato sauce  
250ml (1 cup) low-sodium chicken broth  
15ml (1 tbsp) red wine vinegar  
880ml (30 oz can) black beans, drained

1. Sauté ground turkey in large nonstick soup pot over medium heat until lightly browned; remove from skillet and set aside.
2. Heat olive oil in skillet; add onion, peppers and jalapeño and sauté until veggies are soft. Add garlic and seasonings and sauté about 2 minutes.
3. Stir in remaining ingredients and turkey; simmer for at least 30 minutes. Garnish options: chopped avocado, light sour cream or grated jack cheese.

### Nutrition Facts

MAKES 2.5 L (10 CUPS)

Amount Per Serving, 250ml (1 cup)

Calories 164

<b>Total Fat</b>	2.6g	<b>Total Carbohydrate</b>	16g
Saturated Fat	.5g	Dietary Fibre	4g
<b>Cholesterol</b>	33mg	Sugars	2.7g
<b>Sodium</b>	146mg	<b>Protein</b>	20g

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