Summer 2022

Health & Welfare e-Newsletter

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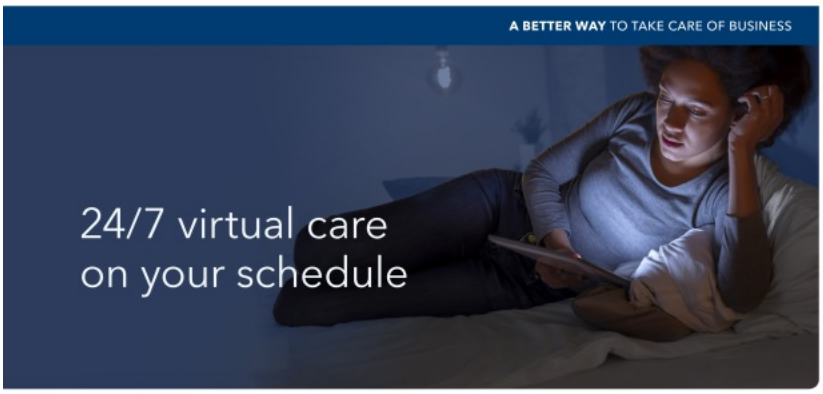

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Contact your Kaiser Permanente representative to learn more.

kp.org/choosebetter

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KAISER PERMANENTE®

Mind your health, men

Lifestyle changes can help prevent many health conditions that commonly affect men. Whether you're a guy who's ready to get serious about your health, or a woman who wants to help keep the men in your life healthy, these tips are for you.

Take charge of your health

See your doctor regularly, and talk about healthy habits that can reduce your risk for cancer and heart disease. Knowing your family health history – and sharing it with your doctor – can also help you stay healthier, longer.

Watch your waist

Regardless of your weight, a waist that measures more than 40 inches increases your risk for heart disease, type 2 diabetes, and colorectal cancer.* Help reverse your risk by reducing your waistline through healthy eating and exercise.

Check your head

Mental health matters. Stress impacts your health, so make time for healthy ways to unwind. And if you're dealing with something like depression or anxiety, don't hold it in. Reaching out for help is a sign of strength – not weakness.

Visit **kp.org/menshealth**.

*Academy of Nutrition and Dietetics

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387670253 November 2019

KAISER PERMANENTE® thrive

Health tip: Get up & go

How much exercise is needed for good health? The good news is you don't have to be an iron man. 30 minutes of moderate physical activity on most days of the week may provide many of the same benefits as strenuous exercise.

Physical activity is anything that gets the body moving, including walking. The Centers for Disease Control and Prevention recommends that adults get 150 minutes of moderate intensity aerobic activity a week (or 75 minutes of vigorous intensity aerobic activity) and 2 or more days of a week of muscle strengthening activities for all major muscle groups (legs, hips, back, chest, shoulders and arms). It is also recommended that children and adolescents are active for at least 60 minutes every day.[1]

A moderate exercise program may help improve:

- Heart and lung efficiency
- Muscle strength and flexibility
- Fat burning, which may help control weight
- Quality of sleep
- Overall well-being
- The reduction of other health risks

So what is vigorous and moderate activity?

Vigorous activity is when you feel challenged by the activity, and when your breathing is hard enough so that conversation becomes difficult and broken. Just think of jogging, swimming continuous laps, or riding a bike uphill, which causes rapid breathing and a faster heart rate.

Here are some examples of activities that are considered vigorous intensity:

- Jogging or running
- Swimming laps
- Riding a bike fast or up hill
- Playing single tennis or basketball

Moderate activity is a little bit less than vigorous, where you can speak but you feel you are exerting yourself and making an effort. Just think of activities like walking briskly, mowing the lawn, dancing, swimming, or bicycling on level terrain.

Getting 30 minutes of moderate activity on most days, along with two or more days of muscle strengthening activities, has been proven to provide health benefits.[3] Here are some examples of activities that are considered moderate intensity:

- Fast walking
- Doing water aerobics
- Riding a bike on level ground or with a few hills
- Pushing a lawnmower

Did you know?

According to the CDC, only half of adults get the 150 minutes of moderate intensity aerobic activity a week they need to help reduce and prevent chronic diseases.[2] Where do you stack up with that fact?

continued

United Healthcare

Consider these tips to help add physical activity into your daily life:

Wake up a little earlier. Start by setting your alarm clock just five minutes earlier. Do stretches and jumping jacks before getting in the shower, or follow a short exercise DVD or app.

Find a workout buddy. Exercising with a friend can be more fun than working out alone, and it's a good motivator. Ask a coworker to go for a walk during lunch or see if a neighbor wants to walk after work.

Schedule your fitness activities. If you put exercise on your calendar like other appointments, you may be more likely to do it.

Create a home (or desk) gym. If you have equipment always at the ready, it may be easier to steal five minutes to use it. A jump rope, a stability ball, exercise bands and dumbbells may not cost much or take up much room.

Exercise while you work. You may raise your activity level and productivity with neck rolls or arm raises (push hands out to the side and then up toward the ceiling). Or do a few modified push-ups on the edge of your desk.

Park your car further away. Get more steps in each day by picking the last parking spot available wherever you go.

Did you know?

Getting enough water each day is an essential part of good health. Water helps your body to keep a normal temperature, lubricate and cushion joints, and avoid dehydration. Dehydration can cause confusion, result in mood change, cause your body to overheat, and lead to constipation.

A few recommendations to follow include:

- carry a water bottle with you that can be refilled during the day
- choose water over sugary beverages
- opt for water when dining out

Other healthier beverages include plain coffee or tea, sparkling water, low fat or fat-free milk, almond or soy milk, and 100% fruit or vegetable juice.[4]

United Healthcare

[1] Centers for Disease Control and Prevention, https://www.cdc.gov/physicalactivity/walking/index.htm, accessed October 2021.

[2] Centers for Disease Control and Prevention, https://www.cdc.gov/physicalactivity/about-physical-activity/why-it-matters.html, accessed October 2021.

[3] Centers for Disease Control and Prevention, https://www.cdc.gov/physicalactivity/basics/adults/index.htm, accessed October, 2021.

[4] Centers for Disease Control and Prevention, https://www.cdc.gov/healthyweight/healthy_eating/water-and-healthier-drinks.html, accessed October, 2021.

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DELTA DENTAL

Preventing Gum Disease May Reduce Alzheimer's Risk

Research suggests that exercising regularly and drinking vegetable and fruit juices may delay the onset of Alzheimer's disease. But can improving your dental health also help?

The connection between gum disease and Alzheimer's

A study[1] of over 100 pairs of identical twins in Sweden found that those with gum inflammation and periodontal disease[2] early in life were four times more likely to develop Alzheimer's disease.

While more research is needed to understand the inflammation-Alzheimer's connection, this confirms what many dentists have already known: A healthy mouth contributes to a health mind and body.

What is gum disease?

Gum disease (or periodontal disease) is an inflammation of the gums due to plaque buildup. When plaque isn't removed, it hardens into tartar and produces toxins that break down gum tissue. This causes gums to pull away from your teeth and form pockets that fill with bacteria. If the disease progresses, the plaque and bacteria move further down into your gums, destroying the supporting bone that holds teeth in place and causing teeth to fall out.

Reduce your risk of gum disease and Alzheimer's by adopting these practices:

- Visit your dentist regularly for cleanings and gum exams.
- Get tips from your dentist or dental hygienist about how to improve your oral care regimen.
- Brush your teeth twice a day.
- Floss daily.
- Eat a healthy, balanced diet.
- Avoid tobacco products.

Did you know nearly 5 million Americans have Alzheimer's disease? This number is expected to nearly triple to 14 million by 2060.[3]

[1] Source: 2006 study "Potentially modifiable risk factors for dementia in identical twins."
[2] Periodontal disease in this study was defined by lost or loose teeth.
[3] Source: Centers for Disease Control and Prevention article "Alzheimer's Disease and Related Dementias"

deltadentalins.com/enrollees

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EF18 #121515 (06/19)

Adult Care

LIBERTY cares about more than just teeth!

help tip: How to Prevent Tooth Decay

Good oral hygiene can help you avoid tooth decay. Below are some tips to help prevent tooth decay.

Brush with the type of toothpaste your dentist recommends after eating or drinking. Brush your teeth at least twice a day and ideally after every meal.

Floss your teeth every day. Ask your dentist for help and instructions on how to floss your teeth effectively. The purpose of flossing is to remove the bacteria from between your teeth (where a toothbrush can't reach) every 24 hours, so that they can't stick (plaque) to the teeth and cause decay.

Rinse your mouth. If your dentist feels you have a high risk of developing tooth decay, he or she may recommend that you use a mouth rinse with fluoride.

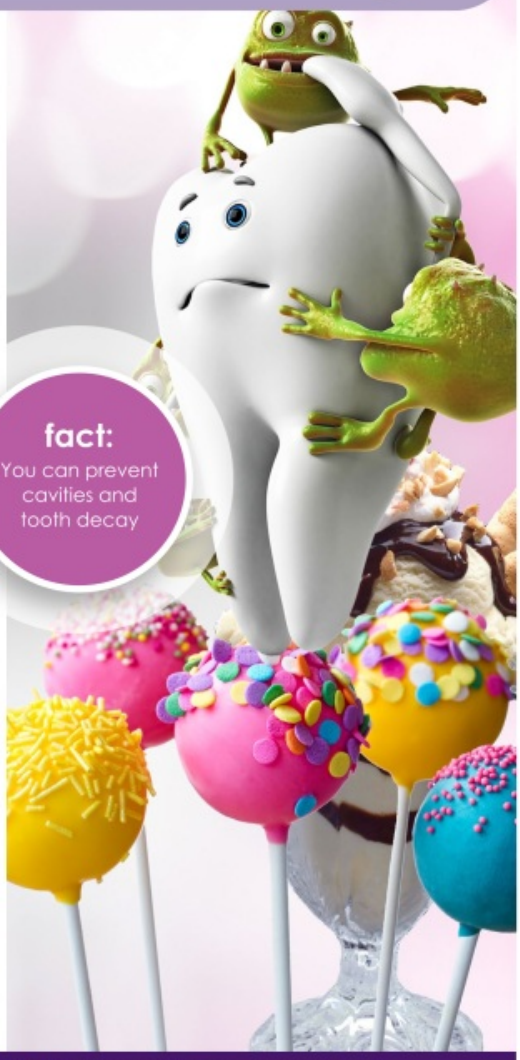
Visit your dentist regularly. Get professional teeth cleanings and regular oral exams, which can help prevent problems or spot them early. Your dentist can recommend a schedule that's best for you.

Consider dental sealants. Dental sealants are a thin, plastic coating applied to the chewing surface of back teeth. Sealants fill the deep grooves that tend to collect food and the bacteria that cause tooth decay. The sealant protects tooth enamel from plaque and acid. The Centers for Disease Control and Prevention recommends sealants for all school-age children. Research shows that sealants not only protect teeth, but can also stop decay in the beginning stages, preventing future cavities.

Drink more water. Drink water after meals and snacks, in addition to brushing twice a day and flossing every day.

Avoid sugary snacks and drinks. Whenever you eat sugary foods or drink beverages other than water, you help the bacteria in your mouth create acids that can destroy your tooth enamel. If you snack or drink throughout the day, your teeth are under constant attack.

Eat nutritious and balanced meals. Avoid foods that get stuck in grooves and pits of your teeth for long periods, such as candy or cookies, or brush and floss soon after eating them. However, foods such as fresh fruits and vegetables increase saliva flow, which often helps balance out the acidity of the bacteria. In addition, sugar-free gum and unsweetened drinks, including coffee and tea can help wash away food particles.



fact:
You can prevent cavities and tooth decay

Making members shine, one smile at a time™ www.libertydentalplan.com

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Health Tip

Healthy Dental Habits

Due to water fluoridation and fluoride toothpaste, the baby boomer generation is the first to keep their natural teeth over their entire lifetime. However, **poor oral hygiene** poses a risk of dental complications to all generations. Poor oral hygiene is correlated with other diseases including heart disease, diabetes, pneumonia and rheumatoid arthritis.[2]

Risk factors for **oral cancer** are tobacco use, alcohol use, poor oral hygiene and human papilloma virus (HPV).

Gum disease develops when plaque is allowed to build up along and under the gum line. Warning signs include bad breath, tender, bleeding gums, loose teeth, receding gums and pain.

A healthy mouth for a lifetime includes:[1]

- Regular dental visits
- Brush twice a day for at least 2 minutes and floss once a day
- DO NOT use tobacco products
- Limit sugary and alcoholic beverages

Brushing is probably the most obvious mouth hygiene component. It's recommended that you brush your teeth twice a day for at least 2 minutes. Gently brush back and forth in short strokes. Be sure to brush outer, inner and chewing surfaces of the teeth and the tongue. It is a good idea to replace your toothbrush every 3-4 months.

Other ways to maintain good oral hygiene:

- Proper nutrition
- Drink plenty of water
- Limit the number of snacks you eat
- Eat a variety of foods from each of the five major food groups, including:
  - whole grains
  - fruits
  - vegetables
  - lean sources of protein
  - low-fat/fat-free dairy foods

Did you know?[2]

27%
of adults in the U.S. have **tooth decay.**

46%
of adults 30 and older have signs of **gum disease.**

70%
of adults 65 and older have **periodontal disease.**

Oral cancer affects
51,500
people in the U.S. each year.

1. American Dental Association. https://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth, accessed August 29, 2019.
2. Centers for Disease Control. https://www.cdc.gov/oralhealth/basics/adult-oral-health/index.html, accessed August 29, 2019.

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Eye Exams

A Renewed Focus on Happiness

Is it just us, or does it feel like the years are blending into each other? Like painting with watercolors, each year brings its own tones, memories, tints and significant moments but still seem to merge nonetheless. That's why this year we're throwing resolutions out the window and focusing on being happy. Joy is often found in the little things – these are a few simple ways to welcome intentional delight into life in 10 minutes or less.

Go for a Walk

Sounds simple, right? This action alone can bring an immense amount of serotonin and peace to what can feel like days of never-ending screen time. Bundle up, head out the door and commit to walking for just 10 minutes to boost your mood and give your eyes a much-needed break. It can be a quick jaunt around the block to a local coffee shop, peaceful amble around a farmers' market, or nowhere specific at all. Just don't forget your sunglasses as you head out the door.

Nourish to Flourish

We've all seen the "New Year, New You" ads for fad diets and workout regimens. Eating should be about giving our bodies the nutrients required to live with energy and satisfaction, not depleting our bodies of what they need. Wholesome, delicious recipes don't have to take hours and can be easy as tossing favorite flavors into a blender. Eye-healthy smoothie recipes anyone? We've got you. Follow us on Pinterest for healthy and delicious recipes you can make in minutes.

Crack Open a Book

Yes, an actual book. With a cover and pages that crinkle as you turn them. There is something wildly satisfying about cozying up with a cup of tea, blanket and good novel that pulls you in. In our world of virtual...well, everything...books are a timeless source of bliss. This year, when we have the urge to scroll a little bit longer, we're instead going to indulge in a book.

Psst...if the words look a bit fuzzy on your pages, this could be a sign your prescription is out of date. Make an appointment with your eye doctor. You'll be back to turning pages in no time.

Health Care is Self-Care

As we flip the calendar over to a new month and new year, many people's medical and vision benefits are also renewed. Part of any good self-care routine includes taking the time to schedule all your necessary wellness exams, like making an appointment with your eye doctor. An eye exam is an important part of managing your overall health and often means fresh, new frames. Find an eye doctor in your area.

Happiness looks different for everyone, so if that means trading your pandemic-hobby that once brought comfort for doing something that makes you truly smile (this writer recommends midday dance parties) do that! 2022 is about being healthy and happy.

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