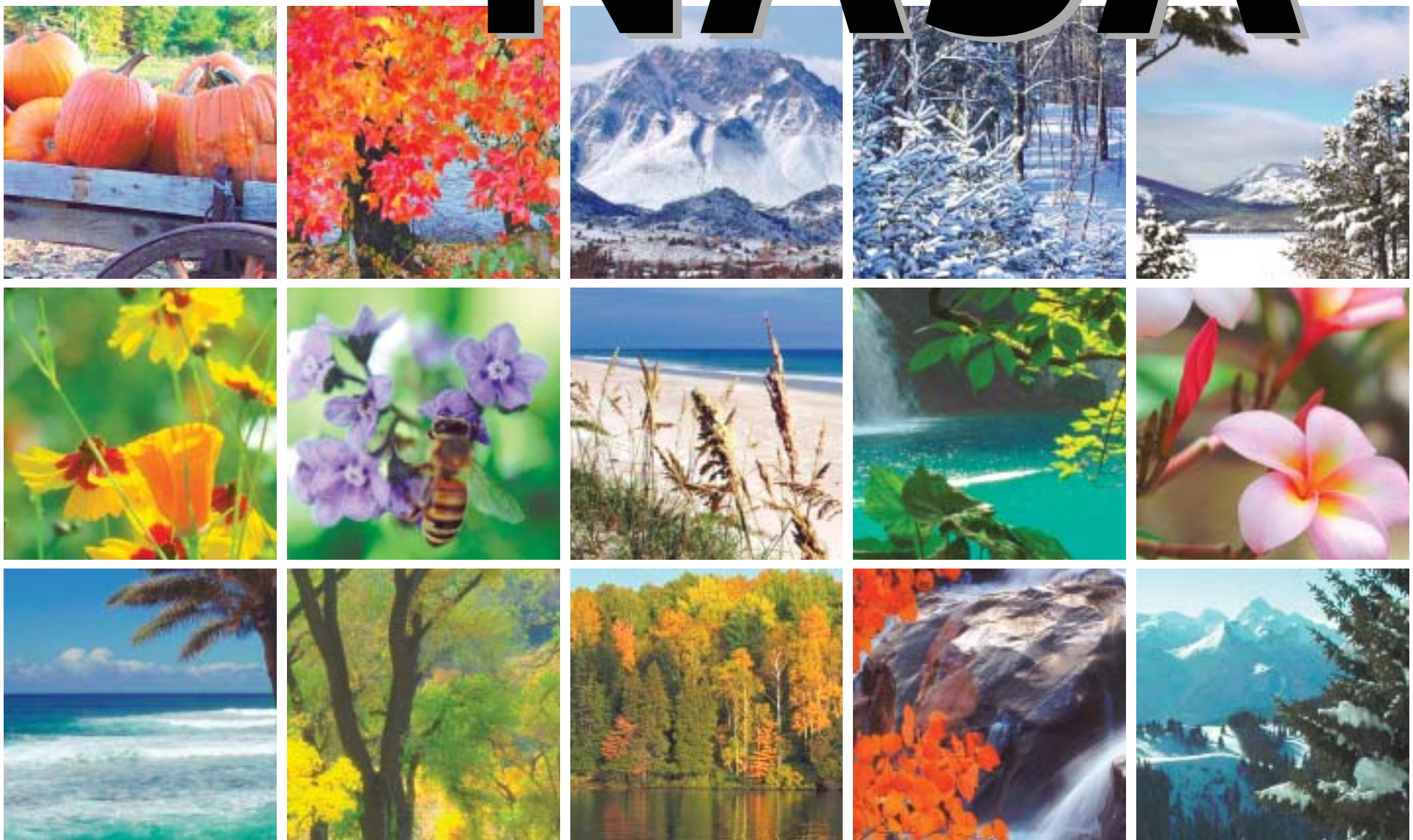
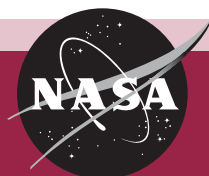


Healthier NASA



Office of the Chief Health and Medical Officer



Health Calendar Content



This 15 month calendar is grouped into five, three-month components. Each component represents major elements for building a healthier life.

October — December, 2004

Healthy Aging:

Diabetes, Preventive Screening, Healthy Aging

January — March, 2005

Mental Health:

Positive Attitude, Substance Abuse, Mental Health

April — June, 2005

Personal Health:

Financial Planning, Women's Health, Men's Health

July — September, 2005

Lifestyles:

Physical Activity, Nutrition and Weight Management, Tobacco Use

October — December, 2005

Self-Care:

Adult Immunization, Non-prescription Drugs, Self-Care Tips

Occupational Health Clinic and Employee Assistance Program (EAP) Phone numbers

Center	Clinic	EAP
ARC	650-604-5287	650-604-5172
DFRC	661-276-3570	661-276-2000
GRC	216-433-5841	216-433-2989
GSFC	301-286-6666	301-286-4600
HQ	202-358-2600	202-628-5100
JPL	818-354-3319	818-354-3680
JSC	281-483-4111	281-483-3014
KSC	321-867-3346	321-867-7398
LRC	757-864-3193	800-950-3434
MAF	504-257-2701	504-257-2415
MSFC	256-544-2390	256-544-7549
SSC	228-688-3810	228-688-3005
WFF	757-824-1266	757-398-2374
WSTF	505-542-5212	505-521-4800



Occupational Health Support Office
Mail code: DYN-4
Kennedy Space Center, FL, 32899
(321) 867-3646
www.ohp.nasa.gov

Calendar Evaluation Form

Please complete the evaluation form for the Healthier NASA Calendar and forward to the address listed on the back of this form. Use Pouch mail if you are not located at KSC.

Was the calendar's health information of value to you? Yes No

Was the material easy to read and understand? Yes No

Were the pictures and design appealing? Yes No

Would you like to receive a health calendar on an annual basis? Yes No

Did you share any of the information with your family or friends? Yes No

Did the information help you make health or lifestyle decisions? Yes No

Please share your comments. If you answered NO to any above, please let us know why. _____

Pouch Mail
DYN-4
KSC, FL 32899

Interactive Sites and Health Calculators

National Heart, Lung, and Blood Institute

www.nhlbi.nih.gov/

This site has informative education tutorials and health assessment tools as well as a health professional portal.

Mayo Clinic

www.mayoclinic.com

This is the place to find reliable health information and good recipes, including lower-fat versions of favorite foods. Check out "My Health Interests." Registration is free and it allows access to a variety of interactive tools.

Blue Cross, Blue Shield of Massachusetts (BCBS of MA)

www.ahealthyme.com/topic/cooltools

This site has a variety of interactive health assessment tools and informative resources. You can also register on this site for a weekly health related newsletter sent to your email.

Aetna Intellihealth

www.intelihealth.com/IH/ihtIH/WSIHW000/408/408.html

This site has health information and great interactive tools. You can e-mail your questions to "Ask the Expert". Interactive features that make this site fun include "What Shape is Your Pyramid?" which shows how your eating habits stack up against the Food Guide.

Infection Control Measures at Work and in the Home

Most if not all work places have significant factors for the transmission of germs and infection. The closeness of the work environment, employee hand hygiene practices and all the inanimate objects that can serve as a vehicle for transmission, are examples of these significant factors.

- **Hand hygiene:** All persons should carefully clean their hands with soap and water. Other alternatives are hand sanitizer rubs or disposable wet towels. Hand hygiene is recommended after touching any body fluid or potentially contaminated surfaces and materials.
- **Hand cleansing technique:**
 - Apply product to palm of one hand – soap or hand rub solution,
 - Rub hands together – at least 15 seconds if using soap,
 - Cover all surfaces such as under fingernails and between fingers,
 - Rinse with water if using soap,
 - Rub hands until dry if using hand rub solution
- **Source control:** All persons should cover their nose and mouth when coughing. Dispose of tissues in a lined waste container. Objects used for eating should not be shared. Environmental surfaces that are frequently touched, or are soiled, should be cleaned and disinfected with a household or workplace approved disinfectant.

Source: University of Pennsylvania hand hygiene program (<http://www.med.upenn.edu/mcguckin/handwashing/schools.html>)
Centers for Disease Control and Prevention (<http://www.cdc.gov/handhygiene/>)



Airline Travel Tips

- Always check with your Occupational Health Clinic prior to work related travel.
- Keep all medication in their original container and in your carry-on luggage.
- Carry an abbreviated copy of your medical records.
- Alert airlines in advance of special requirements such as oxygen.
- Consider buying insurance that includes provisions for air evacuation home in the event of any medical condition.
- On long trips, remember to stay hydrated, stretch and move around, both on the plane and in the terminal. This will keep blood from pooling in your legs, which can cause fainting or blood clots. Blood clots in your legs are sometimes referred to as Deep Vein Thrombosis or DVT.
- Cold or upper respiratory infection results in a blockage of the tiny tube that connects your throat and middle ear. The blockage interferes with your ability to equilibrate air pressure, leading to some pain and discomfort. Some of your options are symptom management by taking antihistamine combined with a decongestant or delaying your flight.
- Most experts advise against air travel for at least three weeks after a heart attack. Bring a supply of your regular medications in your carry-on luggage, including nitroglycerine.
- A rigid cast can cause problems when the affected limb swells in flight. Keep the limb elevated as much as possible.
- Consider postponing your trip if you've had recent surgery such as abdominal, central nervous system, eye, or chest surgery. Gases inside your body expand 25 percent at cabin pressures of 8000 feet, which cause swelling. This swelling can interfere with certain conditions or wound healing after surgery. Check with your doctor before you make this decision.
- If you are a Diabetic, wear a medical bracelet or carry a diabetes alert card. Carry your medications, medical supplies, and evidence of a valid prescription with you. Trips may cross several time zones, so you may need to adjust your insulin requirements.

Check out Mayo Clinic's information regarding in-flight medicine. (<http://www.mayoclinic.com/invoke.cfm?objectid=FE3E6E4C-524B-4434-A283B6334FF3CF54>)

Medical guidelines for Airline travel are available from The Aerospace Medical Association. (<http://www.asma.org/Publication/medguid.pdf>) website.



Diabetes



Facts about Diabetes:

- Diabetes is a group of diseases in which blood glucose (sugar) levels stay high.
- Diabetes occurs when the body either doesn't make enough insulin or the cells do not respond to insulin.
- Insulin lowers blood glucose levels by taking glucose from the blood stream into the cells. The cells then use glucose as energy.
- Without insulin, glucose builds up in the blood stream resulting in:
 - Cells staying hungry for energy and,
 - High blood sugar slowly harming body organs such as the eyes, kidneys, nerves, and heart.
- Early detection and treatment decrease the chance of developing complications such as heart disease or nerve and kidney damage.
- Normal fasting blood glucose is below 100 mg/dl. A person with pre-diabetes has a fasting blood glucose level between 100 and 125 mg/dl. Fasting blood glucose level above 126 mg/dl warrants medical evaluation and possibly treatment.

Type 1: "Insulin-dependent" or "Juvenile-onset" develops when the body no longer produces insulin. This form of diabetes usually strikes children and young adults.

Type 2: "Adult-onset" or "Non-insulin dependent" develops when the body either doesn't produce enough insulin or ignores the insulin.

Type 2 is:

- More common than type 1
- Seen increasingly more in children and adolescents
- More common after the age of 40
- More common in certain races such as:
 - African Americans
 - Asian Americans and the Pacific Islanders
 - Latinos
 - Native Americans

There are Two Main Forms of Diabetes

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October • 2004

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12 Columbus Day	13	14	15	16
17	18	19	20	21	22	23
24						
31 Halloween	25	26	27	28	29	30



Vegetable of the Month: Spinach

Fun Fact: After the Popeye comic strip started in 1931, spinach consumption went up by 33% in the United States.

- Good source of iron, vitamins A & C, and minerals.
- Stir yogurt and garlic into chopped spinach for a low-fat version of creamed spinach.

Nutritional value per serving size of 100g raw:
Calories: 20 Carbs: 4g Protein: 3g Fiber: 3g

Screening for Prevention



Examples of screenings are PSA for prostate cancer, Mammography for breast cancer, blood glucose for diabetes, bone densitometry for osteoporosis, or colonoscopy for colon cancer.

**February is Healthy Heart Month.
Have your cholesterol and blood
pressure checked today by an
OHC professional.**

Prevention Screening Tips to Remember:

- Medical Screening, Medical Surveillance, and Health Maintenance exams ensure a healthy and safe worksite and home life.
- Many diseases and conditions can be prevented or controlled if they are caught early.
- Medical Screenings can identify a disease or body system dysfunction in persons without current symptoms.
- Medical Surveillance exams are conducted at defined times to identify and eliminate the effects of a particular underlying worksite hazard or exposure.
- Health Maintenance exams or physicals are mostly conducted at regular intervals to assess all aspects of a person's health, body, and mind.
- Your Occupational Health Clinic (OHC) can provide most, if not all of these services.
- An OHC is a good place to receive health related education and counseling.
- Talk to your doctor or OHC professional and ask for a complete list of available screening exams for other disease conditions.

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November • 2004

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Election Day	3	4	5	6
7	8	9	10	11 Veteran's Day	12	13
14	15	16	17	18	19	20
21	22	23	24	25 Thanksgiving Day	26	27
28	29	30				



Fruit of the Month: Cranberry

- First cultivated in Massachusetts around 1815
- A native North American fruit

- Freshly frozen cranberries store for up to one year
- Sort out berries that start to soften & decay or others will quickly follow

Nutritional value per serving size of 95g or one cup:
Calories: 45 Carbs: 12g Protein: <1g Fiber: 4g

Healthy Aging



Learn to Recognize a Stroke Because Symptoms Come Suddenly:

- Numbness or weakness of the face, arm or leg
- Trouble seeing or walking
- Confusion, difficulty speaking or understanding
- Severe headache with no known cause

Risk Factors for Stroke:

- High blood pressure
- Diabetes
- Excess weight
- Excess salt intake
- Physical inactivity
- Smoking

Tips for staying healthy, especially after 50:

- Participate in regular checkups and screenings
- Reduce your risk for heart disease
- Keep track of your weight
- Eat the right foods and the right amount
- Keep active
- Prevent skin cancer
- Prevent injury
- Take your medicines correctly
- Understand signs and symptoms of hormonal changes that come with aging
- Seek help for smoking, alcohol, or drug abuse
- Know and understand the warning signs of depression

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December • 2004

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25 Christmas Day
26 Kwanzaa Begins	27	28	29	30	31 New Year's Eve	



Fruit of the Month: Quince

- Tastes like a cross between apple & pear
- Use quince when a recipe calls for apple or pear

Raw: Rind is rough and woolly; flesh is hard with acidulous taste
Cooked: Flesh turns light pink to purple, becomes softer & sweeter
 • Great for preserves and jellies

Nutritional value per serving size of 92g or one quince:
 Calories: 52 Carbs: 14g Fiber: 2g

Positive Mental Attitude



A positive mental attitude is central to success. With commitment and constant vigilance, you are rewarded with a happier life and a healthier work place.

Tips to a Positive Mental Attitude:

- Self-talk
 - Utilize realistic and positive self-talk statements. "I am a valued member of the team and my family".
- Positive images
 - Visualize yourself reaching your goals.
- Block negative emotions and thoughts. You can't control negative emotions and thoughts, but
 - You can control how you respond to them.
 - Use self-talk and positive images to block negative emotions and thoughts.
- Stop worrying
 - Worry is a negative attitude gone amok.
 - Rational thinking helps you escape the worry trap.
 - Ask yourself:
 - "Is the concern realistic?"
 - "Can I do anything about it?"

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January • 2005

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Please take a moment to fill out the evaluation form at the front of the calendar. Your opinion is important to us.

The evaluation form is also online: www.ohp.nasa.gov

1

New Year's Day

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17
Martin Luther King Day

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29



Fruit of the Month: Dried Fruit

Drying eliminates moisture from the food, resulting in a longer shelf life. Organisms that make food spoil need moisture to survive.

- High fiber
- High carbohydrates
- Low fat
- Calorically more dense than their fresh counterparts

Nutritional value and serving size varies by fruit types and mix. Serving size is half that of fresh

Alcohol Abuse



Even One Drink is Too Much if you are:

- Driving or Planning to Drive
- At Work or Returning to Work
- Pregnant or Breast Feeding
- On Medication
- Have Certain Medical Conditions

How Much Do People Drink?

- 40% Do NOT drink
- 35% Drink moderately and are at low risk for alcohol problems
- 20% At risk drinkers or problem drinkers
- 5% Dependent drinkers

What is a Standard Drink?

- 1 Shot of liquor (whiskey, vodka, gin, etc. 1.5 oz.)
- 1 Regular 12 oz. beer
- 1 Glass of wine (5 oz.)

Alcohol and Injury

In addition to a strong risk factor for motor vehicle accidents, alcohol can be involved in many other injuries such as:

- Falls
- Drowning
- Assaults
- Domestic Violence
- Burns
- Pedestrian Injuries
- Work Injuries
- Sports Injuries

Health Effects of Substance Abuse

- Damage to the liver, pancreas, brain, and heart
- Birth Defects if used during pregnancy

How Much is Too Much?

	Drinks per Week	Drinks per Occasion
Men	14	4
Women	7	3
Age 65 plus	7	3

If you drink more than this, you put yourself at risk for illness and/or injury.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Groundhog Day	3	4	5
6	7	8	9	10	11	12 Lincoln's Birthday
13	14 Valentine's Day	15	16	17	18	19
20	21 President's Day	22 Washington's Birthday	23	24	25	26
27	28					



Vegetable of the Month: Chayote Squash

Primary food for Aztecs and Mayas

Gourd-like squash, the size of a large pear

- Flesh is white with soft, edible seed
- Longer cooking time than squash
- Peel and add to soups, stews, stir fry & casseroles
- Eat raw, like a cucumber

Nutritional value per serving size of 132g or 1 cup of pieces:
Calories: 30 Carbs: 7g Protein: 1g Fiber: >1g

Mental Health



About Mental Health:

MENTAL HEALTH is subject to many interpretations rooted in cultural values and social norms.

MENTAL HEALTH is when a person feels they are coping, in control of their lives, able to face challenges, and taking on responsibilities.

MENTAL HEALTH is when activities are productive, relationships are fulfilling, changes are dealt with, and adversities specific to the environment and social settings are faced with a positive attitude.

If unsure or in need of help, talk to someone you trust who has experience in mental health—for example, a doctor, nurse, social worker, religious counselor, or your Center's Employee Assistance Program professional.

Talk to someone you trust
who has experience in mental health.

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March • 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17 <small>St. Patrick's Day</small>	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



Fruit of the Month: Tamarillo

A red and gold tomato-like fruit
Used more as a vegetable

- Smooth crimson red or golden yellow, egg-shaped
- Both ends are pointed with a green stem
- Apricot colored flesh is juicy and seeds are edible
- Slightly tart but very flavorful

Nutritional value per serving size of 120g or 2 tamarillos:
Calories:40 Carbs:9g Protein:2g Fiber:4g

Financial Planning



The inordinate stress and strain of being in debt permeates all aspects of our well being. Make a decisive plan and get counsel to increase your awareness of and control over this subject. A reasonable Debt-to-Income Ratio should be at 36%. This is a ratio of the sum of monthly debt obligations to the monthly gross income.

Debt Warning Signals:

- Do you use savings as a way of supporting your debts?
- Do you pay only minimum payments on your credit cards?
- Do you avoid adding up your total outstanding debt?
- Are your cards nearing or over your available credit limit?
- Are you dependent on cash advances?
- Do you bounce checks?

Financial Planning Tips:

- Pay yourself first. Put 10% of your earnings into a savings account each paycheck before you pay bills or pay for discretionary items. If 10% is not possible, save what you can and advance slowly.
- Participate in your Company's 401K plan. They will usually match some of your contributions, which gives you an instant return on your money.
- Keep 2 to 3 months net earnings in a savings account in case of emergencies. If this is not possible, save what you can and advance slowly.
- Keep only 1 or 2 credit cards. Cancel the others so you aren't tempted to use them. If you can, pay off credit card bills in full at the end of each month.
- Have up to date Wills and Power of Attorney. In the event of a sudden illness, these can help prevent costly financial disruptions.
- Sign up for long term disability. It can help in the event of sudden illness.
- Check your credit report to make sure it is accurate.
- Each spouse should be aware of the household finances.

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Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Have you filled out and sent in the evaluation form at the front of the calendar? Your opinion is important to us.

The evaluation form is also online: www.ohp.nasa.gov

					1 April Fool's Day	2
3 Daylight Savings Time Begins	4	5	6	7	8	9
10	11	12	13	14	15 Tax Day	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



**Fruit of the Month:
Asian Pear**

Crisp, Juicy and slightly sweet

- Round and firm when ripe
- Best when ripened on tree like apples and peaches
- When cut, dip in a mixture of water and lemon juice to avoid discoloration

Nutritional value per serving size of 122g:
Calories: 50 Carbs: 13g Protein: 1g Fiber: 4g

Women's Health



National Women's Health Week May 8-14, 2005

Women's Health Tips:

- Take simple, daily steps to live safer, healthier lives.
- Women suffer twice as often as men by most forms of depression and anxiety disorders, and nine times as often by eating disorders.
 - You aren't at fault if you have one, and you should not suffer in silence.
 - Be patient with yourself and reach out to others for help.
 - These illnesses can be treated successfully.
- Heart disease is the #1 killer of American women. Women don't take this risk seriously or personally.
- Routine exams and screenings for early detection increase your chances for treatment and cure.

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May • 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8 Mother's Day	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 Memorial Day	31				



Vegetable of the Month: Sprouts

Sprouts grow from the seeds of vegetables, grains & beans and are the first edible shoots: lentile, wheat, bean, alfalfa, pumpkin

Take precautions when choosing, storing, and preparing sprouts:

- Buy only fresh looking sprouts from a reputable store.
- Keep sprouts refrigerated and use them promptly.
- Wash sprouts thoroughly with water to remove any dirt.

Nutritional value per serving size of 50g:
Calories: 15 Carbs: 2g Protein: 2g Fiber: 1g

Men's Health



June 13-19, 2005

National Men's Health Week

Men's Health Tips:

- **Maintain a healthy weight:** Risk of certain conditions such as heart disease and stroke increases with excess weight.
- **Be smoke-free:** Quit today. If you smoke, quitting reduces your chance of cancer and lung disease. Second-hand smoke affects other people's health.
- **Take advantage of routine exams and screenings for early detection:** When problems are found early, your chances for treatment and cure are better.
- **Manage stress:** Balance your obligations to your employer and to your family. Don't forget your own needs in the process.
- **Know yourself and your risks:** Genetics and family history, your habits, work and home environment and your lifestyle help define your health and your risks.
- **Be safe – protect yourself:** Fasten your seat belt, apply sunscreen, wear protective equipment, wash your hands and watch your relationships.
- **Be good to yourself:** Health is not the absence of disease, health is a lifestyle. Balance work, home and play. Make healthful life choices.

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June • 2005



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Don't forget to fill out and send in the evaluation form at the front of the calendar. Your opinion is important to us. The evaluation form is also online: www.ohp.nasa.gov			1	2	3	4
5	6	7	8	9	10	11
12	13	14 <small>Flag Day</small>	15	16	17	18
19 <small>Father's Day</small>	20	21	22	23	24	25
26	27	28	29	30		



Fruit of the Month: Melon

Melon types:
cantaloupe and honey dew

Question: What's the difference between melons and squashes?
Answer: The way they are used. Squashes are considered vegetables. Melons are considered fruits with a sweet, juicy flavor.

A good source of vitamin C & potassium, high in water content.
Nutritional value per serving size of 134g:
Calories: 50 Carbs: 12-14g Protein: 1g Fiber: 1g

Physical Activity



Many health risk factors including stress, sedentary lifestyle and unhealthy weight can be positively influenced by many forms of physical activity.

Physical Activity Tips to Remember:

- Physical activity is vital to total health, especially cardiovascular fitness.
- Cardiovascular fitness is measured by cholesterol & triglyceride levels, blood pressure and tolerance to activity. Weight alone is not an indicator of cardiovascular fitness.
- Physical activity does not have to be a trip to the gym; it can be any type of activity that challenges your current physical state and increases your energy output, e.g, walking for 10 minutes at a rate faster than your usual pace.
- Physical activity is most beneficial when performed regularly.
- Physical activity should be planned into your daily schedule, otherwise you may not continue.
- Start and advance at your own pace.
- Stretching and strengthening along with physical activity will prevent injuries & tones the body's physique.
- Physical activity also builds and maintains healthy bones, muscles & joints.

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July • 2005



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Independence Day	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 _____						
31	25	26	27	28	29	30



Fruit of the Month: Cherry

Romans carried cherries through Europe, along their routes of conquest.

Two main types: sweet and sour
Sour cherries are lower in calories and higher in vitamin C & beta carotene.

Nutritional value of sweet cherries (Bing or Ranier)
per serving of 140g:
Calories: 90 Carbs: 22g Protein: 2g Fiber: 3g

Nutrition



Nutrition Tips to remember:

- Make an effort to eat at least 5 or more servings of fruits and vegetables a day.
- Most fruits and vegetables are low in fat & calories, yet high in fiber.
- Fiber is filling & an important player in the prevention of certain cancers.
- Choose whole fruit over fruit juice.
- Choose whole grain bread, cereal, and pasta.
- Limit daily fat intake to less than 30% total caloric intake.
- Try frequent meals, in smaller portions.
- All popular diets and weight management plans, no matter how they are packaged or what they teach, have one thing in common: Calorie Control.

Weight Management

- Consult with your healthcare provider to be sure your health status allows lowering your caloric intake and increasing your physical activity.
- Follow a reduced calorie but balanced diet that will allow you to lose one or two pounds per week.
- Make time each day for some form of physical activity and gradually establish some pattern of regular physical activity that you can enjoy.
- Consider the health benefits of moderate weight loss.
- Set sensible goals and make a commitment to changes in your lifestyle to improve your health.

What is a serving?

Less than what you think!

- 3/4 cup (6 oz.) of 100% fruit or vegetable juice
- 1/2 cup cut-up fruit
- 1/2 cup cooked or canned peas or beans
- 1 slice of bread
- 1 oz. of ready to eat cereal
- 1/2 cup of cooked rice or pasta

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August • 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	31	31	<p>Please take a moment to fill out the evaluation form at the front of the calendar. Your opinion is important to us.</p> <p>The evaluation form is also online: www.ohp.nasa.gov</p>		



Vegetable of the Month: Lettuce

Good sources of Vitamin A & C, beta-carotene, iron, calcium, folate and dietary fiber.

Four main types: Butterhead, Crisphead, Looseleaf, Romaine or Cos
Consider lettuce choices that are dark green in color.

Nutritional value of Romaine lettuce
per serving size of 1/2 cup or 35g raw or shredded:
Calories: 3.9 Carbs: 0.66g Protein: 0.45g Fiber: 0.47g

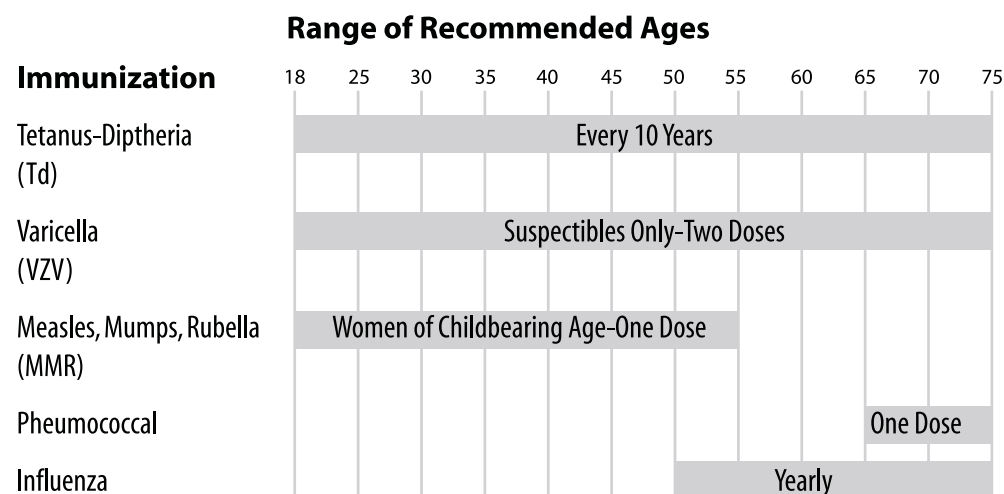
Adult Immunization



Adult Immunization Tips:

- Immunization (vaccination) leads the way to a healthy life.
- New vaccine delivery systems such as oral, nasal or dermal are needle free and painless.
- Vaccines prevent disease in the people who receive them and protect those who come into contact with unvaccinated individuals.
- Adults need vaccination for diseases like hepatitis B, tetanus, chickenpox, influenza, and pneumococcal disease such as certain pneumonias.
- Talk to your Center's Occupational Health Clinic staff about the vaccination that is most suitable for you.
- Factors to consider in immunization are age, potential work exposures, international travel, previous history, and number of medical conditions.
- Annually the country observes National Adult Immunization Awareness Week in the early fall. Visit www.ohp.nasa.gov for 2005's official dates.

Recommended Immunizations for Normal-Risk Adults



For a complete chart of recommended clinical preventive services by the U.S. Preventive Services Task Force refer to: www.preventiveservices.ahrq.gov

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September • 2005



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Labor Day	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



Fruit of the Month: Pomegranate

A versatile fruit, available in US from September through December

- Sprinkle pomegranate seeds over salads and desserts.
- Use pomegranate extract in marinades or as a glaze for poultry.

Nutritional value per serving of 1 medium or 154g:
Calories: 100 Carbs: 26g Protein: 1g Fiber: >1g

Tobacco Use



Facts about Smoking:

- More than 3 million Americans quit smoking every year.
- Within 24 hours of quitting, the risk of having a heart attack decreases.
- The first six months after quitting is the hardest.
- Within 1 year of quitting, the risk of having heart disease is half that of a smoker.
- Within 10 years of quitting, the risk of dying from lung cancer is about half that of a continuing smoker.
- Most people only gain 5 to 10 pounds when they quit. You can lose any weight you might gain, especially if you begin regular exercise.
- Don't get discouraged if you start smoking again! Remember that many people try 2 or 3 times to quit before they give up smoking for good.
- Women join support groups to stop smoking more often than men do.

In America today, tobacco use is considered one of the leading agents most responsible for preventable illness and death. Obesity is the second leading agent.

Tips to Help You Quit Smoking:

- Pick a date to quit. Quitting all at once works better
- Write why you want to quit: own health, to feel better, or to care for family
- Tell your family and friends you plan to quit. Ask for their help
- Tell your doctor that you want to quit. Ask for his or her ideas
- Find out about support groups in your area
- Throw away all your cigarettes before your quit date
- Try and do other things when you feel the urge to smoke
- Combining interventions such as nicotine replacement therapy e.g., nicotine gum and behavior modification, may increase success rates
- Contact your Occupational Health Clinic today for guidance and information about available resources

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October • 2005



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8 Columbus Day
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24					
30 Daylight Savings Time Begins	31 Halloween	25	26	27	28	29



Fruit of the Month: Apricot

95% of US apricots are grown in California

- Puree for sauces, especially good on pancakes, dessert or meat
- High in vitamins A and C, and potassium

Nutritional value per serving size of 114g or 3 apricots:
Calories: 60 Carbs: 11g Protein: 0g Fiber: 1g

Self-Care

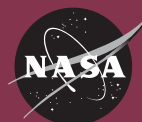


Keep proper body posture while sitting behind your desk at work, driving or doing physical labor.

Self-Care for Everyday Aches and Pains:

- Exercise helps the body release chemicals, called endorphins. Endorphins block pain signals from reaching the brain, and alleviate anxiety and depression, conditions that can make pain more difficult to control.
- Specific types of exercises strengthen the muscles around sore joints. For example, building up your leg muscles provides a natural brace for an arthritic knee.
- Use ice for the first few hours after an injury to keep down swelling. Ice also slows the transmission of the pain signal. Don't apply ice directly to the skin. Ice should be applied in 20 minute intervals.
- Heat assists in muscle relaxation. Heat relieves pain, but it can increase swelling. Heat is not recommended soon after an injury.
- Massage is another effective measure in alleviating pain.
- Over-the-counter pain pills and anti-inflammatory medications are safe for most people, if taken as directed.
- Avoid redundant activities at work by varying your tasks or taking mini-breaks (30-60 second stretching exercises every two hours).
- Get enough rest.

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November • 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8 Election Day	9	10	11 Veteran's Day	12
13	14	15	16	17	18	19
20	21	22	23	24 Thanksgiving Day	25	26
27	28	29	30			



Vegetable of the Month: Eggplant

- Related to potatoes, tomatoes, & peppers
- Thomas Jefferson is credited with introducing eggplant to North America

Word to the Wise: According to an Australian study, eggplant absorbs more fat in cooking than any other vegetable. When researchers deep-fried a serving of eggplant, they found that it absorbed 83 grams of fat in just 70 seconds, adding more than 700 calories (Wellness Encyclopedia of Food and Nutrition). Nutritional value per serving size of 1 med. or 84g unpeeled, raw: Calories: 20 Carbs: 33g Protein: 6g Fiber: 14g

Non-Prescription Drugs



Some people believe non-prescription drugs do not cause harm because they are available over-the-counter.

The fact is, if not used wisely, life-threatening reactions can and do happen. Learn to treat these medications as you would prescription drugs.

And remember, medications affect people differently.

Tips to Follow About Non-Prescription Drugs:

- Pharmacists are easily accessible in most grocery stores. They are a great source for answering common medication questions.
- Don't take these medicines unless you need them.
- Write all your medications down (prescription and non-prescription) on a list and carry it with you at all times.
- Mark your calendar to check expiration dates monthly. Discard expired medications.
- If starting a new over-the-counter medication, take the lowest dose possible to see how your body reacts. Then increase the dose if necessary and safe.
- Ask your doctor about alternatives to medication.
- If you want to save money, ask your pharmacist if a given drug has a cheaper generic version and does it work effectively.
- Store all medications as directed. Improper storage may cause medication to be ineffective or harmful.
- Always learn about possible side effects of a medication before taking it.
- Show your medication list to your pharmacist and ask if there are any negative interactions among your medications.
- If you are having trouble taking medications as directed, ask if it comes in another form. Many oral medications come as a tablet and a liquid.

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December • 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Did you remember to fill out the evaluation form at the front of the calendar? Your opinion is important to us. The evaluation form is also online: www.ohp.nasa.gov				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Christmas Day	26 Kwanzaa Begins	27	28	29	30	31 New Year's Eve



Vegetable of the Month: Green Beans

Two basic categories:

- Edible pod beans (e.g. string beans)
- Shell beans (e.g. lima beans)

TIP: Green beans continue to cook after you take them out of the boiling water. Either take them out just before they are cooked the way you like, or plunge them into ice water immediately to stop them cooking further.

Nutritional value per serving size of 100g raw:
Calories: 30g Carbs: 6g Protein: 1g Fiber: 4g

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