

April 2017

This newsletter is for informational purposes only and not intended to be a substitute for informed medical advice.



Oral cancer includes cancer of the lips, tongue, cheeks, floor of the mouth, hard and soft palate, sinuses, and throat. One person every hour of the day will die from oral cancer. Men face twice the risk of developing oral cancer as women.

Common symptoms:

- a sore that does not heal
- unexplained bleeding in the mouth
- pain or difficulty swallowing
- lump in the neck
- hoarseness, chronic sore throat, change in voice
- Persistent earache

Risk factors:

- Smoking, chewing tobacco, dip, snuff
- Excessive alcohol consumption
- Family history
- Excessive sun exposure
- Human papillomavirus (HPV)

The fastest growing population of oral cancer patients is young, healthy, non-smoking individuals due to HPV.

A vaccine is available for girls, women, boys, and men ages 11 to 26. Ask your doctor for more information.

Next time you are at your dentist office ask for an oral examination!

Reliable Consumer Health Information

Recent surveys have found 60 percent of adults have gone online to look up health information. Consumers use the internet to browse symptoms, illnesses, and cures. Much information on health is frequently flawed, inaccurate or biased. But how do you find high-quality websites? Questions you should ask yourself about every health-related website are:

- Where did the information come from?
- How current is this information?
- Who is responsible for the content of this website?

People are often unable to differentiate between what is a good website from a bad website.

Good websites will be written or reviewed by a doctor, have research studies mentioned, and provide the most current information. Finding reliable health information online can help you manage your disease,

The most reliable websites are:

- **Cancer.gov** – Is the official website of the National Cancer Institute
- **CDC** – Centers for Disease Control and Prevention
- **FamilyDoctor.com** – Is run by the American Academy of Family Physicians
- **HealthFinder** – Sponsored by The Department of Health and Human Services
- **KidsHealth** – Provides doctor approved information about children
- **MayoClinic** – Provides general patient education and health information
- **MedlinePlus** – Is the site of the National Library of Medicine
- **NIH Senior Health** – Sponsored by the National Institute of Health providing information for the elderly
- **DrugDigest.org** – Information on prescription drugs, over the counter medications, and herbal supplements

People who research health-related topics on the internet are usually better informed and more capable of making choices for their health care. A curious patient is a healthy patient.



Sleep plays an important role in good health and well-being throughout life.

Healthy Brain Function:
Sleep helps your brain work properly. While you are sleeping, the brain is forming new pathways to help you learn and remember information. A good night's sleep enhances learning and problem-solving skills.

Physical Health:
Sleep is involved with healing and repairing your heart and blood vessels. It helps maintain a healthy balance of hormones affecting hunger and blood sugar. Sleep gives your immune system the boost it needs to fight disease.

Sleep Deficiency Dangers:
Sleep deficiency can alter brain function and has been linked to depression, suicide, and risk-taking behavior. It increases the risk for obesity, heart disease, kidney disease, diabetes, high blood pressure, and stroke.

Sleep is essential for your health and well-being!

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Depression

Depression is a common mental health disorder that affects people of all ages, from all walks of life, and in all countries. Risks increase by living in poverty, being unemployed, life events such as a divorce or loss of a loved one, physical illness, and problems caused by drugs and alcohol.

Depression is an illness characterized by persistent sadness and a loss of interest in activities that you normally enjoy. People with depression have several of the following: a loss of energy; changes in appetite; anxiety; reduced concentration; guilt; changes in sleep patterns; indecisiveness; restlessness; feelings of worthlessness or hopelessness; and thoughts of suicide.

It can happen to anybody and is not a sign of weakness. Depression is treatable with counseling and/or taking certain medications.

What you can do if you think you are depressed?

- Talk with someone you trust. Seek professional help from a doctor.
- Keep up with activities that you used to enjoy when you were well.
- Stay in contact with family and friends.
- Exercise regularly.
- Stick to regular eating and sleeping habits.
- Avoid alcohol and drug use which can worsen depression.
- If you feel suicidal, contact someone for help immediately.
- Remember with the right help, you can get better.



Strawberry-Kiwi Salad with Basil

¼ C half & half 2 T white balsamic vinegar 1 T sugar ¼ tsp salt
 3 peeled kiwifruits cut into 6 wedges 2 C quartered strawberries (1 pint)
 2 T finely chopped fresh basil

Combine half & half, vinegar, sugar, and salt in a bowl. Add kiwifruit and strawberries; toss well. Cover and chill for an hour. Stir in basil just before serving.

Nutritional Analysis per Serving		Servings size: ¾ cup	
Calories	90	Cholesterol	6mg
Protein	1.6g	Sodium	157mg
Carbohydrates	17.8g	Fiber	3.8g
Total fat	2.3g	Calcium	46g
Saturated fat	1.1g		