

TRICARE BENEFICIARY BULLETIN – AUGUST 18, 2011 – 760 WORDS

LEAD MUSIC (:03)

THIS IS THE TRICARE BENEFICIARY BULLETIN, AN UPDATE ON THE LATEST NEWS TO HELP YOU MAKE THE BEST USE OF YOUR TRICARE BENEFIT. I'M LORRAINE CWIEKA. (:10)

FIRST UP: ANNEMARIE FELICIO REPORTS ON FUELING KIDS FOR SUCCESS.

AS KIDS HEAD BACK TO SCHOOL, IT IS IMPORTANT FOR THEM TO BE PREPARED EACH DAY. EATING A HEALTHY BREAKFAST CAN BOOST YOUR CHILD'S ATTENTION SPAN, CONCENTRATION AND MEMORY. A HEALTHY BREAKFAST CAN ALSO HELP REDUCE THE RISK OF CHILDHOOD OBESITY AND TYPE 2 DIABETES.

BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY. IT FUELS THE BODY AND JUMP-STARTS THE METABOLISM. EVEN IF YOUR KIDS

AREN'T HUNGRY AT HOME, MAKE SURE THEY TAKE SOMETHING WITH THEM TO EAT ON THE WAY TO SCHOOL OR BEFORE CLASS.

SOME QUICK AND EASY BREAKFAST IDEAS INCLUDE:

- CEREAL THAT IS LOW IN SUGAR AND HIGH IN FIBER;
- BAGEL WITH LIGHT CREAM CHEESE AND RAISINS;
- STRING CHEESE, WHOLE-WHEAT CRACKERS AND FRUIT;
- YOGURT AND FRUIT SMOOTHIE WITH GRAHAM CRACKERS;
- SCRAMBLED EGGS, CORN TORTILLA AND SALSA;
- OATMEAL WITH APPLESAUCE AND NUTS; OR
- APPLE SLICES WITH NATURAL PEANUT BUTTER.

LEARNING TO EAT A VARIETY OF NUTRITIOUS FOODS IS IMPORTANT FOR KIDS TO GROW HEALTHY AND STRONG. SET A GOOD EXAMPLE BY EATING WELL-BALANCED MEALS WITH THEM, AND THEY WILL BE MORE LIKELY TO FOLLOW YOUR LEAD AND CHOOSE NUTRITIOUS FOODS FOR THEMSELVES THROUGHOUT THEIR LIFETIME.

FOR MORE INFORMATION ABOUT KEEPING YOU AND YOUR FAMILY HEALTHY, VISIT TRICARE'S HEALTHY LIVING WEBPAGE AT TRICARE.MIL/GETFIT.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

SORES IN OR AROUND YOUR MOUTH CAN BE BOTH PAINFUL AND ANNOYING. THEY CAN HAVE A VARIETY OF CAUSES, SUCH AS BACTERIAL OR VIRAL INFECTIONS OR RUBBING OF DENTAL FIXTURES LIKE BRACES OR DENTURES ON THE INSIDE OF YOUR MOUTH. TWO OF THE MOST COMMON TYPES ARE COLD SORES AND CANKER SORES.

ALSO KNOWN AS FEVER BLISTERS, COLD SORES ARE SMALL GROUPINGS OF BLISTERS THAT GENERALLY APPEAR NEAR THE OUTER EDGES OF THE LIPS, UNDER THE NOSE OR AROUND THE CHIN. THESE HIGHLY CONTAGIOUS SORES ARE CAUSED BY THE HERPES SIMPLEX VIRUS TYPE 1, WHICH CAN LIVE WITHIN A PERSON'S BODY. A PERSON MAY BE PRONE TO RECURRING OUTBREAKS

THROUGHOUT HIS OR HER LIFE, WHICH CAN BE BROUGHT ON BY STRESS, EMOTIONAL UPSETS, FEVER OR SUNBURN. IF OVER-THE-COUNTER TOPICAL PAINKILLERS DO NOT PROVIDE ENOUGH RELIEF, YOUR DENTIST MAY PRESCRIBE ANTIVIRAL DRUGS TO COMBAT THESE SYMPTOMS.

CANKER SORES, WHICH ARE NOT CONTAGIOUS, ARE SMALL GREY OR WHITE ULCERS WITH A RED BORDER THAT APPEAR INSIDE THE MOUTH. THERE MAY BE ONLY ONE OR THEY CAN APPEAR IN GROUPS. THE EXACT CAUSES ARE UNKNOWN, BUT FATIGUE, STRESS OR ALLERGIES CAN INCREASE THE LIKELIHOOD OF DEVELOPING A CANKER SORE. CANKER SORES USUALLY HEAL ON THEIR OWN AFTER A WEEK OR TWO, BUT YOU CAN USE OVER-THE-COUNTER TOPICAL PAINKILLERS AND ANTIMICROBIAL MOUTH RINSES FOR TEMPORARY RELIEF.

IF YOU HAVE A PAINFUL MOUTH SORE THAT DOES NOT HEAL AFTER MORE THAN A WEEK, CONSULT YOUR DENTIST. MOST IMPORTANTLY, BRUSH AND FLOSS TWICE A DAY AND SEE YOUR

DENTIST REGULARLY FOR CHECKUPS AND CLEANINGS TO HELP
MAINTAIN YOUR ORAL HEALTH!

FINALLY: ANNEMARIE FELICIO REPORTS ON TREATMENTS FOR
PSORIASIS.

PSORIASIS IS A CHRONIC DISEASE THAT CAUSES SCALING AND
INFLAMMATION OF THE SKIN AFFECTING NEARLY 7.5 MILLION
AMERICANS. ANYONE CAN GET PSORIASIS AND TRICARE WANTS
BENEFICIARIES TO KNOW MORE ABOUT ITS SYMPTOMS AND
TREATMENT.

PSORIASIS IS A COMMON SKIN DISEASE CAUSED BY AN OVERACTIVE
IMMUNE SYSTEM THAT CAUSES SKIN IRRITATION AND REDNESS.
NEW SKIN CELLS USUALLY RISE TO THE SURFACE ONCE A MONTH,
BUT PSORIASIS CAUSES THE SKIN TO GROW EIGHT TIMES FASTER
THAN NORMAL AND THE DEAD SKIN CELLS BUILD UP ON THE SKIN
SURFACE. THE DEAD SKIN FORMS THICK RED PATCHES THAT ARE

COVERED WITH FLAKY, WHITE DEAD SKIN CELLS.

THE MOST COMMON FORM, PLAQUE PSORIASIS, APPEARS AS RAISED, RED PATCHES OR LESIONS COVERED WITH A SILVERY WHITE BUILDUP OF DEAD SKIN CELLS CALLED SCALES. MOST COMMONLY IT IS FOUND ON THE ELBOWS, KNEES, SCALP, BACK, FACE, PALMS AND FEET, THOUGH IT CAN OCCUR ON ANY PART OF THE BODY. THE TIMES WHEN THE SKIN WORSENS ARE CALLED FLARES.

PSORIASIS CAN BE MILD, MODERATE OR SEVERE. DOCTORS GENERALLY TREAT PSORIASIS IN STEPS BASED ON THE SEVERITY OF THE DISEASE, SIZE OF THE AREAS INVOLVED, TYPE OF PSORIASIS AND THE PATIENT'S RESPONSE TO INITIAL TREATMENTS. TREATMENT OPTIONS FOR MILD PSORIASIS INCLUDE OVER-THE-COUNTER OR PRESCRIPTION TOPICAL MEDICATIONS, INCLUDING STEROIDS, AND LIGHT THERAPY.

THERE IS NO CURE FOR PSORIASIS, BUT FOR SOME SUFFERERS SYMPTOMS MAY DISAPPEAR FOR YEARS WHILE OTHERS MAY HAVE FLARE-UPS EVERY FEW WEEKS. ANYONE WITH PSORIASIS SHOULD

PAY ATTENTION TO STRESS, DRY SKIN, INFECTIONS AND CERTAIN MEDICATIONS. THESE FACTORS CAN CAUSE SYMPTOMS TO WORSEN. BENEFICIARIES SHOULD TALK WITH THEIR PRIMARY CARE MANAGER OR DOCTOR TO FIND A TREATMENT-OR TREATMENTS-TO REDUCE OR ELIMINATE SYMPTOMS.

FOR MORE INFORMATION ON WHAT TRICARE COVERS VISIT TRICARE.MIL/COVEREDSERVICES.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

AND THAT'S TODAY'S TRICARE BENEFICIARY BULLETIN. WE'LL HAVE MORE NEWS YOU CAN USE NEXT WEEK. (:03)

TAIL MUSIC (:03)