



Ways to Whittle Your Waistline

ABOUT 75% OF BERMUDIAN ADULTS ARE OVERWEIGHT OR OBESE, so learning ways to shed those extra pounds is sure to be helpful. Try these strategies to start.

CURB BETWEEN-MEAL MUNCHING

Extra snacks can add up to unnecessary calories. To stop needless snacking in its tracks:

- **Check your motivation.** Each time you reach for a snack, ask yourself if you're truly hungry. Often you'll find you're tired, bored, or procrastinating instead.
- **Outplay your cravings.** When a strong urge for a snack strikes, play a quick computer game. It may distract your brain from food fixations.
- **Store snacks out of sight.** If you don't see them, you won't reach for them as frequently.

SERVE YOURSELF FEWER CALORIES

Controlling your calorie intake at home can have a big impact on your weight. To start:

- **Get some rest.** Lack of sleep throws the hormones that control hunger and fullness off balance. As a result, you're likely to eat more and have late-night binges.
- **Tune out distractions.** Eating in front of the TV, computer, or smartphone can drown out the signals your body sends to your brain that tell you you're full. Instead, eat meals at a table and savor every bite.
- **Use smaller plates, bowls, and glasses.** The same amount of food looks much larger on a salad plate than on a large platter.
- **Fill up with veggies first.** Start with a salad, or pile your plate with produce before adding the main course. Then wait 10 minutes to see if you're still hungry.

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BF&M Overseas Healthcare Toll-Free Helpline


BF&M medical assistance is available 24/7 with our toll-free numbers:

- **1-888-674-1367** (from Bermuda)
- **1-877-236-2338** (from outside Bermuda)
- **1-519-251-5186** (from Bermuda: collect calls)
- **1-519-251-5185** (from outside Bermuda: collect calls)

See back issues of *healthmatters* online at www.bfm.bm/news/healthmatters/index.html.

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HUNGRY FOR MORE? For simple dietary guidelines and handy tips on eating better, visit the Government of Bermuda website at www.gov.bm and search for "Eat Well Bermuda."

Keeping Wired Teens Safe in the Digital World

WITH SMARTPHONES, TABLETS, AND COMPUTERS, TODAY'S ADOLESCENTS LIVE IN A VIRTUAL WORLD. As a parent, you may have fears about tech-related threats. Here's how to help protect your child from online risks:

1 Talk off-line. Explain to your teens what you consider off-limits behavior for using technology. For instance, tell them that messaging with strangers about sex can increase their risk of becoming a victim of harassment or crimes.

2 Listen, too. Ask your kids where they go, what they do, and who they interact with online. Let them confide in you if they feel scared by something they've seen or heard.

3 Make friends. Learn how your child is using social media networks—such as Twitter, Facebook, and Instagram—by creating your own account. Explain that you both must friend or follow each other on any platform he or she uses.

4 Keep watch. Check your teen's text logs or chat logs, browser histories, and files regularly. Look for contacts you don't recognize, images you don't feel comfortable with, and mean-spirited comments directed at or made by your child.

5 Learn the lingo. Text-speak and social media comments can involve slang, acronyms, and even images called emojis. Search online for the meaning of unfamiliar phrases or symbols. Decoding them can help you understand your teen's interactions—and, just maybe, your teen.



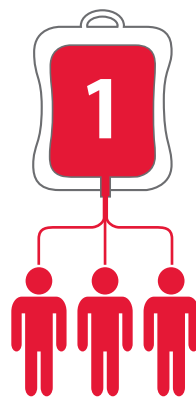
Give the Gift of Life

When you donate blood, you could be giving someone another chance at life. One pint of blood can save as many as three lives.

Giving a pint of blood is safe, relatively painless, and takes only about an hour. Before donating, you'll register, answer a few questions, and get a physical exam. Afterward you'll be served snacks to boost your energy.

BY GIVING BLOOD, YOU WILL:

- Get your blood pressure, iron levels, temperature, and pulse checked
- Help the many Bermudians who need blood transfusions each year, including cancer patients, women giving birth, premature infants, organ transplant recipients, and accident victims
- Feel more connected to your community



A **single** blood donation can save **3** lives.



WHERE CAN YOU DONATE? Call the Bermuda Hospitals Board at **1-441-236-5067**, or visit **www.bermudahospitals.bm** and type "blood donor" in the search bar.

health facts

Protein Powers Muscle Maintenance

Did you know that once you reach age 50, your muscles begin to shrink by about 1.5% each year? Pass age 60 and that rate doubles.

Losing muscle mass increases your risk for falls, fractures, and disability. Maintain your muscle, on the other hand, and you'll stay strong and independent.

Fortunately, eating enough protein from animals (meat, fish, eggs, and dairy) and plants (beans, lentils, and soy products such as tofu and tempeh) can help you preserve muscle size and strength.

To add more protein power to your daily meal plan:

- Mix up your main course. Try lean steak or roasts, pork tenderloin, and poultry. And aim for 8 ounces of seafood each week.
- Boost salads, soups, rice, and casseroles by adding beans.
- Spread peanut butter on your morning toast or afternoon crackers.
- Stir cheese or an extra serving of egg whites into your omelet or scramble.
- Make soup and oatmeal with milk instead of water. Or spoon powdered milk into smoothies, cereals, or drinks.
- Add pine nuts to pasta, slivered almonds to steamed veggies, or toasted cashews to stir-fries.



A to Zika: All About the Mosquito-Borne Disease

MOSQUITOES HAVE BEEN MAKING THE NEWS LATELY. Known for spreading West Nile virus and malaria, they're now in the headlines for carrying the Zika virus. Pregnant women who have Zika can pass it on to their unborn child. People can also get it through sexual contact and blood transfusions.

DANGERS FOR MOMS-TO-BE

Most people who become infected with Zika have no symptoms, or they may simply have a mild fever, joint pain, rash, and headache that go away in a few days.

But for pregnant women, Zika can cause microcephaly—a severe birth defect in which a baby is born with a head that is smaller than normal and a less-developed brain.

PREVENTION IS KEY

To avoid the Zika virus, take these steps to prevent mosquito bites:

- Wear long-sleeved shirts and pants when you are outdoors in areas where mosquitoes are active.
- Put on insect repellent before going outdoors.

- Use air conditioning or screens on doors and windows to keep mosquitoes out of your home.
- Empty water from any containers so that mosquitoes have fewer places to breed.
- Avoid traveling to places where there is a Zika outbreak, especially if you are pregnant or plan to become pregnant.
- If you have traveled to an area where Zika is found, or you have already been infected with the virus, practice safe sex. Use a condom for at least six months to avoid spreading the virus.



WHAT'S THE LATEST? Stay updated on the status of the Zika virus in Bermuda. Visit the Government of Bermuda website at www.gov.bm and search for "Zika."

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A Wellness Program Tailored for You

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For more details, visit www.bfm.bm and click on LiveWell, or contact us at livewell@bfm.bm

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LiveWell is intended to complement rather than substitute proper medical advice or treatment.



health facts

Don't Be Burned by These Sunscreen Myths

The right sunscreen can be a crucial tool in the battle against skin cancer, skin aging, and sunburn. Learn the truth about these common sunscreen myths.

Myth: Double the SPF means double the protection.

Truth: Dermatologists recommend that you use SPF 30, which blocks 97% of harmful UVB light, while SPF 50 blocks 98%. Because no sunscreen can filter out all UVB rays, there's no benefit to going higher than 50.

No matter which SPF you choose, reapply sunscreen at least every two hours and more often if you're swimming or sweating.

Myth: The SPF number also tells you how well a sunscreen protects against skin aging.

Truth: SPF measures how well the sunscreen protects against UVB rays, which cause sunburn. But it's UVA rays that cause wrinkles, age spots, and other signs of getting older.

Make sure you choose a product labeled "broad-spectrum." This means it filters out both UVA and UVB rays.

Myth: A thin layer of sunscreen will suffice.

Truth: Getting the amount of protection advertised on the label requires a generous coating. You should use about an ounce to cover your body—enough to fill a shot glass.

