



MANEUVER CENTER OF EXCELLENCE HEALTH PROMOTION NEWSLETTER

April 2016

MCoE Health Promotion

Location:

McGinnis Wickam Hall
1 Karker Street, Suite 5022

Contact Us:

disa.benning.conus.mbx.community-health-promotion@mail.mil
706-626-0809



[Benning/Community/Health](#)



Five Top Phrases for refusing alcohol

1. I'm Driving

This is the ultimate excuse. Some people who are quitting alcohol volunteer to be the designated driver for precisely this reason -- they want to spend time with friends, but don't want to drink. This response is also great role modeling for others, and adds to the climate of acceptability of staying sober behind the wheel. Anyone who pressures you to drink after you giving this response isn't worth listening to.

2. No Thanks, I've Just Finished One

What I like about this response is that is so lacking in value judgements about drinking that no-one can accuse you of being uptight or preachy. How you feel after a drink is an individual matter, and if you don't want another drink instantly, all it implies is [good personal boundaries](#) around your own comfort. It also shows you are not a compulsive drinker, and sets the tone for others to pace their drinking too. Yet the implication is that you might have had a drink if you felt like one, so this works well for the type of people who tease and berate those in recovery -- the kind of companions you may not want as friends, but are sometimes unavoidable in a social situation.

3. I've Had My Limit For Tonight

This is the [best response](#) if you regularly drink with the same people, want to control your drinking, and have set a limit based on your [blood alcohol concentration](#). Others will learn over time that you will drink only a certain number of drinks within a certain amount of time, so they can enjoy sharing a drink with you within those limits. [Controlled drinking](#) is a goal for many people with [alcohol problems](#).

4. I Want to Keep a Clear Head

Variations on this response are, "No thanks, I've got work tomorrow," "No thanks, I've got an early start in the morning," or "No thanks, I don't want a hangover." This is a great way of letting people know that alcohol does not rule your life, nor will you let it interfere with your day to day functioning. Keeping a clear head may not be important to all drinkers, but it should be to you.

5. I Don't Drink

This response take the most courage, and is the most subject to demands for an explanation. You may have to put up with being asked if you have a [drinking problem](#), you may have your masculinity or sense of fun challenged, or you may be informed that, "You can have one drink." But it is the all-round best response for anyone who is serious about [recovery from alcoholism](#), or who wants to put an end to the [nonsense of peer pressure](#) to drink alcohol.

<http://addictions.about.com/od/alcoholdrinking/tp/Five-Ways-To-Say-No-To-Alcohol.htm>



Tobacco Use, Oral Cancer, and Your Oral Health

Submitted by: *Fort Benning Advanced Education in General Dentistry (AEGD) Residents*

More than 45,000 Americans will be diagnosed with cancer of the oral cavity and pharynx each year, causing over 8,500 deaths. The 5-year survival rate for those diagnosed with oral cancer is only about 50 percent, because oral cancers can metastasize very quickly and are diagnosed often in its advanced stage. April is Oral Cancer Awareness Month, and we would like to discuss this important issue that can change you and your loved one's life.

Tobacco use has been linked to and potentiates the following disorders and diseases: asthma, COPD, cancer, heart disease, limb loss due to vascular disease (Buerger's Disease), diabetes, depression, anxiety, vision loss, blindness, decreased immunity, periodontal disease and more.

Have you thought about what happens inside your mouth when you smoke? Your lips, inside of your cheeks, tongue, teeth, gums, and back of your throat are the first locations that tobacco affects.

How does tobacco affect my gums?

Tobacco weakens your immune system and therefore your potential to heal. When plaque and bacteria attach to your teeth, they also affect your gums. Plaque and bacteria affect your gums and cause inflammation. In a non-smoking mouth, the ability to fight gum disease is more effective than in a smoking mouth.

Gum disease makes deeper pockets around the teeth, and these pockets break the attachment that holds the teeth in the bone. If the gum disease remains in the mouth for a long time, bone will start to break down around the teeth. This attachment and bone is what keeps our teeth anchored and stable in the jaw. This advanced version of gum disease is called periodontal disease, which can result in teeth becoming mobile and eventually being lost. Smokers are about twice as likely to lose their teeth than non-smokers.

Can smoking cause cancer in the mouth? What about chewing/dipping tobacco?

Yes. Smoking (cigarettes, cigars, pipes, E-cigarettes, hookah etc.), chewing/dipping smokeless tobacco, and alcohol increase your chance of getting cancer in the mouth and other parts of your body. People who use both alcohol and tobacco have an even higher risk than those who use them alone. Tobacco products contain nicotine and toxic chemicals that can damage your DNA and cause cancer.

How do I prevent oral cancer?

Prevention and early detection is key. Stopping tobacco usage will dramatically reduce your chance for oral cancer and improve your overall health. Majority of oral cancers originate in the tongue, lip, cheek, and floor of the mouth. Visit your dentist when you notice anything abnormal in your mouth (unusual white/red spots or lesions that do not go away), and ask for a quick oral cancer exam next time you see a healthcare professional.

For more information on tobacco cessation and on oral cancer, please visit <http://smokefree.gov> and <http://www.oralcancer.org>



Springing Back In To Exercise

As spring is settling upon us and you're looking to rev up your exercise program from its winter hibernation, don't forget ease into things. There are certain steps and precautions you should take in order to acclimatize yourself back into exercise to prevent injury and ensure you are able to get the most out of your rejuvenated work ethic!

First things first, take a trip to your doctor's office and get checked out. Starting any bout of exercise with a clean bill of health is just as important as the exercise itself. You want to make sure that you have no limitations or restrictions, and if you do, you know how to work around and within them. One thing in particular that most individuals have to deal with are allergies to pollen. If you are one of the many people unfortunate enough to be affected by this, it's not a bad idea to start taking some medicine such as Allegra or Claritin beforehand to be proactive about this allergy.

After getting a clean bill of health from your doctor, find out what type of exercise you want to participate in. Different things work for different people, and you have to find what's best for you. Some options include working out by yourself, getting a personal trainer or a gym partner, signing up for a workout class such as yoga, spin, or kickboxing, or even signing up for a recreational league somewhere playing kickball, softball, or other various team activities. Each avenue of fitness has its pros and cons, and it's up to you to decide what works best works for you.

Once you've figured out what you want to do, figure out when you want to do it. Some companies give their employees exercise time in their daily routines and others do not. If this is not an option, it might be best for you to work out before work in the early morning, on your lunch break, right after work, or sometime in the evening. Figuring out the duration of each work out will go a long way in helping decide when you want to work out as well. A good rule of thumb is to not keep each workout session longer than 45mins. Studies show that anything much longer than this will leave the brain and body fatigued.

Finally, you want to make sure you actually do it! Now that you've made some plans and figured out the logistics, make sure you follow through with everything! Tell somebody about your plans to keep yourself accountable, but most importantly make sure you do it because YOU want to do it!

Submitted by: Tony C. Price, Jr. | M.S., ACSM EP-C, CSCS Exercise Physiologist / Strength and Conditioning Specialist Physical Therapy Department Martin Army

Upcoming Events



screamfree

Marriage Seminar

Learning how to stay calm, in the face of common relationship conflicts, is the key to creating and enjoying a deep, lifelong, passionate connection.

Guest speaker, Hal Runkel:

Licensed Marriage and Family Therapist and founder of The ScreamFree Institute

11 May @ 1300

**Marshall Auditorium,
McGinnis-Wickam Hall**

For more information call 706-545-4013/6957

This presentation will count towards 1 hour FAP Annual Prevention Training IAW AR 608-18



MONTH OF THE MILITARY CHILD

April is Month of the Military Child!

Military children play an important role in the Armed Forces community. Join Child, Youth and School Services (CYSS) as we recognize and applaud the Families and their children for the daily sacrifices they make while supporting the military.

This year's theme is "Their Journeys and Adventures".



SCHEDULED ACTIVITIES :

April 1 | Hollywood Connection Field Trip
Middle School & Teen Program

April 2 | Pitch, Hit & Run (ages 7-14)
9am - 10:30am | Youth Sports Baseball Complex

April 2-3 | Kings Pond Campout | 12pm
Kings Pond

April 8 | College Road Trip (6th - 12th grade)
Gwinnett College

April 8 | Teen Movie Under the Stars 7pm-9:30pm

April 12 - 15 | Eudora Farms Petting Zoo
10am - 2pm | Wetherby Field

April 15 | Purple Up Day! | Wear purple in
support of our military children and their sacrifices

April 15 | Movie Under the Stars | 8pm
Wetherby Field - Petting Zoo, 5-8pm

April 19 | Family Fishing Night | 6pm - 8pm
Russ Pond

April 22 | 3-on-3 Basketball | 6:30pm-9:30pm

April 30 | Teen Lock-in | 5pm-8am

For more information, call 706-545-6811/2079.