

*August is...*

## Children's Eye Health and Safety Month

### When should children have their eyes examined?

The American Optometric Association (AOA), suggests that you should take your child for their first comprehensive eye exam at the age of 6 months. Children should have additional eye exams at the age of 3, and just before they enter kindergarten or the first grade ([thinkaboutyoureyes.com](http://thinkaboutyoureyes.com)).

For school-aged children, with no past vision correction; it is recommended that they receive eye exams every two years.

For school-aged children, with past vision correction: children who use glasses or contact lenses; it is recommended that they receive eye exams every year.

Taking your child to an eye doctor can help early detection of refractive errors and diseases

#### Refractive Errors

- Astigmatism
- Farsightedness
- Nearsightedness

#### Diseases

- Amblyopia (Lazy Eye)
- Strabismus (Crossed Eyes)
- Ptosis (Drooping of the Eyelid)
- Color Deficiency (Color Blindness)

### How do I keep my children's eyes safe and maintain healthy vision?

Children who participate in sports or recreational activities, should wear protective eyewear at all times. Avoid toys with sharp or protruding parts and purchase age-appropriate toys (SOURCE: HAP). To help your child maintain healthy vision, schedule comprehensive eye exams and take safety measures to prevent injury.

Talk to a licensed eye care specialist about your children's options.

## NOW OFFERED AS PARTICIPATING PROVIDERS

<b>FHP Health Center</b>	Open to NetCare groups who are effective or renew <b>4/1/2017</b> and thereafter
<b>Premise Health dba United Family Medical Center</b>	Open to NetCare groups who are effective or renew <b>10/1/2017</b> and thereafter

## NEW NETCARE FITNESS CLASSES

Offered at The Hilton Guam Resort & Spa - Eff. August 1, 2017

### Tuesday

**Mixed Fit** with Cheri (5:30PM-6:30PM)

### Thursday

**Power Yoga** with Leah (6AM-7AM)  
**Mixed Fit** with Melanie (5:30PM-6:30PM)

### Saturday

**Strong by Zumba** with Bella (12PM-1PM)

For more information, please contact NetCare's Customer Service at 671-472-3610 ext. 201



## NetCare Health Plus Featured Rewards Partner



### Nike

10% discount storewide. Excludes Jordan Retro & certain limited edition products.



### Sheraton Laguna Guam Resort

20% discount in La Cascata Restaurant. Not valid during special promotions, holidays, and cannot be combined with other discount promotions.

## NATIONAL IMMUNIZATION AWARENESS MONTH

Sponsored by the National Public Health Information Coalition (NPHIC), established to increase awareness of the importance of vaccination for people of all ages.

### What is immunization/vaccination?

It is the process of making a person or animal immune/protected from a disease.

### Why you should get vaccinated

Vaccines help to prevent the spread of contagious diseases. Those who are vaccinated have a lower risk of severe illness from diseases, than those who are not vaccinated.

For more information regarding immunizations for you and your family, contact a licensed health care specialist.

## DID YOU KNOW...

(health.com)

- Rinsing your nose with salt water can help keep you healthy and ward off allergy symptoms.
- Smokers are four times as likely to report feeling un-rested after a nights sleep than nonsmokers, and are 70% more likely to develop hearing loss.



# CSA Summer Special

June 1<sup>st</sup> through August 31<sup>st</sup> only!

Want a trial of our CSA Box without the commitment to a subscription?

For a limited time only you can purchase one small or large share box!

- Small Box \$35
- Large Box \$50
- Delivery add \$10

#### Pick-up times

Every Tuesday from 4:30 p.m. – 7:00 p.m.

#### Pick-up Locations

- Kitchen Lingo in Agana
- Agat Night Market
- Farm to Table office in Yigo: 118 Chalan Duenas (located next to Hills Market)



Buy local. Eat local. Support local.



FarmToTableGuam.org

August 14-18, 2017

(cdc.gov)

## Fungal Disease Awareness Week

Organized by the CDC and partners, highlights the importance of recognizing serious fungal diseases early enough in the course of a patient's illness to provide life-saving treatment

Fungal diseases that go undiagnosed or untreated, can cause serious infections potentially leading to illness and death.

### Tips to prevent the contraction and spread of a fungal infection

- ⇒ Keep your hands and feet clean and dry
- ⇒ Wear shoes in public places
- ⇒ Change underwear and socks daily
- ⇒ Do not wear tight shoes

For more information, please visit [cdc.gov](http://cdc.gov)

### Contact Lens Health Week

August 21-25, 2017

Coordinated by the CDC and partners, to raise public awareness and promote health contact lens wear and care.

#### What are contact lenses?

Thin, curved plastic lens placed on the surface of the eye to help correct visual defects.

#### Caring for your contact lenses

- ⇒ Always wash your hands with soap and water before handling contact lenses.
- ⇒ Follow specific cleaning and storage guidelines from your eye care professional .
- ⇒ Follow your eye care professionals guidelines for wear and replacement of contact lenses.
- ⇒ Rinse contact lenses and lens case with fresh solution; do not rinse or store contact lenses in water.
- ⇒ Replace contact lens case every three months
- ⇒ Do not wear contact lenses while swimming or in a hot tub.

For more information, visit [cdc.gov](http://cdc.gov)

### Gastroparesis Awareness Month

#### Part of Digestive Tract Paralysis Awareness Month

Founded by G-PACT, to increase awareness of different Digestive Tract Paralysis conditions.

#### What is Gastroparesis?

A condition in which your stomach cannot empty itself of food in a normal fashion ([webmd.com](http://webmd.com)).

#### What are the symptoms of Gastroparesis? ([webmd.com](http://webmd.com))

- ⇒ Heartburn
- ⇒ Nausea
- ⇒ Feeling full quickly when eating
- ⇒ Vomiting undigested foods
- ⇒ Abdominal bloating
- ⇒ Poor appetite and weight loss
- ⇒ Poor blood sugar control

For more information, visit [g-pact.org](http://g-pact.org)



To: All members born in August!

From: Your NetCare Family

### National Breastfeeding Month

Established by the U.S. Breastfeeding Committee, in hopes to encourage women to breastfeed.

#### Benefits of Breastfeeding ([webmd.com](http://webmd.com))

- ⇒ Breast milk contains antibodies to help your baby fight off viruses and bacteria
- ⇒ Lowers your baby's risk of having asthma or allergies
- ⇒ Provides the ideal nutrition for infants
- ⇒ In some studies, breastfeeding has been linked to higher IQ scores in later childhood
- ⇒ For the mother, breastfeeding burns extra calories, so it can help you lose pregnancy weight faster.

#### ABC's of Breastfeeding ([webmd.com](http://webmd.com))

**A = Awareness** (Watching for your baby's signs of hunger)

**B = Be patient** (Don't rush your infant when feeding)

**C = Comfort** (Relax while breastfeeding)

For more information, visit [usbreastfeeding.org](http://usbreastfeeding.org)

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