

Health & WELLNESS



Did you know that your dentist may be the first person to identify osteoporosis?

Signs of this bone disease can be observed in the mouth. Look for:

- Bone loss in the jaw. This can indicate bone loss throughout the body.
- Tooth loss. Losing teeth can happen when you have low bone mineral density.
- Ill-fitting dentures. Decreasing bone loss can make dentures shift uncomfortably. If you're in need of frequent refittings, you may be at risk for osteoporosis.

WHAT YOU CAN DO:

- Increase your calcium intake. Supplement your diet with dairy products, leafy green vegetables and calcium tablets.
- Get enough vitamin D. Opt for salmon, tuna and fortified milk and juices. Exposure to sunlight can also help.
- Do weight-bearing exercise. From jogging to tennis, these bone-building activities go a long way in boosting bone health

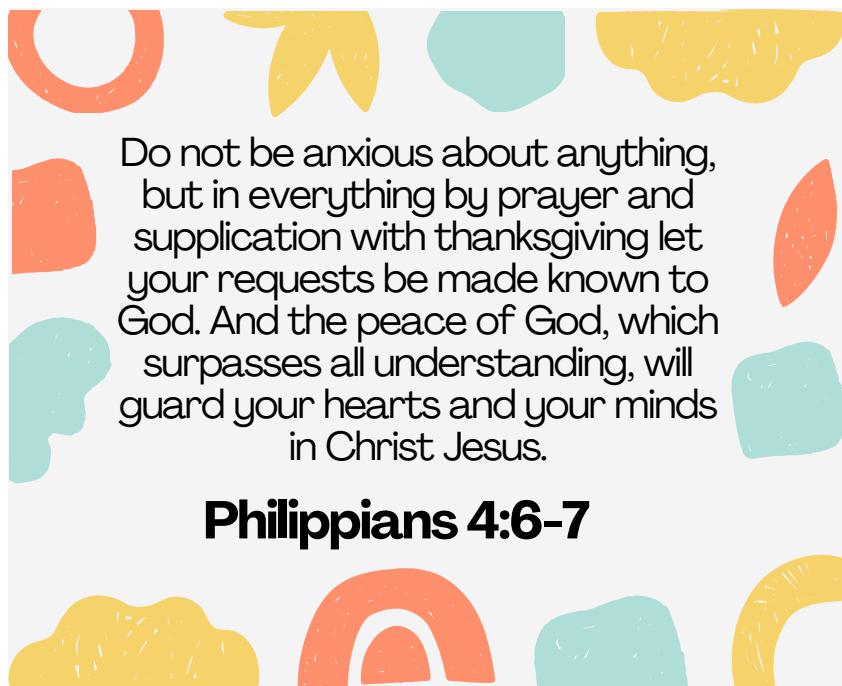
Regularly visiting your dentist is not only good for your teeth, but also your overall health. Schedule your next appointment today!



See you at General Assembly!

Coming to GA this year? Join us for a Tuesday or Wednesday networking lunch and learn all about the benefits available to you. Also be sure to stop by the Benefit Resources table and chat about any questions you might have—and

enter to win some free prizes!





June is Men's Health Month—Wear Blue for Men's Health



June 14th Is Wear Blue Day for Men's Health!

Preventative screenings are for everyone! Men are less likely than women to seek medical care, but this doesn't have to be! Early detection and intervention of health concerns leads to significantly better health outcomes. Schedule your preventative screenings and see your doctor today!

Keep your Eyes Healthy

Whether you were born with good vision or not, it's important to take extra steps throughout your life to maintain healthy eyes. In today's screen-reliant world, it's especially critical. Below are some simple tips to help you keep your eyes healthy.

Tips for maintaining healthy eyes:



- **Follow the 20/20/20 rule.** While staring at a digital screen doesn't necessarily hurt your eyes, it can make them feel tired and dry. Vision experts advise looking away from your screen every 20 minutes at something at least 20 feet away for about 20 seconds.
- **Wear shades.** The sun can be just as damaging to your eyes as it is to your skin. Be sure to wear protective sunglasses that block 99 percent of both UV-A and UV-B rays.
- **Eat well.** A well-balanced diet high in nutrient-rich foods can help you take care of your eyesight. Foods containing omega-3 fatty acids, lutein, zinc and vitamins C and E can help offset age-related vision problems, as well as diabetes-related vision loss.
- **Visit your eye doctor regularly**—even if you don't require corrective lenses to see clearly. Eye exams can help detect early signs of eye disease, such as glaucoma and cataracts, as well as other diseases such as diabetes. For those who do wear prescription lenses, it's important to make sure your glasses and/or contact lens prescriptions are up to date.
- **Use protective eye gear at home and work.** Most eye injuries occur at home, especially when sports are involved. Wearing safety goggles can protect your eyes from injury, as well as debris and hazardous chemicals.
- **Keep your eyes clean.** If you wear contact lenses, be sure to properly clean them each day. Try not to wear them when you're swimming or using strong cleaning products. It's important to refresh your eye makeup, too. Using old brushes and eyeliner pencils can build up harmful bacteria.