

# HEALTH & FITNESS

**The Sun is Out:  
Time for Summer Fitness!**



**JUNE 2010**

# HEALTH BRIEFS

Aware Central Texas Agency presents the following anti-victimization programs for groups and organizations: "123 Magic Parenting Skills for Difficult Children" for parenting class groups. "Adult Survivors of Child Abuse Education for Hope" -- (254) 939-7582 or 1696. "Anger Management Classes" -- (254) 939-7582 or 1696. "Anger Bingo Games" by Wellness Productions for 3rd to 12th grades and parents groups. "Anger Management" chill skills for teens and parents. "Beginning Financial Management for Teens and Adults." "Bullying and Harassment," Point of View - Operation Respect, "Don't Laugh at Me" Curriculum for 3rd to 12th grades. "Can't Fool Me" - 3rd grade. "Child Abuse Identification, Reporting and Prevention," a comprehensive look at child abuse and how the public can identify, report and prevent. "Dating Violence, Choose Respect" - 7th to 12th grades. "Internet Safety" - The Safe Side Curriculum for 3rd to 6th grades. "Negotiating and Conflict Resolution" - Channing Bete Curriculum for 6th to 12th grades. "Net Smarts Internet Safety" for preteens, teens, parents and teacher staff development. "Play It Safe on the Internet" - 4th through 6th grades. "Raising Safe Kids in an Unsafe World" - parent community workshops. "Safety Party" - 1st grade. "Systematic Training for Effective Parents" for parents with small children to teenagers. Instruction given by highly trained instructors. "Tricky People" - 4th and 5th grades. "Yellow Dyno Sez" - 2nd grade. Contact: Aware Central Texas at (254) 939-7582 or (254) 939-1696.

The Brazos Area Health Education Center, AHEC, will host a Health Careers Summer Camp, June 7-10, at Baylor University in Waco. Through fieldtrips, exposure to hands-on activities and interaction with healthcare professionals, students will learn about exciting careers in the field of healthcare as well as health career preparation programs. Preliminary plans include:

- Fieldtrips to various healthcare facilities: hospital, air ambulance, veterinary technician program, training sites for nursing, paramedics, forensic science and more.
- Hands-on activities in the fields of dentistry, public health, nursing, pharmacy, athletic training, physical therapy, and more.
- Healthcare professionals representing over 10 different health careers.
- College preparation and financial aid information for students.

The camp will be offered to students currently in the 9th and 10th grades (entering sophomores and juniors for fall 2010) across the Brazos AHEC 18-county service region including Bell County. Students will be selected based upon a written essay and two teacher recommendations. The cost of the camp is \$300 and includes housing, supervision, meals,

all activities, and evening use of Baylor's recreation facilities. For more information about the camp or to receive an application for the Health Careers Summer Camp 2010, contact Todd Becker, Program Coordinator for Health Careers Promotion at tbecker@bahec.org or (254) 753-4392 ext 14 or visit the Brazos AHEC Web site at www.bahec.org.

Area Agency on Aging of Central Texas presents a program for veterans and their caregivers is from 10 a.m. to noon on June 16. Guest speaker is Thom Wilson. The public is invited and there is no charge. RSVP: (800) 447-7169 or (254) 770-2330.

Blood drives are hosted by S&W Killeen Clinic. Blood donors must be at least 17 years of age and weigh at least 110 pounds. Each donor must present a picture ID in order to be registered to donate. The clinic is at 3801 S&W Drive in Killeen, behind the Putt-Putt Golf & Games on East Central Texas Expressway. Businesses, organizations or individuals contact: Julie Macomber at (254) 680-1167.

Depression and bipolar disorder support group meets from 7 to 8 p.m. the first and third Thursdays of the month. Family members and significant others also welcome. The group shares information on living with depression or bipolar disorders on a daily basis. The group meets at Immanuel Lutheran Church, 1104 N. 4th St., Killeen. Phone: Larry Egly at (254) 630-9141.

Diabetes Support Group meets from 6 to 7 p.m. the first Tuesday of the month at the Killeen Scott & White Clinic in the conference room. Instructors are Kay Schooler, regional clinic dietitian, CDE, and Susie Pyatt, Registered Nurse, CDE. The public is invited. The clinic is at 3801 S&W Drive. For more information call Susie Pyatt at (254) 680-1216.

Diabetic Support Group, Sweeter Than Most, meets at 7 p.m. the second Tuesday of every month at the Copperas Cove Senior Center. Contact: Sharon McIntosh at (254) 542-5177.

Foster youth, current or former, ages 16 to 25, may access the following services: transportation assistance, life skills training, GED training, employment and job readiness services, tutoring, mentoring, case management, computer access, shower facility, laundry facility access, mail service, transitional house assistance and connection to other local resources. Project F.U.T.U.R.E. is a collaboration of the Texas Department of Family and Protective Services, Texas Workforce Solutions of Central Texas, Texas Workforce Commission and Central Texas Youth Services. Phone: (254) 634-0117 or the 24-hour crisis hotline at (800) 421-8336.

Free Clinic of Greater Killeen is open for patient screening from 3:30 to 5 p.m. Mondays

and Thursdays. Phone: (254) 519-0763.

Greater Killeen Free Clinic provides acute care for the working poor, those who are employed and ineligible for Medicaid and have no access to other health care. Services are provided on Monday and Thursday evenings in a facility that is shared with the Bell County Health Department. Consider volunteering your time to help deliver these much needed services to our community:

- o Acute care clinics two evenings per week.
- o Two mammogram clinics each month.
- o Coordination of Medication Assistance Program.
- o Coordination of lab referrals to and from Killeen Medical Clinic for GKFC/HD patients.
- o Medical case management.
- o Social services assessment.
- o Collaborations at local, regional and state level on issues that impact the uninsured.

Grief Support Group, sponsored by Scott & White, meets from 5:30 to 6:30 p.m. the second and fourth Tuesdays of each month at the Scott & White Clinic in Killeen, 3801 Scott & White Drive. Phone: Terry Jackson at (254) 724-4090.

Healing Choices, an emotional support group for women, meets from 1 to 3 p.m. on Tuesdays at 2429 N. Main St., Belton. The group session is for any woman who needs to make healing choices, manage emotions, and build relationships. There is no charge to attend. Contact: Laura Black, LPC, at (254) 338-9403 or e-mail www.affordablechristiancounseling.org.

Hospice, Heritage Care, is always looking for exceptional volunteers to join our Hospice team. Whether you're an experienced professional, or you'd like to be trained to be a hospice volunteer, we offer both part-time and full-time opportunities and flexible hours. Positions are available in direct patient care, clerical, crafts or bereavement. The office is at 451 E. Central Texas Expressway, Suite C. Phone: (254) 680-5500 or (254) 466-0165.

Hospice, Texas Home Health, is looking for volunteers who can give 1-2 hours per week to provide companionship and support to our patients and family in the local area. To register for the next class, call (254) 756-0404.

National Alliance on Mental Illness-Temple meets at the Temple VA Medical Center, room 5G31. Follow the signs for valet parking. This meeting is open to anyone interested in mental illness and its impact on people and the community. More information: Pat Roy-Jolly at (254) 298-7050.

Overeaters Anonymous offers a program of recovery from compulsive eating. Meetings are held from 5:30 to 6:30 p.m. on Monday at Harker Heights United Methodist Church, 208 W. Cardinal Lane, Harker Heights. For more information, call Alice Page at (254) 289-5042.

Group meets from 6 to 7 p.m. on Tuesdays at First Baptist Church classrooms, 300 W. Avenue B, Copperas Cove. For more informa-

tion, call (254) 634-9649. Meetings are also held at noon on Thursdays in the library at the University of Mary Hardin-Baylor in Belton.

Panic Relief Inc., nonprofit organization, presents "IDEAL," a program designed to help manage fear, experience high self-esteem, let go of anger and live life to the fullest. For more information, contact Director Judy Schiffman at (732) 940-9658 or visit the Web site at www.panicreliefinc.com.

Parenting - Back to the Basics free classes begins at 9 a.m. the first and third Saturday of each month. Reservations: (254) 554-3494.

Parenting classes by Hope Pregnancy Centers is designed for mothers and fathers. Phone: (254) 519-3343.

Parkinson's Disease Support Group for patients and caregivers meets from 3:30 to 4:30 p.m. the third Thursday of every month at Taylor's Valley Baptist Church, Temple. Contact Carol Jonas-Simons at (254) 724-6065. Parkinson's Support Group meets at 3:30 p.m. the third Thursday of each month. Any interested parties are welcome to attend. Phone: Kathleen Brown, Scott & White, (254) 724-6414.

PreVail Women's Support Group for Pregnancy Loss and Infertility meets at 7 p.m. the third Friday of the month at Crestview Christian Church, 2608 FM 116 S., Copperas Cove. The group offers free and confidential peer-led support discussions and Bible study from women who have suffered from pregnancy loss and infertility. Web site: www.crestviewchristianchurch.org. Phone: (254) 547-4013.

Prostate Cancer Support Group meets the second Thursday of the month, first floor conference room at the Scott & White Center for Diagnostic Medicine. The Center is at the northeast corner of 31st Street and Avenue R, Temple. Phone: Ron Gates at (254) 724-1053.

Prostate Cancer Support Group meets at 7 p.m. the first Thursday of each month at St. David's Round Rock Medical Center, 2400 Round Rock Avenue (RM. 620) in Round Rock. Dr. Noah Taylor, Urology Austin Radiation Center, presents "Intensity Modulated Radiation Therapy. Contact: Keith Loring, (512) 868-3337 (lorings2@aol.com) or Dick Mills at (805) 403-3687.

Sickle Cell Anemia Association is looking for a few good volunteers. The association wants to bring awareness about sickle cell with local help. The CTSCAA works entirely on a volunteer basis and only receives revenue from local and national sponsors in the area. The nonprofit organization is at 402 North 8th St., Room 108, in downtown Killeen, Volunteers can contact Ruby Graham at (254) 634-7600.

Quit Smoking. For help, call the American Cancer Society Quitline at (877) 937-7848.

Senior Citizens:

55 UP Harker Heights, Recreation Center, 307 Miller's Crossing (next to city hall) Harker Heights, (254) 953-5657.

Bob Gilmore Senior Center, 2205 E. Veterans Memorial Blvd., Killeen, (254) 699-1717; Copperas Cove Senior Center, 1012 N. Drive, Copperas Cove, (254) 547-6049.

Lions Club Park Senior Center, 1700 E. Stan Schlueter Loop, Killeen, (254) 501-6399;

Step aerobics class for women of all ages is from 9 to 10 a.m. on Mondays, Wednesdays and Fridays at First Baptist Church, 300 W. Avenue B, Copperas Cove. Cost is \$10 per month and includes child care. The 45-minute work out includes cardio-vascular strength training and body sculpting followed by a short devotion and prayer. Phone: (254) 547-3717.

South Wind Runners Club holds a monthly club social at 5 p.m. on the third Sunday of each month at Fuddrucker's in Killeen. Web site: www.southwindrunners.org.

Tai Chi classes are being held at the Killeen Community Center. The practice of Tai Chi improves flexibility, balance, strength, and circulation and enhances ones ability to relax. Classes are taught by Barbara Nite. Phone: (254) 634-3394 or e-mail bnite@hotmail.com.

Take off Pounds Sensibly meets every Thursday in the Special Olympics Building, 902 Conder St., Killeen. Weigh-in is from 5:45 to 6:45 p.m. Meeting is from 6:45 to 7:15 p.m. Phone: Betsy Eads at (254) 690-6298 or Kerry Campbell at (254) 634-6531.

Take off Pounds Sensibly Chapter 429 meets from 7 to 8 p.m., Tuesdays, at Copperas Cove Christian Church. Phone: Joanne Myers at (254) 634-1611. E-mail health briefs to teresat@kdhnews.com

**WE WANT YOU**  
to tell us **HOW YOU STAY FIT**  
IN CENTRAL TEXAS...

**HEALTH & FITNESS**

Each month in Health & Fitness, the Killeen Daily Herald will be featuring Readers' favorite fitness tricks.

Send your tips and secrets to staying healthy in Central Texas to [health@kdhnews.com](mailto:health@kdhnews.com).

# 5 TIPS FOR a HEALTHY SUMMER

Article submitted by Metroplex

The dog days of summer often find Central Texans enjoying the cool, manufactured breeze of an A/C unit or washing away the steamy heat by taking a dip in the pool. Take advantage of the “easy living” summer days by making small changes that could help lead to a healthy life.

We asked Michelle Demarais, Wellness Coordinator for Metroplex Health System, to give us five easy tips to better enjoy the sizzling summer days. Here is what she came up with:

**1. Eat like a kid!** Remember the summers of your youth? Long summer days were spent playing at the pool, enjoying a baseball game or fishing at your favorite fishing hole. Your parents would constantly nag you to eat something – so you would munch on small snacks throughout the day. Reclaim your child-like eating habits by snacking on numerous, healthful summer-friendly snacks like carrot sticks, cut watermelon and sandwich halves. Not only does eating like a kid help boost your mood, the small snacks throughout the day also helps to boost your metabolism.

**2. Play like a kid!** Go out and take advantage of the longer lasting summer sunlight. Rollerblade, swim, go on a treasure hunt, or play tag with your children! Not only will you have fun, you’ll be getting a good dose of exercise. Don’t let the gym box you in – get out and enjoy your summer!

**3. Cover up!** Although utilizing the summer rays are a great way to play during your summer vacation, be sure to use your sunscreen, sunglasses, umbrella, hat and protective clothing. The sun’s rays feel great but could lead to harmful after-effects. Make certain you are using a high SPF and reapplying periodically. Using UV-blocking sunglasses, as well as protective hats and clothing,

will ensure you have some fun in the sun while defending yourself against possible consequences.

**4. Stress Less!** Even though we, as adults, don’t get the privilege of a three month summer vacation any longer, we tend to still feel the “schools-out” exhilaration when summertime hits. Take advantage and de-stress with a family vacation. Unplug from the office and allow your mind to reset. According to WebMD, stress can lead to an increase in the hormone, cortisol, which leads to weight gain and enhanced risk of heart disease. Lay around, relax and enjoy your summer vacation!

**5. Sleep like a baby!** Often, with the longer hours of sunlight, we tend to stay up later and get up earlier. Keep your sleep schedule routine to benefit from your slumber-time. Sleep helps to revitalize your body, restore your mind and enhance your moods. Just because you can pack more into your day, doesn’t mean you always should. Take the time to enjoy the lazy, easy living days (and nights) of summer.

There you have it, five simple tips to help you make this summer an enjoyable one. Now, go out there and do a couple of cannon balls in the pool, spray your kids with a water gun and jump on the trampoline. After all, schools out for summer!



## Sue Mayborn Women’s Center *at Metroplex in Killeen*

Caring for women through all stages of life!

- Digital Mammography
- Bone Density Testing
- Medical Aesthetics
- Family-Centered Private Rooms
- State-of-the-art Nursery
- Large L&D Suites
- Women’s Health Classes
- Educational & Resource Library



**METROPLEX HEALTH SYSTEM** 254.519.8566 • [mplex.org](http://mplex.org)  
Sue Mayborn Women’s Center

We accept most major insurance plans including: Blue Cross Blue Shield / TriCare / Scott & White Health Plan

BRING YOUR SMILE INTO THE 21<sup>ST</sup> CENTURY



**Dental Images**  
Cosmetic & Family Dentistry

We've got a whole new reason to make you  
**smile.**

Appointments available now.  
**(254) 699-9444**

Visit us online at [www.dentalimagestexas.com](http://www.dentalimagestexas.com)

120 W. Central Texas Expwy, Suite 100, • Harker Heights

# Jazzercise Partners with Back in the Swing USA to Empower Breast Cancer Survivors

Article submitted by Jazzercise

KILLEEN, TX- Jazzercise, the world's leading dance fitness program, is proud to announce its partnership with Back in the Swing USA®, a grassroots nonprofit organization exclusively dedicated to providing awareness, access and financial support for breast cancer survivorship programs and academic medical research in the field of breast cancer survivorship. The organization's goal is to empower breast cancer survivors to get back in the swing of life physically, emotionally and spiritually.

Jazzercise in Killeen hosted a special Back in the Swing fundraising class on May 22, during National Fitness and Sports Month. Jazzercisers donated \$10 to participate in this special Jazzercise class. Over \$600 was raised in the one-day

event. All proceeds from Jazzercise/Back in the Swing fundraising classes will be donated to the Back in the Swing organization.

Jazzercise was at the forefront of a recent study at the Breast Cancer Survivorship Center at the University of Kansas Cancer Center (BCSC) that strongly indicated the importance of exercise for breast cancer survivors. From 2008 through 2010, half of the study's participants attended Jazzercise classes for a six-month period. The participants underwent pre- and post- intervention assessments of overall fitness, breast cancer risk, and measures of quality of life. The study showed that Jazzercise participants lost 5.6% of their total body fat (DEXA), 12.6% of their starting body weight, and decreased their levels of insulin by greater than fifty percent.

Additionally, the study group demonstrated considerable progress in several measures of fitness, including increased flexibility, grip strength, endurance, and heart rate. They also reported significant improvements in quality of life including diminished depression and fatigue symptoms. These findings have been shown to lower blood pressure and LDL ("bad cholesterol"), lessen the risk for heart disease, improve glucose intolerance (decreasing risk for diabetes), and greatly reduce the risk of breast cancer recurrence.

The results of the study will

be presented June 17 at the prestigious "Biennial Cancer Survivorship Research Conference," sponsored by The National Cancer Institute, the American Cancer Society, LIVESTRONG and the Centers for Disease Control and Prevention.

"We are proud to take part in this fundraising effort," said Jazzercise Killeen instructor Michelle Fry. "Together we will help breast cancer survivors get 'back in the swing' and 'stay in the swing' of joyful, healthy living after breast cancer."

## About Back in the Swing USA

Back in the Swing USA is the first and only national nonprofit organization exclusively providing grassroots awareness, education and fundraising on behalf of the millions of breast cancer survivors to empower them to get back in the swing of life physically, emotionally and spiritually. For more information, please visit [www.backintheswing.org](http://www.backintheswing.org).

## About Jazzercise

Judi Sheppard Missett, who turned her love of jazz dance into a worldwide dance exercise phenomenon, founded the Jazzercise dance fitness program in 1969. Judi and Jazzercise Executive Vice President Shanna Missett Nelson have advanced the business opportunities of women and men in the fitness industry by growing the program into an international franchise business that today, hosts a network of 7,800 instructors teaching more than 32,000 classes weekly in 32 countries.

The workout program, which offers a fusion of jazz dance, resistance training, Pilates, yoga, and cardio box movements, has positively affected millions of people worldwide. Benefits include increased cardiovascular endurance, strength, and flexibility, as well as an overall "feel good" factor. Additional Jazzercise programs include Junior Jazzercise, Jazzercise Lite and Personal Touch. Jazzercise has raised more than \$27 million for charitable organizations around the world. For more information, contact Michelle Fry at 254-680-3063. For further information and worldwide class information, go to [jazzercise.com](http://jazzercise.com) or call (800) FIT-IS-IT.



"Get head-to-toe  
**SEXY**  
in 60 minutes."

- Cheryl Burke  
Two-time Champion  
Dancing with the Stars

**jazzercise.**  
[jazzercise.com](http://jazzercise.com)  
(800) FIT-IS-IT

Family Recreation  
Center at Lion's Park  
1700 E. Stan Schlueter Loop in Killeen  
254-526-5598  
[www.killeenjazz.com](http://www.killeenjazz.com)

# CHANGING LIVES 1 POUND AT A TIME

Article submitted by Xtra Thin Weight Loss

## Sleep Issues

During Xtra Thin Hcg Consultations I have a habit of asking you how well you sleep – Any difficulties getting to sleep? Do you wake up through the night? Do you feel rested in the morning? How many hours of sleep do you average per night?

Why am I so interested in your sleep? The answer is clear from clinical studies that show the following – if you do not get enough quality sleep per night, you will have difficulty losing weight. Also, if you are sleep deprived, your hunger is typically greater. Some people who are sleepy and have to stay awake at their job will eat more to stay awake.

What are some tips to a more restful sleep? Try the following:

Avoid eating just before bedtime.

Limit caffeine intake in the 4 hours before sleep.

Although 1-2 drinks of alcohol may help you get to sleep, larger quantities may impair sleep quality.

If you snore, or have sleep apnea, check with your primary care doctor.

If you have a TV in your bedroom, does it keep you awake later in the evening?

If you have small children, keep them on a healthy schedule of getting enough sleep – this will help ensure that you get to bed at a reasonable hour.

Tell friends and family not to call after a certain hour, unless it is an emergency. Don't fall in to the trap of spending too many hours per evening in front of the computer.

If you want to enhance your sleep, a natural method is to

supplement with the hormone melatonin. Take it one hour before you want to be asleep. The dose is 2 to 4 mg. At Xtra Thin we sell Melatonin 3mg . The cost is under \$12 per month.

More serious sleep problems may relate to depression and anxiety. If you feel this is the case, please see your doctor.

In the summer of 2002, Richard "Dick" Young opened the doors of Xtra Thin Weight Loss Centers of Texas. Dicks' plan: to help others to lead a healthier lifestyle and attain their weight loss goals at affordable rates –



without inconvenience or embarrassment. Thousands of individuals have lost on the Xtra Thin program with over 100,000 pounds of total loss.

The Xtra Thin Weight Loss program is a customized program designed to fit every need and budget. From the 5-10 vanity pounds to the person who needs to drop 100's of pounds to avoid bariatric surgery or even death. Xtra Thin will change your life. Complete HCG programs begin at only \$200 versus the \$1400 charged by other weight loss programs. Xtra Thin makes healthy weight loss affordable for everyone without shots or exercise.

Offering free initial consultations, professional counselors, Xtra Thin makes it quick,

easy and convenient for customers to obtain quality, name brand weight loss products at the most competitive prices in the industry. The friendly laid back atmosphere puts Xtra Thin customers at ease by building family like relationships that last a lifetime.

Xtra Thin is rapidly becoming one of Texas' largest all natural weight loss chains with offices now in Killeen, Temple, Waco, Round Rock, Carrollton, Kerrville and opening soon in Houston, Lubbock, and Memphis, Tenn.

Hours of operation are Monday – Thursday 9:00 am – 6:00 pm and Friday 9:00 am – 4:00 pm. For more information, call 254-634-9872 or visit their website at [www.xtrathin.com](http://www.xtrathin.com).

**NO SHOTS, NO DOCTOR VISITS, NO EXERCISE**

**LOSE 40 IN 40 POUNDS... DAYS!**

Starting at:

**\$300**

*Why the Xtra Thin HCG Diet?*

- Heavy Exercise is Discouraged
- No Frozen Meals to Buy
- Easy Recipes You Can Make at Home
- See Dramatic Results in the First Week!
- Finally Have Access to Hollywood Secrets
- Re-Shape and Re-Set Your Metabolism
- No Prescription Needed

*Now you can be one of the satisfied customers who are apart of the 100,000 lbs lost in Killeen over the last 7 years!*

**(254) 634-9872**  
3507 Trimmier, Ste B, Killeen, TX  
[www.xtrathin.com](http://www.xtrathin.com)

**XTRA THIN .COM**  
HIGH PERFORMANCE WEIGHT LOSS

# Are Flip-Flops Hurting Your Feet?

## Easy Ways to Ease Foot Pain

Flip-flop sandals are staples of a summer wardrobe. However, experts warn this popular footwear can cause permanent damage to the feet and legs. If foot pain is a problem, individuals may have to explore alternative footwear this season.

The mainstay of summer wardrobes, flip-flops are the ultimate comfortable, casual shoe. People wear them to the beach, shopping, strolling the boardwalk -- just about everywhere once the weather warms. But podiatrists and other experts say that flip-flops may be unhealthy for your feet and legs because of the way individuals must alter their gait when wearing the sandals.

Researchers at Auburn University in Alabama studied the mechanics of flip-flop usage and determined that wearing the footwear for long periods of time can lead to sore feet, ankles and legs. The pain can even radiate all the way up to the hips and back.

The trouble with flip-flops is that people tend to grip their toes to hold the sandal in place. As such, they take smaller steps and hit their heels on the ground with less vertical force than if they were wearing athletic shoes or other shoes with support. Also, individuals wearing flip-flops don't bring their toes up as much as the leg swings forward. This causes a larger angle to the ankle and a shorter stride length.

Apart from these mechanical study results, flip-flops pose other inherent dangers to the foot. Their wide-open design leaves the foot open to injury from items falling on the feet or abrasions from tripping over the sandal itself. Flip-flops generally are lacking in arch support, which can tire out the foot and lead to various sorts of pain. Individuals also often contend with poor traction from flip-flops, both on the bottom sole of the shoe and from the foot becoming slippery on the insole of the sandal. This can lead to falls and other injuries.

Experts say that while flip-flops are not the best shoe to wear, they don't need to be eliminated from a person's closet entirely. Wearing flip-flops in moderation -- namely to the beach or poolside -- and choosing other footwear when a lot of walking will be done is key. People can also choose flip-flops that offer more arch support or ones that feature alternative styles, such as additional ankle straps.

### Relieving Summer Foot Pain

Summertime can be brutal on the feet, causing a number of ailments even for those not among the flip-flop wearing masses. Use

these guidelines to help ease the ouch.

- Wear supportive shoes. If you prefer sandals, look for styles with adequate arch support, straps that keep the sandal in place and soles that will offer good traction.

- Stop walking barefoot. Many people skip shoes altogether during the warm weather. This can lead to cuts, stubbed toes and burns on the feet from hot asphalt or sand. If you must walk barefoot, do so as little as possible.

- Splurge for a pedicure. Pedicures not only keep the feet looking nice, the process removes dead skin, tames cuticles and massages tired feet.

- Keep blisters at bay. Not wearing socks often means putting feet in direct contact with shoes. Use moleskin or bandages to protect points of friction. Also, if the shoe just isn't comfortable, pass it up. Blisters can quickly become painful and hinder walking.



## Finally... Oticon | Agil Pro

a hearing device you'll want to wear!

A *Beauty* on the Outside, A Sensation on the *Inside*

**With American Hearing, you will always receive the best hearing health care at the most affordable prices!**

If you or someone you know may have a hearing loss, you don't have to put up with it anymore. **We can help.** Using state-of-the-art equipment, we will demonstrate the latest in hearing technology to you. Our demonstrations are performed by our highly trained and experienced audiologists.

We work with you to find the device that is best suited for your hearing needs, style and budget.

**Robert Dunlop, Ph.D.**  
Audiologist

**Risk Free Test Drive**  
with many models - Try it at work and home. Lifetime of Batteries with our Complete Hearing Health Care.

**Cathy Comstock, Au.D.**  
Doctor of Audiology

**American Hearing Center honors all manufacturer's warranties (even for hearing aids purchased from our competition.)**

(254) 680-3444  
2806 S WS Young Dr, Suite C  
Killeen, TX 76542

**1-800-234-4621**  
www.americanhearing.info

(254) 774-7727  
1809 SW HK Dodgen Ln, Suite 200  
Temple, TX 76502

*Think Thin!* Put Your Surgery In His Hands

**CENTRAL TEXAS SURGICARE, P.A.** [www.ctsurgicare.com](http://www.ctsurgicare.com)

Specializing in:

- Lap-band Surgery
- Sleeve Gastrectomy
- Weight Control Management

Hours: Mon - Thurs 8:00am - 5:00pm  
Friday 8:00am - 2:00pm

Call for an appointment today!

Minimally Invasive:

- Hernia Repair
- Colon & Small Bowel Surgery
- Acid Reflux • Gallbladder
- Appendectomy
- Thyroid, Parathyroid and Hemorrhoid Surgeries

**254-526-THIN (8446)**

3816 S. Clear Creek, Suite B Killeen

**METROPLEX HEALTH SYSTEM**  
SCOTT & WHITE HEALTHCARE  
MOST INSURANCE ACCEPTED

# IT'S BATHING SUIT SEASON

## How to Look Your Best

Perhaps you made a resolution to lose 10 pounds before the summer, but didn't quite reach your goal. That doesn't mean you have to parade around the beach or poolside in long pants and sleeves. You can still wear a bathing suit and look good. Consider these tips.

1. Use a self-tanning product. A little extra color can mask certain imperfections. Plus, your skin won't look so stark next to a darker-colored swimsuit.
2. Choose a one-piece suit. It's easier to camouflage areas of the body in a one-piece swimsuit, or a tankini that offers modest coverage. Darker colors on the bottom also can help you look slimmer.
3. Select a swimsuit that fits. Don't try to squeeze into a suit that is too small in an effort to hold in what nature gave you. This can only cause a stuffed-sausage look. Rather, wear the right size and you will look thinner in the process. If you need help selecting a swimsuit, go to a store with salespeople who can assist. Some bra and lingerie stores also sell swimwear that can be custom-fit.
4. Avoid boy shorts. Unless you're relatively skinny and have few curves, boy shorts won't look good on your body. You may think you're covering up more, but you could be drawing attention to the wrong areas.
5. Practice diligent hair removal. You'll have more confidence if you've waxed or shaven thoroughly.
6. Men should skip the Speedo. Only a select number of very athletic individuals can get away with wearing a Speedo-style bathing suit. Rather, classic swim trunks are more flattering on all types of men's bodies.
7. Nix the bulky T-shirt. Covering up your body with a large T-shirt can scream that you have something to hide. You'll attract less attention wearing a modest swimsuit that fits you well.
8. Stand with good posture. Slumping over can only exacerbate the look of girth. Stand up straight with your shoulders back and walk the beach with pride. If you have confidence in yourself it will shine through.
9. Work your assets. If you have a shapely bust, wear a swimsuit that draws attention there and away from curvier hips or bottom.



**Curves**  
Come in for  
**FREE TUESDAYS**  
June - August  
(up to 3 visits)  
and get 50% off your joining fee!  
**(254) 690-1584**  
101 W. Central Texas Expressway  
Harker Heights

**TRIPPE**  
DENTISTRY  
(254)699-3225  
581 Pan American Dr. Suite 6  
Harker Heights, TX 76548  
www.trippedds.com

*We'll Give You Something to Smile About...*

**SAVE \$1000 OFF LASIK NOW**

Thank you Eye City! You made a dream come true!  
- Melanie

FREE SCREENING.  
FINANCING AVAILABLE.  
YOUR CENTRAL TEXAS  
LASIK HQ. (254) 616-2020  
EYECITYVISION.COM

**EYE CITY**  
LASIK • EYEWEAR • EXAMS • CATARACTS

300 East FM 2410, Suite 109 • Across from Walgreens in Harker Heights

**DISCOVER NATURAL FOODS, INC.**  
*Natural Products for Healthy Living*

**10% OFF WITH THIS AD  
MILITARY 5% OFF!**

Hours: Mon - Sat | 10am - 5pm  
1706 W. Ave. M. Temple, TX  
(254) 773-7711

www.discovernaturalfoods.com

FIND THE BEST CARE FOR YOUR FAMILY ON

**KDH HEALTHBEAT**

Your local source for health information.  
Visit [www.kdhnews.com/health](http://www.kdhnews.com/health)

# Sunscreen Effective in Reducing Cancer Risk



Earlier this year, as winter was giving way to spring, news spread that the U.S. Food and Drug Administration was considering the idea of banning tanning bed use by young adults under the age of 18.

Such a consideration may have been unnecessary as recently as 10 years ago. However, the Indoor Tanning Association notes that today the tanning industry employs 160,000 people while raking in nearly \$3 billion annually. FDA surveys have revealed teenagers represent a significant percentage of tanning salon's clientele. This worries individuals with the FDA and the Skin Cancer Foundation, considering as many as 1 in 4 melanomas in young women are attributable to tanning bed use, according to SCF Vice President Allan Halpern.

With summer upon us once again, the importance of protecting skin from the sun is a top priority. And it's not only those who plan to visit a tanning salon who are putting themselves at risk. Anyone spending time in the sun needs to protect themselves with sunscreen. SCF answers the following questions concerning the importance of sunscreen and protecting skin from the sun.

## Q: Why is sunscreen so important?

A: The U.S. government lists ultraviolet radiation from the sun and tanning machines on its list of known human carcinogens, or substances capable of causing cancer in living human tissue. UVR can produce DNA damage that leads to mutations in genes and the development of skin cancer. Sunscreens, however, can absorb UVR, acting as a protective barrier from the sun, particularly during the summer, when UV rays are typically at their strongest.

## Q: Does the sun cause skin cancer?

A: The U.S. Environmental Protection Agency estimates the sun has caused 90 percent of nonmelanoma skin cancers and 65 percent of melanomas.

## Q: Should everyone use sunscreen?

A: Those with darker skin often feel as if they don't need to wear sunscreen. While darker-skinned people are not as risk-prone as those with light skin, they develop skin cancer as well. Dyspigmentation, which includes any abnormal increase or decrease in the production or distribution of skin pigment, is often a greater concern among dark-skinned people than sunburn. Regular sunscreen use can minimize the risk for dyspigmentation.

## Q: Is sunscreen necessary on overcast days?

A: Roughly 70 to 80 percent of the sun's rays go through clouds and fog, meaning overcast days can be nearly as dangerous to the skin as days when there is not a cloud in the sky.

## Q: Have sunscreens ever been proven to be effective?

A: Research studying the efficacy of sunscreens has been conducted across the globe, and strong evidence exists to support the effectiveness of sunscreen. Studies conducted in both the United States and Australia have shown that regular sunscreen use significantly decreases the

development of a precancerous skin condition known as actinic keratosis.

For more information, visit the Skin Cancer Foundation Web site at [www.skincancer.org](http://www.skincancer.org).

YOUR SIGHT  
IS A  
PRICELESS  
GIFT

Contact Lens & Glasses Package Available

Eyeglasses Packages  
Starting at

**\$94.50**

COMPLETE SINGLE VISION

\*SOME RESTRICTIONS APPLY.  
DR.'S PRESCRIPTION REQUIRED.

Infant/Child/Adult Eye Exams • Complete  
1-Hour Optical Service • Same Day Service  
on Most Contacts • Eye Injuries • Infections  
& Allergies • Vision Therapy for Learning  
Related Vision Disorders



416 North Gray Street  
(254) 634-7805  
[www.killeeneyecare.com](http://www.killeeneyecare.com)

Tricare • Medicaid  
Flexible Benefit Plan  
Medicare VSP



Dr. Austin Ruiz  
Optometrist

Color Contact  
Lens Package®

**\$184**

Package includes eye examination, fitting,  
6 pair (lenses) Freshlook colors, care kit  
& follow-up. Specialty lenses and torics  
not included. Some restrictions apply.

Contact Lens  
Package

1 Pair Clear Spherical Contacts  
Eye Exam - 1 Follow-Up Visit - Care Kit

## Family & Children's Clinic

No co-pay for active duty families!

Tricare Prime Providers

Providing Civilian Care for Military Children for 30 Years



Luther Street, MD • Ray Johnson, MD • Yasmeen Ali, MD • Ron Coleman, DO  
Kevin Kramer, MD • Denise Dhawan, MD • Robert Organ, MD

APPOINTMENTS ALWAYS AVAILABLE

Sick • Same Day • Work In Physicals • Behavioral Issues

Most insurance plans accepted

Call now for appointment or visit us on the web at [www.FACCLINIC.com](http://www.FACCLINIC.com)

200 Nola Ruth • Harker Heights  
**254-698-6629**  
Just off Hwy. 190 in Harker Heights

2300 S. Clear Creek Rd. Ste. 105 • Killeen  
**254-554-3494**  
Across from Metroplex Hospital

# How to Go Green in the Kitchen: 8 Ways to Turn Yourself Into a Green Gourmet

Eating organic and easily sustainable foods is a surefire way to do your part for the environment. However, there are many other ways to go green in and around the kitchen.

**1. Invest in quality cooking tools.** Cheaper isn't always better when it comes to utensils, pots and pans. Higher quality items will better stand the test of time and will be less likely to end up in the trash with moldy leftovers. Invest in kitchen staples that are sturdy and will last. It makes a good investment.

**2. While we're talking about leftovers, don't let them go bad in the refrigerator or freezer.** Keep them in eyesight so you can have last night's vegetable casserole for lunch today. Also, being mindful of how much you cook and portion sizes enables you to be less likely to waste leftover food.

**3. Upgrade your appliances.** Today's energy efficient appliances can conserve energy, water and more. But before you invest in new items, find out if you can upgrade your current appliances. If buying new items is the greener option, find out if you can recycle your old stove, refrigerator or dishwasher, or whether there are regional "take-back" programs for old appliances so they don't end up in a trash heap.

**4. Cooking for two? Use the toaster oven.** Singles, couples or even small families can save energy by cooking meals in a toaster oven instead of a larger oven. Many toaster ovens are large enough to accommodate a small steak, burgers,



pizza, and are also proficient at reheating leftovers.

**5. Buy locally whenever possible to reduce the amount of miles it takes to get the food from the farm to your table.**

**6. Buy in bulk ...** provided you're going to use the items. Bulk items generally require less packaging than those packaged individually. Invest in items that can be used around the house, not just in the kitchen. And while you're thinking in bulk, cook meals in bulk, too. This way you save on energy and will be ahead of the game when time pressed during the week.

**7. Reuse what you can, like glass jars, plastic bottles and bags instead of tossing them in the trash.**

**8. Upgrade instead of replacing whenever possible.** However, sometimes you want new items in the kitchen to improve functionality or to replace something that is damaged. Look to green materials or even reclaimed or recycled items. Using antique fixtures and furniture is another great way to go green.

# How can sunburn and skin cancer be prevented?

Article submitted by Medical Arts Pharmacy

The ideal methods of preventing sunburn, and hopefully skin cancer, involve:

- Limit the amount of time of sun exposure and avoiding the peak sunshine hours of late morning to early mid-day, generally 10 a.m. to 4 p.m.
- Wear protective clothing such as a broad-brimmed hat (at least 6 inches), long-legged pants, and shirts with sleeves that cover the arms (thicker fabrics and dark clothing in general protect better compared with light clothing - there are clothing products available that offer "UV" protection);
- Be aware that sunburn can occur even on a cloudy day (clouds don't stop the ultraviolet rays), and even when you are in the water.

Remember that sand, water, and snow reflect the sun's rays and increase the chance of burning during beach activities or skiing and use a protective sunscreen to minimize the penetration of UV rays. Sunscreens with a skin protection factor (SPF) of at least 15 are recommended for everyone exposed to the sun. It is recommended that light skinned people use a higher SPF when in direct sun. This should be applied several minutes before going into the sun and reapplied often.

## How do sunscreens work?

Sunscreens protect the skin by absorbing or reflecting the UV radiation. It is important to realize that many available sunscreens protect mainly against UVB and may not adequately protect against long standing UVA exposure.

Sunscreens may be classified into two groups, physical sunscreens and chemical sunscreens.

*There's more to our adjustable beds than a great night's sleep.*

**FLEX-A-BED**  
Your bed for life.

Whether it's a better night's sleep, a more comfortable place to rest or relief from the symptoms of back pain, injury or ailment, an adjustable bed from Flex-A-Bed will fit your body perfectly with the touch of a button.

Available now at  
**BEDDING EXPRESS**  
House of the SUPER Deal!

Phone 254-774-7744 • Toll Free 888-510-7744  
42115, B035, Temple - Take Northbound exit 296 - go 1/2 mile

Open Monday - Saturday • 10am - 6pm

**KING'S DAUGHTERS CLINIC**  
SINCE 1928  
**Women's Center**

See a  
**Specialist**  
*Within*  
**1 Week**  
(254) 298-2500  
www.kdclinic.com

Continued on page 10  
Continued from page 9

#### •Physical sunscreens

Physical sunscreens act by reflecting and scattering the UV rays (A and B) and thus, limiting their exposure to the skin.

They include chemicals such as zinc oxide, titanium dioxide, ferric chloride, ichthamnol, and talc.

Their use has been somewhat limited by their opaque appearance and tendency to stain clothing.

Current preparations of zinc oxide are more cosmetically acceptable and easier to use.

#### •Chemical sunscreens

Chemical sunscreens work by absorbing the light prior to reaching the skin.

Traditionally, these sunscreens have protected mainly against UVB rays.

Some examples of this group include para-aminobenzoic acid (PABA), PABA esters, salicylates, and camphor derivatives.

More recently, newer sunscreens have been developed to also absorb UVA such as avobenzone, Mexoryl, dibenzoylmethanes, anthranilates, benzophenones, triazoles, and some camphor derivatives.

PABA has been essentially phased out of sunscreen preparations because of the high rate of allergic reactions to this chemical. The most recommended practice is to use a combination of physical

## Ask a Dr. with Dr. Don Daniels

*Dr. Daniels is the Chief Medical Officer (CMO) for Metroplex Health System as well as the Chief Anesthesiologist for Metroplex Adventist Hospital. He is an Associate Professor of Anesthesiology for Texas A&M Health Science Center College of Medicine at Scott & White Memorial Hospital. Dr. Daniels, a retired Colonel, proudly served his country as the Chief of Anesthesia Services in Operation Desert Shield and Operation Desert Storm.*



**I have two full-time jobs — I'm a customer service center manager and a mom of two young kids. I see myself as a happy person and a hard worker.**

**But last month, the commute to work, my job, the chores around the house, and trying to spend enough time with my kids was really stressing me out. I have to get up really early in the morning to get the kids ready for school. Then it takes me so long to get to work that I'm in a bad mood by the time I get there. My office is short-staffed and we had a lot of deadlines to meet so I was working overtime. My home life has suffered -- traffic on 190 heading home didn't help my mood, and when I got there, I was just so tired I didn't want to do anything! But I was faced with making dinner and doing laundry. I have noticed that I've been getting sick a lot lately. Can stress have something to do with this?**

--Sick and Tired in Killeen

The short answer is yes. Stress is a normal reaction to pressures or threats. Stress reactions were actually designed to protect you from threats. Everyone knows the 'fight or flight' reaction is designed to focus your attention on threats. Our bodies are designed to take-on these challenges acutely to defend ourselves or remove us from danger.

Although modern men or women are not faced with life threatening issues every day, we are faced with challenges every day at work and at home. Nervousness during a presentation, or anxiety about meeting a deadline are examples in which our stress response keeps us on our toes during the presentation, sharpens our concentration or keeps us awake when meeting deadlines.

Beyond a certain point, chronic exposure to stress may start causing damage to your health, mood, and relationships. Chronic stress may raise your blood pressure, suppress the immune system, lead to heart attack, depression, digestive problem, sleep disorders, etc.

Illness may come from many other causes. Before blaming frequent illness on stress, it is always recommended that you visit your primary care physician for a checkup.

To receive information on local primary care physicians, visit the website at [www.mplex.org](http://www.mplex.org) or call the Physician Referral line at 254-519-8200.

Please send your medical questions to Dr. Daniels by email to [wellness@ahss.org](mailto:wellness@ahss.org) or by standard mail to:

**Ask A Doctor**  
**C/O Community Relations**  
**2201 S. Clear Creek Rd.**  
**Killeen, TX 76549**

## MEDICAL ARTS PHARMACY

YOUR HOMETOWN DRUGSTORE

**Rx Jim Shave, R. PH**  
**Linda Corporon, R. PH**

Where You're Not Just A Number  
You're A Name And We Know It!

Professional, Friendly,  
**PROMPT** Service

**254-547-4146**

806 E. Ave D - Suite A  
(Between Burger King & Jack-In-The-Box)

[www.medicalartsc.com](http://www.medicalartsc.com) Do Your Refills Online!

**GET READY FOR SUMMER**

**TEXAS WEIGHT LOSS CENTER**

Weight management program under medical supervision

**(254) 690-6300**

4400-3 E. Central TX Hwy., Ste. A Killeen, TX

**(254) 778-3438**

2010 SW H & Dodge Loop, Ste. 100 Temple, TX

- 2 Months Prescribed Appetite Suppressant
- 2 Months Prescribed Diuretics (w/ Doctor's Discretion)
- 4 Vitamin B-12 Injections
- Lab Work (Thyroid, Kidneys, Liver, Etc.)
- Diet Menu
- Consultation

ALL THIS FOR ONLY

**\$99.00\***

\*PREPARED ONLY. See sales rep for details. ©2010 TWC

# Medical Employment Opportunities

For more medical employment opportunities, look for our weekly publication of the JobFinder, our monthly publication of Health and Fitness, or go online to [www.kdhjobs.com](http://www.kdhjobs.com).

For more advertising information, contact your sales representative, call 501-7490, or visit us online at [www.kdhnews.com](http://www.kdhnews.com).



**METROPLEX HEALTH SYSTEM**  
SCOTT & WHITE HEALTHCARE  
*"Taking Care of The Sick & Hurting Is Our Christian Mission"*

### REGISTERED NURSES

**NEW PAY SCALE**  
Sign-On Bonus available (for selected departments)  
F/T and P/T nurses.

- OR
- ER
- Behavioral Health
- Recovery
- ER Chart/Nurse Auditor
- Couplet
- ER Educator
- Surg/Ortho
- Bedboard Admissions
- PEDS
- ER Manager
- ICU
- TCU

### REHABILITATION

- Physical Therapist, Licensed  
Sign-On Bonus Options, Flexible Schedule
- Occupational Therapist

### PHARMACY

- Pharmacist, FT and PRN  
TX License req, 2 yrs exp pref

### ENGINEERING

- Maintenance Tech  
2 yrs basic auto & building maintenance preferred, valid driver's lic req, Standing and lifting req.

### HUMAN RESOURCES

- Recruiter  
Bachelors Degree in HR related field, 2-3 yrs exp preferred, customer service exp; ability to multitask.

### NURSING

- Director, Quality & Patient Safety  
RN with TX Lic, Bachelors req, Master's pref, 3-5 yrs leadership experience req.
- Director, Critical Care Services  
RN with TX Lic, Bachelors req, Master's pref, leadership experience req, min 3 yrs critical care exp.
- Nursing Supervisor  
RN with TX Lic, BSN pref, 5 yrs medical- Surgical exp recommended, 2 yrs management exp.

### EMERGENCY/ EDUCATION

- ER Educator, RN  
TX Lic req.; at least 3 yrs Emergency and Education exp preferred. BSN preferred

### NUTRITION

- Retail/Catering Supervisor  
2 yrs supervisory exp preferably in food service industry req. Exp in Food Service Management and/or Retail Industry preferred.

### ROLLINS BROOK COMMUNITY HOSPITAL

- Medical Lab Tech

**BENEFITS:**

- Christian Environment
- Medical/Dental Insurance
- Accrual Paid Days Off
- Retirement Plan

Send Resume or Contact: Human Resources | 2201 S. Clear Creek Rd, Killeen, TX 76549  
(254) 519-8184 • Jobline: (254) 519-8206 | [www.mplex.org](http://www.mplex.org) • [www.kdhjobs.com](http://www.kdhjobs.com)

**kdh.connect**  
hyper-local online business and service directory

FIND YOUR FAVORITE  
**Coffee Shop**  
ON KDHCONNECT.

Search our hundreds of local business listings at any time. Our Premium Listings even include video and photos.

Look for the bright yellow box on [kdhnews.com](http://kdhnews.com).



Call today for a free quote!

KDH Printing is the local source for all of your medical office printing needs. Contact your sales representative today or contact Sandra at **254-501-7481** for more information.

Special Request? Just Ask!



**P R I N T I N G**

# Mothers Teach Your Daughters

**Age Erasers for Women**  
**June 13**

*Anna D. Rinehart, CIDESCO Diplomat educates mothers and daughters on anti-aging clinical skin care techniques.*

This program is held bi-monthly at Metroplex Adventist Hospital in Conference Rooms 3&4 from 4:00 - 5:00 p.m.

For a complete listing of upcoming topics, visit [mplex.org](http://mplex.org): Education & Events

**Registration Required**  
**Seating is limited!**  
**254.519.8200**

**FREE!**



**METROPLEX  
HEALTH SYSTEM**

Sue Maybom Women's Center

**Medical Aesthetics**

2201 S. Clear Creek Road • Killeen  
254.519.8200 • [mplex.org](http://mplex.org)