

National Drug Facts Week

Taking place October 31 to November 6, 2011, National Drug Facts Week is a health observance week for teens. Teens have a lot of questions about drugs and drug abuse. Without a reliable source for answers, they turn to the Internet, television, friends, and pop culture—where the answers they get might be fictional or dishonest. And when it comes to drugs and drug abuse, misinformation can have serious consequences.

On any given day:

- nearly 1.2 million teenagers smoked cigarettes
- 631,000 drank alcohol
- 586,000 used marijuana
- 50,000 sniffed inhalants
- 27,000 used hallucinogens
- 13,000 used cocaine
- 3,800 used heroin



While progress is being made in reducing substance abuse by teenagers, many kids still engage in risky behavior.

Kids who learn a lot about the risks of drugs from their parents are up to 50 percent less likely to use drugs.

Surveys of teens prove that our children are listening and that what we as parents say matters to them.



Having trouble talking to your kids about drugs? While it may seem difficult or be somewhat awkward, it's important that you have the conversation with them and keep the lines of communication open. The better you communicate, the more at ease your teen will feel about discussing drugs and other sensitive issues with you.

Don't wait -- know the warning signs and act early. If you suspect your child has a drug or alcohol problem, you are probably right, and need to learn more about the problem and steps for helping: Intervene early, find the right type of help, and be persistent. Warning signs include sudden changes (which are otherwise unexplained) in personality, irritability and mood swings, habits and friends, excessive secrecy, and finding drug paraphernalia. Without help, addiction tends to progress and can even, eventually, be fatal. Although earlier intervention is best, it is possible to get help at any stage of addiction.

You are not alone. Substance abuse is common among teens, and drug addiction doesn't discriminate. It cuts across race, gender and economic lines, every region of this country, and every walk of life. More than anything, families need confidence that recovery is possible, encouragement, information and professional support to heal this problem.

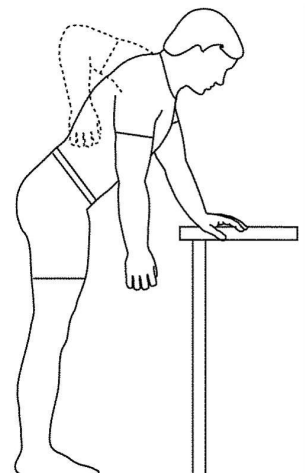
Exercise of the Month

Single Arm Bent Over Rows

A common error in strength training is exercising one area of the body more than another. Newton said that for every action, there is an equal and opposite reaction. That applies to the body as well. The muscles of the back are often overlooked. A great way to exercise the muscles of the back is by doing a row. The single arm bent over row is a great exercise that isolates the upper back.

1. Lean over and use a bench or chair back for support.
2. With the weight (dumbbell, soup can, milk jug) in one hand, pinch the shoulder blades together. ****Pinching the shoulder blades is important because it isolates the back muscles.****
3. **EXHALE:** lift the weight up and pull back toward the sky.
4. **INHALE:** lower the weight back down to the starting position. This is one repetition. Do a set of 10 repetitions with the right arm and a set of ten reps with the left arm.

*Remember to keep those shoulder blades pinched while completing this exercise.



Entry Form

This Month's Question: What is one of the warning signs of drug or alcohol use in teens?

Your Answer: _____

Name: _____

Phone Number: (_____) _____ - _____

Company You Work For: _____



Question of The Month



All correct entries received will be entered into a drawing to win a \$25 American Express Gift Card! Please submit your Entry Form By: 10/31/2011 You may send it or fax it to the address below:

Mail To:

Welborn Health Plans WELCARE
101 S.E. Third Street
Evansville, IN 47708

Fax:

ATTN: WELCARE
716-541-6370

Congratulations To:

**Diana Van Skyock
BFOH, LLP**

For Answering
The Question of The
Month Correctly

Enjoy Your \$25 American
Express Gift Card!



Are your treats tricking you?

Halloween can be considered as the un-official start of the holiday season. One of the many challenges of the holidays is to avoid unwanted weight gain. Candy and treats are one of the ways that people unintentionally consume extra calories. In our minds we think of that little bite size piece of candy as being harmless, but with just 3-4 pieces you can quickly consume hundreds of calories. If an individual consumes an extra 300 calories a day this can result in a weight gain of a ½ pound a week.

Try these tips to help tame the monster in the candy bowl!

Avoid purchasing your candy for trick or treat too early. You might get tempted to open the bag and sample.

Buy candy that you **DON'T** love. If it's a candy that you can resist or that doesn't interest you, then you will be much less likely to over indulge.

Out of sight, out of mind. Try to avoid keeping candy dishes around the house or at work. Instead, stock up on a bowl of fresh fruit. If you do have candy, keep it in a colored/solid container with a lid so you can't see inside.

Count the empty wrappers. It is too easy to lose track of how many times you raided the candy bowl. By seeing the number of empty wrappers, hopefully that will help to encourage moderation.

Saving the best for last.... To avoid having left over candy after Halloween, leave the candy bowl out on your porch for trick or treaters to "help themselves".... Trust me, they will!

HEALTHY HALLOWEEN:

A good meal prior to parties and trick-or-treating will discourage youngsters from filling up on Halloween treats.

- Consider purchasing non-food treats for those who visit your home, such as coloring books, pens, pencils and toothbrushes.
 - Wait until children are home to sort and check treats. Though tampering is rare, a responsible adult should closely examine all treats and throw away any spoiled, unwrapped or suspicious items.
- Try to ration treats for the days following Halloween.



Candy:	Size/Amount:	Calories:
Hershey Kisses	3 pc	75
M&M's	fun size	90
Reese's Cups mini	5 pc.	210
Snickers	fun size	80
Skittles	fun size	60
Twix	fun size	80
Smarties	1 roll	25