

# the BETTER BULLETIN

2019 Summer Edition



ambetter.<sup>®</sup>  
of Tennessee

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## (Safer) Fun in the Sun

*For many people, summertime means lounging in the sun and spending time outdoors. Maybe you like to garden, relax poolside, bike, barbeque or go on long walks. Maybe you're after that "healthy" glow. Whatever the case, it's important to remember that sunshine isn't all good, and that your glow may not be so healthy.*

*Your body needs shielding from ultraviolet radiation, or UV rays. This is the kind of light given off by the sun. It doesn't matter what color your skin is; whether it's light or dark, it still requires protection. Over time, exposure to UV rays can cause premature aging, meaning your glow may result in wrinkles, dark patches and an appearance that's sometimes referred to as "leathery."*

*Overexposure to the sun can even give you cancer of the skin. Skin cancer is the most common of all cancers, and it's on the rise in the United States. If you see changes to your skin, like the development of freckles or moles, visit your doctor for an examination.*

*Wearing sunscreen is an important part of sun protection. It should be broad spectrum with an SPF of 15 or higher. For maximum benefit, apply it 15 minutes before heading outside, and reapply every two hours—more often if you're swimming or sweating.*



*Some frequently neglected areas include:*



*It's also important to cover the areas along the hairline and areas of the head exposed by balding or thinning hair. (Don't forget to protect your eyes—but please don't put sunscreen in them!)*

*Don't forget that there are other ways to limit your sun exposure. Get a hat, wear sunglasses and use clothing to cover up. You'll have more fun if you aren't sunburned!*

## Protecting Your Child's Health This School Year

Start the academic year off right by making sure your child is protected with the proper vaccinations. You've probably heard about the measles outbreak in the US—a uniquely infectious virus that is seeing an uptick due to small segments of communities who are choosing not to vaccinate their children.

**Vaccines are safe and effective, and they are the best protection we have against many illnesses like measles.**

### August is National Immunization Awareness Month (NIAM).

*Its purpose is to raise awareness about the importance of immunizations, which help protect all from preventable diseases.*

#### Reasons to get your child vaccinated:

- **They may be at risk for serious diseases that could be prevented by vaccines.**  
*Many of these diseases (like influenza, whooping cough and shingles) are common in the US, and many can be spread easily.*
- **You can reduce the chance that they'll pass on a serious disease to loved ones.**  
*Most vaccine-preventable diseases can be contagious, like influenza, meningitis and whooping cough. Receiving recommended vaccines can reduce the risk that children get sick and spread disease on to others.*
- **You want the peace of mind that comes with protecting their health.**  
*People sometimes wait to get vaccines until they hear of outbreaks of diseases like whooping cough or influenza in their community. The time to be vaccinated is before disease arrives. It's important to stay up-to-date on immunizations because no one can predict when disease will appear.*

Vaccination rates have to remain high in order for vaccines to be as effective as possible. (Just one person with measles is capable of infecting between 12 and 18 others in an unvaccinated population, for example.) So, when you vaccinate your children, you're not only protecting them and their classmates—you're protecting the whole community!

SOURCES: [www.ambetterhealth.com/resources/better-health-center/healthy-living/10-reasons-vaccinated.html](http://www.ambetterhealth.com/resources/better-health-center/healthy-living/10-reasons-vaccinated.html)  
[www.cdc.gov/vaccines/hcp/conversations/downloads/vacsafe-understand-color-office.pdf](http://www.cdc.gov/vaccines/hcp/conversations/downloads/vacsafe-understand-color-office.pdf)  
[www.hhs.gov/blog/2018/08/01/honor-national-immunization-awareness-month.html](http://www.hhs.gov/blog/2018/08/01/honor-national-immunization-awareness-month.html)  
[www.vox.com/2019/1/29/18201982/measles-outbreak-virus-vaccine-symptoms](http://www.vox.com/2019/1/29/18201982/measles-outbreak-virus-vaccine-symptoms)



#### Are your vaccinations up-to-date?

Many adults in the US are not aware of vaccines recommended for them, which means they're not getting the best protection available against a number of serious diseases. Check with your doctor to make sure you have all your vaccines and to find out whether you need a booster shot to maintain your immunity.



## Tasty Tuna Melts

Delight your taste buds with this easy summer recipe, featuring protein-packed tuna, creamy mozzarella cheese and zesty onion. Perfect for a lazy Sunday!



### WHAT YOU NEED

- 1 can tuna packed in water
- 4 slices whole wheat bread
- 1/2 cup shredded mozzarella cheese
- 1 stalk of celery, chopped
- Approx. a tbsp of chopped onion
- 2-3 tsp olive oil
- 1 tomato, sliced into 4 slices
- 1 lemon

### INSTRUCTIONS

1. For tuna melts: open can of tuna and dump into colander; rinse thoroughly. Place tuna in bowl and gently break up chunks with fork, squeeze in lemon juice and add olive oil 1 tsp at a time to bowl, mixing thoroughly with a fork and adding salt, pepper, chopped onion and chopped celery while mixing.
2. Once mixed, scoop mixture onto the 4 slices of whole wheat bread and put on oven-safe pan. Lay a slice of tomato on top of each slice and sprinkle generously with mozzarella cheese. Bake in oven at 450 degrees (or under broiler) just until cheese is good and melty. (You don't want your tuna too warm.)

\* To appeal to kids, you can substitute American cheese (WIC item).

\* Whole wheat bagels or English muffins can be used in place of bread as well.

### NUTRITION INFORMATION (PER SERVING) SERVING SIZE = 4

Calories	Potassium (mg)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Other Carbs (g)
194.29	201.92	7.65	2.52	.23	19.05	357.6	0.89
Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% Daily Value)	Vitamin C (% Daily Value)	Calcium (% Daily Value)	Iron (% Daily Value)	Water (g)
2.14	1.96	17.58	3.61%	3.88%	14.01%	7.19%	63.2

## Try a Brain-Bender

Looking to get brainy? Give this sudoku puzzle a shot. Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

6				3	1	4		
	3							8
7	2		4					
2		7						
	1	5						7
					2			1
		2	8		3		7	
							4	5
1	6	3						2

ANSWERS:

1	6	3	5	4	7	8	9	2
8	7	9	2	1	6	3	4	5
5	4	2	8	9	3	1	7	6
4	8	6	3	7	2	9	5	1
3	1	5	9	6	4	2	8	7
2	7	1	5	8	6	3	4	9
7	2	1	4	8	9	6	5	3
9	3	4	6	2	5	7	1	8
6	5	8	7	3	1	4	2	9

## Fun Fact

### BETTER BRAIN

Did you know that the Eiffel Tower “grows” taller in summertime? The tower is made of iron that can expand in the seasonal heat of Paris, France, causing it to gain over six inches in height.

Source:  
<https://kids.nationalgeographic.com/explore/5-reasons-why-hub/5-reasons-why-summer-is-cool/>

