

Adults, over 18 years old

# Staying Healthy California

**Your Doctor** would like to share this tip sheet with you. Practicing this information will help you stay healthy. Let your doctor or nurse know if you see a traditional healer (like an acupuncturist, herbalist, or curandero). Tell your doctor if you are taking any herbs or teas.



## Smile Care

- Brush your teeth, gums, and tongue after each meal. Brush with a soft bristle toothbrush. Use toothpaste with fluoride.
- Floss your teeth daily. This helps control bad breath.
- Use a mouthguard when playing contact sports.
- See a dentist at least once a year. Ask the dentist about sealants.



## Exercise and Weight

- Exercise daily for at least 30 minutes. This is a great way to keep a healthy weight.
- Try walking, dancing, bike riding, swimming, or whatever activity you enjoy doing.
- Exercise with a friend.
- Be sure to start your exercise program slowly. Begin with 10 minutes at a time and increase each week. Talk to your doctor before starting any exercise or weight loss program.



## Nutrition

Eat 3 healthy meals and snacks daily. Start the day with breakfast. It is the most important meal of the day. Eat a variety of healthy foods daily:

- 5-9 vegetables or fruits
- 7-11 pieces of bread, or handfuls of cereal or grain
- 3 cups of nonfat or lowfat milk, lowfat cheeses or yogurt
- 3 portions of protein foods like lean meats, poultry, fish, eggs, dried beans, peas (legumes), or tofu

Eat meals with your family as much as possible. Drink at least 8 cups of water each day. Limit high caffeine drinks like coffee, tea, and soda.

Choose foods that are broiled, baked, steamed, or grilled. Eat foods low in fat, sugar, and salt. Read the nutrition labels on foods when shopping.

For more information, call:  
**American Dietetic Association**  
1-800-366-1655

For more information call:  
**Aerobics and Fitness Association  
of America**  
1-800-233-4886



## Mental Health

- Get involved in activities (i.e. sports, community work, religious groups).
- Learn how to deal with stress. Eating right, exercising, and getting enough sleep can help to control stress.
- Take on new challenges. This will help you become more self-confident.
- Set goals for yourself and a plan of how you are going to achieve them.
- If you feel prolonged sadness, nervousness, panic, addiction, stress, or hopelessness contact

- your doctor.
- Surround yourself with positive, encouraging people.
- Carefully think through important decisions.

For more information, call:  
**The National Mental Health Association**  
1-800-969-6642.



### Tobacco and Drug Prevention

- Second hand smoke is the smoke you inhale when others smoke around you.
- Avoid tobacco smoke. Try to stop all tobacco use (i.e. cigarettes, chew, and cigars).
- If you smoke and want to quit, talk with your doctor.
- Know the dangers of using alcohol, tobacco, and drugs.
- If you have questions about any drugs, ask your doctor. Respect the decision of others to stay drug-free.
- Avoid situations where drugs or alcohol are easily available. Find ways to enjoy life without drugs and alcohol.

For more information call:  
**American Lung Association**  
1-800-LUNG-USA  
**American Cancer Society**  
1-800-ACS-2345  
**California Smokers Helpline**  
1-800-NO-BUTTS (English)  
1-800-45-NO-FUME (Spanish)  
1-800-778-8440 (Vietnamese)  
**National Council on Alcoholism and Drug Dependence**  
1-800-NCA-CALL



### General Safety

Use a seat belt every time you get into a car. Drive carefully and follow the speed limit. Never drink alcohol or do drugs while driving. Choose a designated driver before you start drinking or take a taxi.

For more information call:  
**National Highway Traffic Safety**  
1-800-424-9393

- Always use a helmet when riding a motorcycle, bicycle, rollerblading, or skate boarding.
- When out in the sun, cover up and use sunscreen SPF (Sun Protection Factor) 15 or higher. This helps

- prevent skin cancer.
- Learn how to protect yourself from violence. Get help from a doctor or the police if you are physically or sexually abused, or fear that you are in danger.



### Gun Safety

- If you keep a gun in your home, keep it unloaded with the safety on. Ammunition (bullets) should be stored separately.
- Store all firearms out of children's reach and in a locked cabinet or drawer.



### Sexual Health

- Find out about responsible sexual behavior—either abstain or use protection. If you are having sex, get a check-up at least once a year. Your doctor can talk to you about birth control options.
- Whether or not you choose to have sex, know the facts about birth control, condoms, sexually transmitted diseases, and pregnancy.
- If you think that you are pregnant, tell your doctor right away.

For more information, call the **STD Hotline:**

1-800-227-8922 (English)  
1-800-344-7432 (Spanish)  
1-800-243-7889 (TTY)

NOTES FROM YOUR DOCTOR: