

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 every 6 months. 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.

For more information call:

**Weight Control Information**

**Network 1-877-946-4267 or**

**this website: [www.smallstep.org](http://www.smallstep.org)**



## 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
- 6-8 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 water instead of sweet drinks like soda, sports drinks and energy drinks.
- 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.



## 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

For more information, call:

**UC Extension Healthline**

**Asistel - 1-800-514-4494**

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

For more information call:

**Mental Health America 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:

**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.
- 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.



## 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 avoid sex 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.

NOTES FROM YOUR DOCTOR: