Children's dental care package is coming

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Children's dental care package is coming

All the parents want her/his baby to be healthy. Dental health is an important part of good health. Besides routine care, the regular oral care is suggested in professional facilities. Fluoride protective paint is recommended by WHO to prevent dental caries for children under 6. Fluorinated gel for dental caries prevention for children and adolescents between 6-18. The fluoride treatment is recommended to high risk of dental caries once every 3 months and once every 6 months for low risk.
To better reward all of the Generali China customers, the children dental care package is specially offered to you!

The package is included as follows:

- One time free consultation, dental examination and fluoride for every child
- More package discount are available, such as pit and fissure sealant (RMB 100/tooth), orthodontics and others
- For details, please call 18513791103

Promotion Valid: July 1st to August 31st, 2019
Eligible Customer: Children under 18 with Generali Insurance
Clinic Location: All BYBO Dental Clinics for Chinese service, Metropolis Dental Clinic for English service (add.: No. A10, Mid-section of East Third Ring Road, Jianwai Avenue, Beijing)
Attention: Please make reservation 3-5 days in advance by calling 18513791103

BYBO Dental group was founded in 1993, it has 194 dental offices covering Beijing, Shanghai, Guangzhou, Shenzhen and other first tier and provincial capital cities in the country, after 25 years of hard work and innovative development, BYBO provides dental service to millions of patients in China
Steps to Quit Smoking

Ahead of World No Tobacco Day (31 May), the World Health Organization is highlighting the damage tobacco causes to lung health: over 40% of all tobacco-related deaths are from lung diseases like cancer, chronic respiratory diseases and tuberculosis.

The main topic of World No Tobacco Day 2019 is “Don’t let tobacco take your breath away”, Have you decided to quite smoking?

If you’ve decided to quit smoking, vaping or using any form of tobacco. Great! It’s one of the best things you can do to improve your health and add years to your life. It’s not easy — but you can do it.
Get ready to stop smoking and vaping for good with these five steps — just remember to take it one step at a time:

1. **Set your “Quit Day” and take a No Smoking or Vaping pledge.**

   Choose a date within the next seven days when you’ll stop using tobacco products — that’s now your “Quit Day.” Make a pledge or commitment in front of people who will support you on your path to quitting. Use the time until your Quit Day to prepare and to gradually cut down on the number of cigarettes you smoke or how much you vape or use other tobacco products.

   Take the pledge: “I promise to not smoke or use any tobacco products after my Quit Day. I know it is a serious danger to my (and my family’s) health. I will also try to stay away from secondhand smoke and encourage and support others to quit smoking and using tobacco products.”

2. **Choose your method for quitting**

   There are three ways to quit smoking. You can choose one or use them in combination — whatever you think will work best for you.

   a) **“Cold turkey.”** Stop smoking or vaping all at once on your Quit Day. This method works best for some people because it doesn’t drag out the quitting process.

   b) Cut down the number of cigarettes you smoke each day or how many times you vape until you stop completely. For example, if you smoke 20 cigarettes each day, cut down to 10 per day for two to three days. Next, cut it down to five cigarettes for two to three days. Keep track on a calendar. By your Quit Day, stop smoking completely.

   Smoke only part of each cigarette, reducing the amount until you stop smoking completely. Count how many puffs you normally take from each cigarette, then reduce the number of puffs every two to three days. Keep track on a calendar. On your Quit Day, stop smoking completely.
3. Talk with your doctor and decide if you’ll need medicines or other help to successfully quit

4. Make a plan for your Quit Day and afterward
   Have healthy snacks available, like:
   - fruits and vegetables
   - nuts and seeds
   - air-popped popcorn
   - sugar-free mints and chewing gum
   Find enjoyable ways to fill the time when you may be tempted to smoke:
   - Go to a movie.
   - Work out or go to the gym.
   - Visit non-smoking friends.
   - Take a walk.
   - Enjoy a cup of coffee or tea.
   - Try a new hobby that occupies your hands, like painting, playing an instrument, woodworking or knitting.
   - Work in the yard or garden.
   Get rid of every cigarette, vape, match, lighter, ashtray and any other tobacco product in your home, office and car.

5. And finally, quit tobacco for good on your Quit Day!
It’s really not that hard to fit in fitness. You can get up and move just about anytime, anywhere to be more physically active and stay healthy. And every minute counts toward the goal of at least 150 minutes per week of exercise. Every time you stand up and do something, you’re taking a step in the right direction.
1. Get the whole family moving more at home

Finding ways to be more active around the house sets a good example for kids and can help you stay on top of housework. You can combine exercise with other activities, like watching TV, cleaning or cooking.

- **Make active chore cards.** Let each family member draw a card each day with a different active task that needs to be done. Cleaning up after dinner, walking the dog, taking the trash out, folding laundry and unloading the dishwasher are all good ways to get your family up off the couch – and get the chores done.

- **Clear some space, put on some music, and take a dance break!** It can re-energize a study session, lazy Sunday or game night. Let each person take a turn as DJ so everyone’s favorites get played.

- **Put the screens on hold.** Instead of heading right for the TV or game console after dinner, make that family activity time. Take a walk, practice a sport, or play a game of hide-and-seek.

- **Tune into fitness during TV time.** Walk or jog in place or on a treadmill, lift weights, or do yoga while you watch your favorite shows. Break up a TV binge with a bit of activity between episodes. Or challenge each other to see who can do the most burpees, push-ups or jumping jacks during commercial breaks.

- **Shake up your family’s after-school/after-work routine.** Join your kids for a bike ride or shoot some hoops before starting on homework and chores. You’ll all feel better and think better.

- **Play actively with pets.** Throw a ball or stick for the dog to fetch. Lead the cat on a string chase around the house.

- **Include active games in family game night, like Twister, charades and hide-and-seek.**

- **Keep a list of kid-friendly activities handy for when you hear “I’m bored.”**

- **Choose toys for your kids that encourage physical activity, such as balls, skateboards, hula hoops and jump ropes.**

- **Keep exercise equipment out where it can easily be used for a quick workout.**

- **Instead of always having the TV on for company or background noise, play music that inspires you to get up and move.**
2. If the great outdoors is your thing, take your workout outside

Being outdoors can make exercise seem more like play, so you may enjoy it more and stick with it. Dress in layers so you’re ready for changes in temperature and weather. And don’t forget hats, sunglasses and sunscreen.

- **Plan family outings** that include physical activity, like hiking, canoeing or swimming. Even a simple trip to the park can get you all up and moving.
- **Explore your neighborhood or city** – or see the sights in new areas – on foot or by bike.
- When the weather’s nice, bike or walk to nearby destinations like school, the grocery store or coffee shop.
- **At the beach**, hunt for shells, play frisbee or fly a kite instead of sitting and watching the waves.
- **At a picnic**, join in on a game of bocce ball, horseshoes or croquet.
- **At the lake**, rent a kayak, canoe or paddleboard.
- **At the park**, play with your kids instead of just watching them play. Unleash your inner child with a game of catch or tag.
- **When golfing**, walk instead of using a cart.
- **Get your garden on. Gardening**, mowing and yard work are a great way to get active outdoors. No yard? No problem! Try container gardening or a local community garden.
- **After a heavy rain**, put on some old clothes, grab some towels, and take the kids out for good old-fashioned mud fight.
- **Instead of getting together with friends for coffee or lunch**, do something active, like hiking or biking.
3. Want even more ways to squeeze a little more activity into your life?

Find opportunities to be more active in everything you do. Every step counts. Get creative in your quest to move more!

- **Park farther away from the entrance and walk the extra distance.** Wear your walking shoes and sneak in an extra lap or two around the mall or store.
- **Change up date night.** An evening out with your spouse or bestie doesn’t have to mean dinner and a movie. Try activities that would be fun to do together, like bowling, miniature golf, dancing or indoor rock climbing.
- **If you’re in a city with a bike share program,** sign up so that a bike ride is always an option when you’re out and about.
- **Find the stairs and use them.** You won’t have to wait for the elevator, and you’ll get some extra steps into your day.
- **Always wanted to learn how to ballroom dance,** practice karate or shoot a bow and arrow? Take lessons or find an online tutorial and teach yourself. It’s never too late to pick up a new skill and get more active.
- **When you’re out walking,** throw in some wall push-ups, lunges and other exercises. Or do short, one-minute intervals at a faster pace to boost the intensity.
- **When you find yourself waiting somewhere** or standing in line, do some micro-movements that won’t be easily noticed by others, like glute squeezes, abdominal contractions and pelvic floor exercises. Your core will thank you!
- **Get active for a good cause.** If you love to help others, active fundraising events are a great way to do something healthy while giving back. Volunteering in your community can also be a moving experience. Think packing boxes of donated goods at the food bank or helping clean up a park or playground.
A shocking new report published in the journal *The Lancet* claims that as many as one-fifth of deaths around the world are linked to poor diets. The study explains that globally, 11 million deaths in 2017 were associated with poor diets. Nutrition sticks out as one of the areas of public health that’s gotten drastically worse during the 21st century. Cancer death rates, for instance, went down for both men and women in the U.S. from 1999 to 2015. But the new report highlights the alarming fact that the estimate of diet-related deaths has gone up: In 1990, it was only 8 million.

While many factors influence the growing number of diet-related deaths, the report stresses the importance of three nutrition recommendations that are being ignored far too often. It also stresses the need to cut out three categories of foods we’re eating too often. Here are the biggest diet mistakes leading to deaths around the world.
Not eating enough nuts

"The largest shortfalls in optimal intake were seen for nuts and seeds," according to a press release for the new report. In general, we're only getting 12% of our recommended nuts and seeds, it says.

So how much should you be getting? Aim for 21 grams a day, according to the study. (The average intake is only about 3 grams daily.)

Nuts are a great source of protein, fiber, heart-healthy fats, and vitamins. "Instead of eating foods with unhealthy saturated fats, try substituting a handful of nuts or a tablespoon or two of a nut spread," the Mayo Clinic recommends.
Skimping on milk

Globally, we’re only consuming 16% of our suggested recommended amount of milk, according to the new study. The recommended daily amount, it says, has been set at 435 grams. There's been some debate about whether or not milk is good for you in recent years. But whole milk is making a comeback. Consuming whole milk and other full-fat dairy products has been linked to a lower risk of obesity. Additionally, whole milk might help children absorb vitamin D more efficiently. We probably don’t even need to mention this, but milk has also been associated with stronger bones.
Eating too few whole grains

We’re not great at eating enough whole grains either. The average daily intake is 29 grams, but we’re supposed to be getting 125 grams a day, the study says. Potential benefits of eating enough whole grains include a decreased risk of heart disease, better digestive health, and assistance with weight management. Sneak these foods into your diet when you can to increase the amount of whole grains you’re consuming: brown rice, barley, oatmeal, whole-wheat bread, whole-wheat pasta, and popcorn.
Consuming too many salty foods, sugary drinks, and processed meats

We know you hear about the horrible side effects of drinking too much soda all the time, but, just in case you forgot: Soda can lead to weight gain, diabetes, and tooth decay. Unfortunately, diet soda isn’t great either: it’s been linked to an increased risk of stroke, heart attack, dementia, and, counterintuitively, weight gain. Too much sodium can cause high blood pressure, strokes, and heart attacks, and processed meat can increase your chances of having diabetes, heart disease, and some cancers. Hopefully, knowing just how many people are killed by poor diet choices every year—one in five—will help you ditch the soda and grab some nuts the next time you’re at the grocery store.
Anxiety and depression in children

Many children have fears and worries, and may feel sad and hopeless from time to time. Strong fears may appear at different times during development. Although some fears and worries are typical in children, persistent or extreme forms of fear and sadness could be due to anxiety or depression.
Facts

- Anxiety and depression affect many children
  - 7.1% of children aged 3-17 years have diagnosed anxiety.
  - 3.2% of children aged 3-17 years have diagnosed depression.

- Anxiety and depression have increased over time
  - “Ever having been diagnosed with either anxiety or depression” among children aged 6-17 years increased from 5.4% in 2003 to 8% in 2007 and to 8.4% in 2011–2012.
  - “Ever having been diagnosed with anxiety” among children aged 6-17 years increased from 5.5% in 2007 to 6.4% in 2011–2012.
  - “Ever having been diagnosed with depression” among children aged 6-17 years did not change between 2007 (4.7%) and 2011–2012 (4.9%).
Anxiety
When children do not outgrow the fears and worries that are typical in young children, or when there are so many fears and worries that they interfere with school, home, or play activities, the child may be diagnosed with an anxiety disorder. Examples of different types of anxiety disorders include:

- Being very afraid when away from parents (separation anxiety)
- Having extreme fear about a specific thing or situation, such as dogs, insects, or going to the doctor (phobias)
- Being very afraid of school and other places where there are people (social anxiety)
- Being very worried about the future and about bad things happening (general anxiety)
- Having repeated episodes of sudden, unexpected, intense fear that come with symptoms like heart pounding, having trouble breathing, or feeling dizzy, shaky, or sweaty (panic disorder)

Anxiety may present as fear or worry, but can also make children irritable and angry. Anxiety symptoms can also include trouble sleeping, as well as physical symptoms like fatigue, headaches, or stomachaches. Some anxious children keep their worries to themselves and, thus, the symptoms can be missed.
Depression
Occasionally being sad or feeling hopeless is a part of every child’s life. However, some children feel sad or uninterested in things that they used to enjoy, or feel helpless or hopeless in situations they are able to change. When children feel persistent sadness and hopelessness, they may be diagnosed with depression.

Examples of behaviors often seen in children with depression include:

- Feeling sad, hopeless, or irritable a lot of the time
- Not wanting to do, or enjoy doing, fun things
- Showing changes in eating patterns – eating a lot more or a lot less than usual
- Showing changes in sleep patterns – sleeping a lot more or a lot less than normal
- Showing changes in energy – being tired and sluggish or tense and restless a lot of the time
- Having a hard time paying attention
- Feeling worthless, useless, or guilty
- Showing self-injury and self-destructive behavior

Extreme depression can lead a child to think about suicide or plan for suicide. For youth ages 10-24 years, suicide is among the leading causes of death.

Some children may not talk about their helpless and hopeless thoughts, and may not appear sad. Depression might also cause a child to make trouble or act unmotivated, causing others not to notice that the child is depressed, or to incorrectly label the child as a trouble-maker or lazy.
Escaping to an overseas retreat this summer? It's the time of year when people start planning their summer vacation. If you venture abroad for some summer fun, there are health and safety risks you should be aware of. No matter where you go—majestic mountains, secluded beaches, or bustling cities—kick off your travel adventure by getting prepared with our summer vacation tips.
Before You Trip

- **Check your destination for health concerns.** Even if you’re familiar with the place, there may be new and important health risks you should be aware of.
- **Make an appointment with a travel medicine specialist** or your healthcare provider to get important advice, vaccines, and medicine at least one month before you leave.
- **Pack a travel health kit** with your prescription and over-the-counter medicines, first aid supplies, your health insurance card, and more.
- **Prepare for the unexpected.**
- **Leave copies** of your itinerary, contact information, credit cards, and passport with someone at home, in case you lose them during travel.
- **Find out** if your health insurance covers medical care abroad—many plans don’t!
- **Consider buying additional insurance** that covers health care and emergency evacuation, especially if you will be traveling to remote areas.
During Your Trip

- Always wear seat belts and choose safe transportation.
  - Motor vehicle crashes are the #1 killer of healthy US citizens in foreign countries.
  - Ride only in marked taxis or ride-sharing vehicles.
  - While walking, be alert when crossing the street, especially in countries where people drive on the left.
  - Avoid overcrowded, overweight, or top-heavy buses or vans.
  - Eat and drink safely. Contaminated food or drinks can cause travelers’ diarrhea.
  - When possible, choose food that is cooked and served hot, washed in safe water, or peeled.
  - Stick to drinks that are bottled and sealed, or very hot coffee or tea, and avoid ice.

- Protect yourself from hot temperatures and sun exposure.
  - Wear SPF 15 or higher sunscreen to protect yourself from the sun’s harmful UV rays when enjoying outdoor activities.
  - Follow the instructions on the label and reapply as directed.

- Prevent insect bites
  - Using insect repellent can protect you from serious diseases spread by mosquitoes, such as Zika, dengue, yellow fever, and malaria.

- Avoid Animals
  - We know that this advice is no fun—but any animal, even if it appears to be friendly or harmless, can be dangerous.
  - Never try to pet, handle or feed unfamiliar animals, even pets, as they may not be vaccinated against rabies.
  - If you are bitten or scratched, immediately wash the wound with plenty of soap and water and see a doctor as soon as possible!
After Your Trip

Some travel-related illnesses may not cause symptoms until after you get home. If you get sick after your trip, call your doctor and be sure to tell them about your travel, including where you went and what you did on your trip. This will help your doctor consider infections that are rarely found in the United States.
GCL Customer Service Hotline: 400 888 7555