



### February Calendar:

- ▶ WIC: 1, 3, 4, 7, 8, 9, 10, 14, 15, 17, 18, 22, 24, 25, 28
- ▶ WILLOW SPRINGS CLINIC: 2
- ▶ MOUNTAIN VIEW CLINIC: 23
- ▶ FAMILY PLANNING: 1, 15, 16, 22
- ▶ IMMUNIZATIONS: 3, 10, 24
- ▶ CHOLESTEROL SCREENINGS: BY APPT
- ▶ FOOD HANDLERS CLASSES: 14, 28

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- ▶ **HOLIDAY'S (CLOSED):**  
**CLOSED 11<sup>TH</sup>** FOR LINCOLN<sup>Φ</sup>  
**BIRTHDAY & 21<sup>ST</sup>** FOR  
**PRESIDENT<sup>Φ</sup> DAY**

# Monthly Monitor

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## Go Red for Women's Health



National Wear Red Day 2011 is Friday February 4th. The day helps kick off "[Go Red for Women](#)" month.

In 2004, the [American Heart Association](#) created Go Red For Women to educate the public regarding cardiovascular disease in women. Heart disease kills more women each year than breast cancer. Nearly one in every three women will die from cardiovascular disease.

In 2010, the American Heart Association set a strategic goal of reducing death and disability from cardiovascular disease and strokes by 20% while improving the cardiovascular health of all Americans by 20% by the year 2020.

By wearing red on National Wear Red Day you can show solidarity against the loss of so many women's lives to heart disease. Take it further and speak up to your co-workers, tell them about the signs of heart disease.

Know the warning signs of an impending heart attack:

1. Chest discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or [pain](#).
2. Discomfort in other areas of the upper body can

include pain or discomfort in one or both arms, the back, neck, jaw, or stomach. These are especially important if they occur during activity or exertion. Jaw pain is often ignored as TMJ disease.

3. Shortness of breath will often accompany the chest discomfort, but may precede it.
4. Other [symptoms](#) include breaking out in a cold sweat, nausea, or light-headedness

While the most common symptom of a heart attack in both men and women is chest pain or discomfort, women are more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

If you feel heart attack symptoms, do not delay. Call 9-1-1.

Many cardiovascular events in women can be prevented by making good lifestyle choices. If you smoke, [quit](#). If you are sedentary, make an effort to [get up and move](#) daily. Eat healthy. Lower the amount of salt in your [diet](#) and lean towards a [Mediterranean diet](#) high in fish and fresh vegetables, low in processed carbohydrates.

### Staying Heart Healthy In Your 20s

In your twenties, it can be easy to overlook the importance of living a heart-healthy lifestyle, and hard to stick to it even if you do make an effort to eat well and exercise. It's difficult to hit the gym or think about the right number of fruits and veggies after class or work. But the truth is, as you get older it usually gets harder to stay healthy.

So today is the day to start making small, daily choices that will help you live a long and healthy life. To make these choices easier, we've compiled your top heart health priorities and what you need to know now. It's never too early to start taking care of your health.

# February Peak Time for Influenza:

## About the flu

Influenza, commonly called the "flu", is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness and, at times, can lead to death.

Although most healthy people recover from the flu without complications, some people, such as older people, young children, and people with certain health conditions, are at high risk for serious complications from the flu.

## How do I know if I have it?

Influenza usually starts suddenly and may include the following symptoms, some of which are also signs of the common cold:

- Fever (usually above 101 degrees)
- Headache
- Tiredness (can be extreme)
- Cough
- Sore throat
- Stuffy nose
- Body aches
- Diarrhea and vomiting (more common among children than adults)

However, if you experience these symptoms but do not experience respiratory symptoms, it is unlikely that you have the flu.

## What are the risks?

In some people, the flu can cause serious complications, including bacterial pneumonia, dehydration, and worsening of chronic medical condition such as congestive heart failure, asthma, or diabetes. Children and adults may develop sinus problems and ear infections

## How is the flu spread?

The flu usually spreads from person to person in respiratory droplets when people who are infected cough or sneeze. Touching something with influenza virus on it and then touching their mouth, nose, or eyes occasionally may infect people. Healthy adults may be able to infect others 1 day before getting symptoms and up to 5 days after getting sick. Therefore, it is possible to give someone the flu before you know you are sick as well as while you are sick.



### **DON'T FORGET:**

The second annual F4L Weight Loss Challenge will start February 5<sup>th</sup>, 2011. Participants 12 and older who have not signed up already can do so on Saturday, February 5<sup>th</sup> the day of the official weigh-in and measurements at the Firm Fitness Center, 1610 Freedom Drive from 9 am-3 pm.

There will be a workout of the week (WOW) or nutritional talk each week. Prizes will be offered at workouts and weekly weigh-ins as incentives. The weekly weigh in is mandatory and participants can miss up to 2 during the 12 weeks. If they miss more than 2 they can still participate in the challenge but will not be eligible for prizes.

Information on weekly workouts and tips will be available in a weekly newsletter that will be on the F4L Facebook page, paper copies at weigh in or on the Howell County Health Department website under the F4L tab.