



### March Calendar:

- ▶ WIC: 1, 3, 7, 9, 11, 14, 15, 17, 18, 21, 22, 24, 25, 28, 29, 30, 31
- ▶ WILLOW SPRINGS CLINIC: 2
- ▶ MOUNTAIN VIEW CLINIC: 23
- ▶ FAMILY PLANNING: 11, 16, 25
- ▶ IMMUNIZATIONS: 4, 8, 15
- ▶ CHOLESTEROL SCREENINGS: BY APPT
- ▶ FOOD HANDLERS CLASSES: 14, 28

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- ▶ HOLIDAY'S (CLOSED): NONE

# Monthly Monitor

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## March is National Nutrition Month

CHICAGO 6 While the trees may be bare in March, there are still plenty of colorful and nutritious foods to fill your plate. During the 2011 National Nutrition Month®, the American Dietetic Association encourages everyone to add color and nutrients to your meals through this year's theme: "Eat Right with Color."

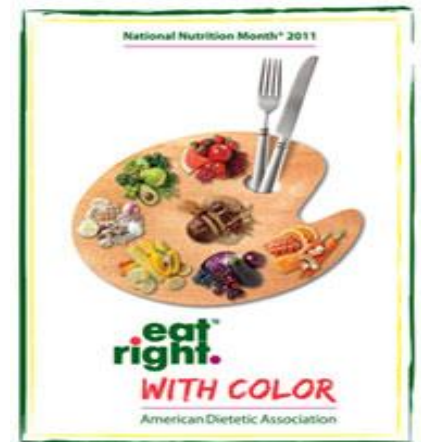
**Green** produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.

- *Fruits:* avocado, apples, grapes, honeydew, kiwi and lime
- *Vegetables:* artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

**Orange and deep yellow** fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.

- *Fruits:* apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple
- *Vegetables:* carrots, yellow pepper, yellow corn and sweet potatoes

**Purple and blue** options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.



- *Fruits:* blackberries, blueberries, plums, raisins
- *Vegetables:* eggplant, purple cabbage, purple-fleshed potato

**Red** indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.

- *Fruits:* cherries, cranberries, pomegranate, red/pink grape fruit, red grapes and watermelon
- *Vegetables:* beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

**White, tan and brown** foods sometimes contain nutrients that may promote heart health and reduce cancer risks.

- *Fruits:* banana, brown pear, dates and white peaches
- *Vegetables:* cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn



## ***No surprise: Gardasil as good against HPV in men as in women***

### **New clinical trial shows that human papilloma virus vaccine is more than 90% successful in protecting men too.**

By Thomas H. Maugh II, Los Angeles Times

3:52 PM PST, February 2, 2011

To no one's surprise, a new clinical trial demonstrates that the human papilloma virus vaccine Gardasil is as good at protecting men as it is in protecting women, researchers reported Wednesday. A clinical trial in more than 4,000 boys and men demonstrated that the vaccine was more than 90% successful in preventing genital lesions caused by the four strains of HPV that the vaccine is active against, about the same level of protection demonstrated for women.

The vaccine is currently approved in the United States for both males and females over the age of 9, but current recommendations call for administration only to females. But the vaccine has been highly controversial, both because some view it as an implicit approval of sexual activity and because of its cost -- nearly \$400 for a complete regimen of three doses. An estimated three-quarter of girls don't even start the regimen, and only about a third of those who do start it actually finish.

In the new trial, sponsored by the vaccine's manufacturer, Merck, Anna R. Giuliano of the H. Lee Moffitt Cancer Center and Research Institute in Tampa, Fla., and her colleagues enrolled 4,065 healthy boys and men, ages 16 to 26, from 18 countries who were HPV-free and who reported one to five sexual partners. Half received the vaccine and half a placebo.

The team reported in the New England Journal of Medicine that there were 36 genital lesions among those who received the vaccine, compared with 89 in the placebo group. But if the team considered only lesions caused by the four strains of virus covered by the vaccine, the efficacy was 90.4%. Average follow-up was nearly three years.

The results are "cause to celebrate the extraordinary potential" of HPV vaccination to improve public health, epidemiologist Jane Kim of the Harvard School of Public Health wrote in an editorial accompanying the report.

But the findings are likely to contribute to an already heated debate. By blocking penile and anal warts, the vaccine can reduce the incidence of the related cancers. But the incidence of both of those cancers is low, so critics of the vaccine argue that the public health benefits are not sufficient to justify the high cost of widespread vaccination for any male group other than, perhaps, homosexuals. Proponents, however, argue that women contract HPV from men and that vaccinating men bolsters herd immunity, thereby protecting women.

The argument is likely to continue for a long time.

## **EMPLOYEE SPOTLIGHT FOR FEBRUARY KERI MINER**

Keri Miner, WIC Clerk & Certifier/ HPA is the spotlight employee for the month of February.

Keri has been employed with the health department for 8 years. She works in the WIC (Women, Infant and Children's) program.

WIC is a supplemental nutrition program that helps mothers and young children eat well and stay healthy.

Keri says that one of the greatest satisfactions of working at the health department is knowing she is helping others in need.

Keri also says she looks forward to continuing her career at the Howell County Health Department.