



# WARREN COUNTY COMBINED HEALTH DISTRICT

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Health Commissioner

## NEWS & INFORMATION

### TEST YOUR WELL & POND WATER FREE

TUESDAY, MARCH 11  
5:30-7:30 p.m.  
FRANKLIN HIGH SCHOOL

### WHO SHOULD PARTICIPATE?

Is your home's well more than 40 years old?

Is it less than 50 feet deep?

Has it been more than a year since the water was tested?

Do you have a pond?

Do you live next to a retention pond?

If you answered YES to any of these questions, bring a water sample to the FREE FAIR.

### TO COLLECT YOUR WATER SAMPLE:

Pick up a sample bottle at Warren County Soil & Water Conservation District or Warren County Combined Health District in Franklin.

Collect the sample the day of the Fair.

Remove any filter or screen from your faucet. Run the water for five minutes.

Do not touch the lip of the jar.

Fill the bottle and secure cap tightly.

Keep the sample in the refrigerator until the Fair.

## OVERWEIGHT IS HERE—BUT NOT TO STAY

By standard definition, one third of adults are overweight and another third are considered obese. This creates an enormous burden on our health from being overweight. It increases the risk of developing type 2 diabetes, high blood pressure, cardiovascular disease and certain cancers. Here are some things we can do to get out of the rut we may be finding ourselves: **TIPPING THE ENERGY BALANCE—** Weight loss comes down to a simple formula: consume fewer calories than you burn. The Mayo Clinic doctors recommend that overweight people try to cut at least 500 calories out of their diets daily, by doing this you can expect to lose about a pound a week. In principle, this can be

achieved by eating less or increasing activity. You need a combination of both. **DIET AND EXERCISE—** The most solid guideline for dieters is simply to reduce the amount of calories consumed. Smart ways to reduce calorie intake are to: cut back on total fat consumed, decrease portion size, eat more fruits and vegetables. The other side to this equation is physical activity. Physical activity is key to maintaining weight loss. At least 30—60 minutes of exercise a day, 5 to 7

days a week, is essential to maintain weight loss. **MAKING CHANGES—** Changing existing habits and life styles is very difficult. Behavioral psychologists suggest that people learn to avoid tempting foods and to think about the consequences of the choices they make. Get together as a family and set goals for you to follow. Begin to plan nutritious, low-cal meals. Talk with your family physician and begin an exercise program. Remember there is more at stake than how you look—your health is



## YOUR BEST SMILE: KEEP YOUR TEETH HEALTHY AND WHITE

Your smile is often the first thing people notice about you. It is very important to take care of your smile and your teeth. Follow these simple rules for good oral health.



1. Brush your teeth twice daily with a toothpaste that contains fluoride
2. Use a toothbrush with soft bristles

3. Brush you teeth for two minutes
4. Brush your tongue
5. Replace your toothbrush every 3 to 4 months
6. Floss daily
7. A mouth rinse can help reduce plaque between teeth
8. Visit your dentist twice a year

February is Dental Health Month. Remember that good oral health is an important part of your overall health.

THE WARREN COUNTY COMBINED HEALTH DISTRICT WILL BE CLOSED ON FEBRUARY 18TH IN OBSERVANCE OF PRESIDENTS' DAY

## HEART ATTACK WARNING SIGNS:

Coronary heart disease is America's #1 killer. That is why it is so important to know the risk factors and warning signs so you can respond quickly if they occur.

Some heart attacks are sudden and intense. But most heart attacks start slowly. Often people wait too long before getting help. Here are signs that can mean a heart attack is happening:

**CHEST DISCOMFORT** – Most heart attacks involve discomfort in the center of the chest that lasts a few

minutes, or goes away and comes back. It feels like pressure, squeezing, fullness or pain.

**DISCOMFORT IN OTHER AREAS OF UPPER BODY** –

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

**SHORTNESS OF BREATH** – May occur with or without chest discomfort.



**OTHER SIGNS** – These may include breaking out in a cold sweat, nausea or lightheadedness.

For men and women, experts say starting treatment in the first hour of a heart attack is critical. If you or someone you're with has chest discomfort, especially with one or more of the other signs, do not wait more than five minutes before calling 9-1-1. Get to the hospital. (Article from the American Heart Association)

## GIVE YOURSELF A BREAK & GET A BONE SCAN

Health minded people know their numbers: cholesterol, blood pressure and T-score. Wait a minute—what was that last one? T-Score is a measure of your bone density, which helps predict how likely you are to break a bone in a situation of minimal trauma, such as slipping on the ice or tripping over a rug. Bones that are too thin are fragile, creating the silent– but treatable– condition known as osteoporosis. The gold-standard test for bone density is the DXA scan (short for dual X-ray absorptiometry). “About one-third



of people with osteoporosis have had the test, which means two-thirds of people haven't and don't know they are at risk,” says J. Edward Puzas, Ph.D., who is a professor of orthopedics at the University of Rochester School of Medicine and Dentistry. A DXA test is painless and quick, uses very low levels of radiation and can be done while you're completely clothed. People at highest risk of osteoporosis are small-boned, post-menopausal women of European or Asian ancestry. But the disease is complicated, affecting men, too. The more risk factors you have, the greater your chances of developing it.

## HAND WASHING

One of the most important things you can do to stay healthy is wash your hands. By washing your hands often, you wash away germs from other people. You pick up germs from other sources and then you infect yourself by touching your eyes, nose and mouth. One of the most common ways to catch a cold is by rubbing your nose or eyes after your hands have been contaminated with the virus. You can also spread germs on surfaces that people touch. Before you know it, everyone around you is sick.

### WHEN SHOULD YOU WASH YOUR HANDS:

- Before, during and after you prepare food
- Before you eat
- After using the restroom
- After handling animals or animal waste
- When your hands are dirty
- If someone around you is sick



### WHAT IS THE CORRECT WAY TO WASH YOUR HANDS:

Wet hands with warm water

Use soap and rub your hands fingers, fingernails and wrists for at least 30 seconds

Rinse well with warm water and dry with a clean towel

Follow these few simple steps to stay healthy

Remember hand washing is the single most important thing you can do to stay healthy.

GO RED FOR WOMEN  
FEBRUARY 1, 2008  
NATIONAL WEAR RED DAY  
8.6 MILLION WOMEN DIE FROM HEART DISEASE EACH YEAR.  
3 MILLION WOMEN DIE FROM STROKE EACH YEAR.  
8 MILLION WOMEN IN THE US ARE CURRENTLY LIVING WITH HEART DISEASE.  
435,000 AMERICAN WOMAN HAVE HEART ATTACKS ANNUALLY

For more information please visit [www.americanheart.org](http://www.americanheart.org) on women and heart disease.