



NEWS & INFORMATION

WARREN COUNTY COMBINED HEALTH DISTRICT

NO. 281
February 2009

Duane Stansbury, R.S., M.P.H.
Health Commissioner

HEART HEALTH

S-T-O-P



Stop Tobacco On-site Program

A **free**, 6 week smoking cessation class will begin on **February 19, 2009.**

Please contact **Alicia Habermehl** 513-695-2475 to register.

Funded by the Ohio Department of Health

Tobacco Free Healthy Communities Program

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and 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 more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- **Discomfort in other areas of the 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.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat 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 or someone you're with has chest discomfort, especially with one or more of the other signs, don't wait longer than a few minutes (no more than five) before calling for help. Call 9-1-1. For more information visit www.americanheart.org.

February 6th is National Wear Red Day for Women.
Join the millions across America who will be wearing red to show their support for women and the fight against heart disease.

TIPS FOR BETTER ORAL HEALTH

Your mouth is a report card for overall health -- taking proper care of it will help you look and feel your best. Poor oral health can lead to bad breath, cavities, and gingivitis. More importantly, serious infections, if left untreated, can enter the bloodstream and compromise otherwise healthy vital organs. Periodontal disease has been linked to cardiovascular disease, osteoporosis, diabetes and low-birth weight newborns. In addition, dental-related illness can diminish quality of life. Those suffering from oral health complications may face restricted food choices and poor nutrition, and experience self-consciousness

that limits social interaction and communication. Good brushing and flossing habits are imperative to strong oral health, however, regular dental checkups are important to preventing and treating more serious oral infections. You can help prevent tooth and gum diseases with a few simple steps:



- Visit your dentist regularly.
- Brush your teeth at least twice a day.

- Use a soft-bristled toothbrush.
- Use a toothpaste containing fluoride.
- Clean between your teeth with floss.
- Stop smoking.
- Maintain a balanced and healthy diet.

For more oral health information or for information regarding the health department's dental referral program please contact Alicia Habermehl at 513-695-2475, 513-925-2475, 513-261-2475, or 937-425-2475.

AVOIDING SLIPS AND FALLS ON SNOW AND ICE

Walking on snow or ice is especially treacherous. Wearing proper footwear is essential. A pair of well insulated boots with good rubber treads is a must for walking during or after a winter storm. Wear ice cleats on icy sidewalks or streets if possible. If not, when walking on an icy or snow-covered walkway, take short steps and walk at a slower pace so you can react quickly to a change in traction. When you must walk in the street due to snow or ice on

the sidewalk, walk against the traffic and as close to the curb as you can. Be on the lookout for vehicles which may have lost traction and are sliding towards you. Be aware that approaching vehicles may not be able to stop at crosswalks or traffic signals. Walk carefully inside buildings when you



have wet boots on. Lastly, at night you want to wear bright clothing or reflective gear so motorists can see you better. During the day, wear sunglasses to help you see better and avoid hazards.

TOBACCO FREE HEALTHY COMMUNITIES PROGRAM

The Warren County Combined Health District will be participating in the Tobacco-Free Healthy Communities Program this year. The Green County Combined Health District (GGCHD) has received a grant of \$165,466 from the Ohio Department of Health, Office of Healthy Ohio to implement the Tobacco-Free Healthy Communities Program in Butler, Champaign, Clark, Clermont, Clinton, Fayette, Greene, Highland, Madison and Warren counties. The grant period is Nov. 3, 2008 – June 30, 2009. The grant

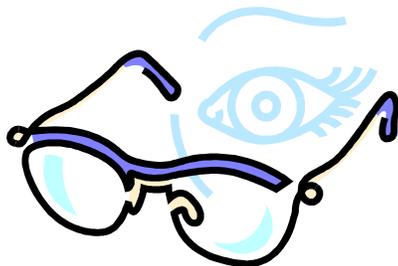


award will be used for continued cessation programs focusing on adult tobacco users. The program also includes youth prevention programming, a youth-based media campaign, technical assistance for 100% tobacco-free schools and coalition expansion. GGCHD is the only organization funded in Southwest Ohio. The Tobacco-Free Healthy Communities Coalition meets quarterly to discuss current projects and future tobacco use prevention programming. For additional information regarding the Tobacco Free Healthy Communities Program, con-

tact Certified Tobacco Cessation Specialist Bruce Barcelo at (937) 374-5656 or bbarcelo@gcchd.org. The Warren County Combined Health District will be offering smoking cessation classes as part of the Tobacco Free Healthy Communities Program. The **Stop Tobacco On-Site Program**, will begin offering smoking cessation classes on February 19. Classes will meet from 6:30-7:30 for six weeks. Free nicotine patches, gum, or lozenges will be available to assist participants in kicking the habit. Please contact Alicia Habermehl at 513-695-2475, 513-925-2475, 513-261-2475, or 937-425-2475 to register.

FREE EYE EXAMS AND EYEGLASSES

The Warren County Combined Health District continues to partner with Prevent Blindness Ohio to provide vision screenings for county residents who are in need and cannot afford the cost of eye examinations and eyeglasses. Prevent Blindness Ohio is a volunteer eye health and safety organization dedicated to preventing blindness. The program's goal is to improve the quality of life



for low income residents by enhancing the quality of vision care and general eye health that they would otherwise not be able to afford. The Warren County Combined Health District is a member of the Southwest Ohio Chapter of Prevent Blindness Ohio and is participating in the vision care outreach program. Applications can be picked up at the health department Monday-Friday from 7:30-3:30. For more information or to see if you are eligible for this free service, contact the health

department at 513-695-1468, 513-925-1468, 513-261-1468, or 937-425-1468.

The offices of the Warren County Combined Health District will be closed February 16th in observance of President's Day.

