



Window Of Health

Monroe County Health Department

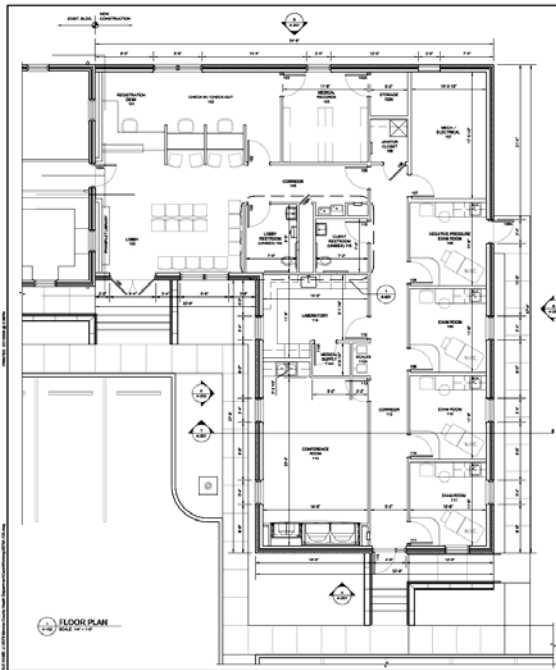
"Growing Healthy Families...Together"

FINALLY!!!

**Construction To Begin On
MCHD Building Addition**

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After going through the bidding process twice with two different sets of plans, initial bids too high, too little money, too short construction time, too many long meetings, and too much caffeine, the Monroe County Board of Health has accepted the bid of Sunbelt Construction of Bowling Green to build the much needed building addition at the health department's E. 4th Street location.

The majority of the building cost will be paid from a \$500,000 state grant obtained by the health department in December 2006 with the remainder paid from health department reserves.

The 2900 sq. ft. addition will house the clinic services of the health department along with a conference room that may be used for trainings and meetings.

The remaining offices and services will continue to be housed in the current building.

Construction is scheduled to begin within the month with an anticipated completion date of December 2008.

**Valerie Hudson Named New
MCHD Director**



Valerie Hudson in her office at MCHD.

The Monroe County Health Department is proud to welcome its new Public Health Director, Valerie Hudson. Valerie assumed her new position on March 24. She holds a BS degree in Sociology with a concentration in Social Work from Tennessee Technological University. Valerie served as Family and Consumer Sciences Extension Agent for the University of Kentucky and as Community Services Coordinator for Community Action of Southern Kentucky. She is the mother of Emily, 11, a student at Monroe County Middle School, Ellie, 9, and Isaiah, 8, students at Gamaliel Elementary School.

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**WOMEN'S
HEALTH
DAY**

May 14

**7:30 AM
until
3:30 PM**

Papsmears, colorectal screenings, clinical breast exams, cholesterol, glucose, hemoglobin, blood pressure, BMI.

Mammogram appointments will be made at the Monroe County Medical Center from 8:00 AM until 4:00 PM the same day.

Asthma and School: Let's Work Together

Asthma is the leading cause of absences in the United States, accounting for more than 14 million missed school days each year, according to the Asthma and Allergy foundation of America. An asthma attack at school can be frightening for your child. Close communication with your child's school is essential in preventing and treating an asthma attack.

Develop an asthma action plan. Work with your child's doctor to write an asthma action plan with step-by-step instructions to prevent and treat an asthma attack. Ask the doctor to help you personalize the plan for your child. It can help you work closely with school personnel in two key ways

1. Prevent an attack- Identify triggers and reduce your child's exposure, take action based on symptoms and peak flow readings.
2. Manage an Attack- recognize an attack, give quick relief medications, seek emergency care and assess contact information.

Next step is to build an asthma action team. Share your action plan with all the adults who regularly interact with your child at school. Each member needs to know about

your child's asthma and how best to help keep your child's symptoms under control. Talk with your team about how and when your child should take medicine at school. If your child feels self conscious, try to arrange for him or her to take the medication in a private area.

The third step is to look around your child's school for triggers that might set off an asthma attack. Look for cleanliness, moisture, class pets and dust/molds.

The fourth step is to communicate. Keep your action team informed. Tell them about changes in asthma symptoms. Medication changes, revisions in the plan and specific times the triggers may be greater. Be proactive in managing your child's asthma at school.

REMEMBER—Monitor-Control-Prevent

It is important that your child's asthma be closely monitored to reduce their risk of an asthma attack at school. Regularly check peak flow meters, regularly give routine medications and regularly talk with the school.

I hope this information helps all of you that routinely battle the ill effects of asthma. Let's work together and try to keep our kids well and in school. A sick child can't learn.

MCHD Visits Joe Harrison Carter Elementary



Jill Ford, RN reads a book about fruits and vegetables to Mrs. Cindy Emberton's pre-school class at Joe Harrison Carter Elementary. The class also played 5-A-Day Bingo.

MCHD Role In February 6th Tragedy

None of us will forget the terrible destruction of the night of February 5th and 6th. We are all very grateful for the response of local emergency agencies and volunteers who helped in any way with homes, businesses, and individuals in need.

Although not normally a part of first responders, the Monroe County Health Department may be involved in natural disasters along with county-wide medical emergencies. In this instance, the health department was very involved.

With electricity out in the entire county, the first area of concern was the safety of the food stored at local food establishments. A team of four environmentalists from different areas of the state was sent to Monroe County by the Kentucky Department for Public Health in the early morning hours of the 6th. This team along with local

environmentalist, Jason Holland, inspected all available food establishments in Monroe County by late afternoon. A team member also consulted with the sewer department of Gamaliel concerning a possible situation there and how to handle problems possibly encountered. Back at the health department measures were underway to assure the viability of vaccines stored there including transferring these to Monroe County Medical Center pharmacy to maintain the proper storage temperature in the event of another lengthy power outage.

Thanks to health department employees and other state staff who went beyond the call of duty to help our community in need. If you have any questions about how you may be better prepared for the next emergency that will happen, contact the health department.

Cancer Coalition Update

Members of the Monroe County Cancer Coalition plan the "Women's Health Forum" every year. They are proud to have so many member and community partners. If you would like to become a member, call the Health Department.

"I Wish I Had Known About Inhalants Before My Children Did"

NOW YOU CAN!!

We are asking your help to tackle an unusual substance abuse problem. It's called inhalant abuse. Inhalant abuse is the breathing in of gases and vapors, on purpose, for their drug-like effects. Children as young as nine have tried this after hearing about it from their friends or adults. In Monroe County, one out of four eighth graders has tried inhaling common household and school products (a few examples are: markers, rubber cement, gasoline, computer air dusters, spray paint, propane/butane gas, paint thinner, paint, fingernail polish and aerosol sprays). Many children don't know how dangerous it is – not only can it cause brain damage, but it can also be deadly, even the first time it is used.

How can you protect your children, and keep them healthy? Parents can have an important effect on their children and teenagers' decisions about alcohol and other drug abuse. There are steps that you can take, especially during the

elementary and middle school years, which can make a big difference.

You can start by educating yourself on inhalant abuse. A web-based online inhalant abuse training that was designed especially for parents and guardians by the New England Inhalant Abuse Prevention Coalition is available at

www.inhalantabusetraining.org.

You can access this web training when it is convenient for you. The web training takes about 15 to 20 minutes to complete. It contains information about the latest trends in inhalant abuse, how to prevent it, how to identify it, and how to talk to your children about it. To request other free pamphlets on preventing inhalant abuse contact the Monroe County Alliance for Inhalant Prevention by calling 270-487-0622 or by visiting our website

www.StopInhalantAbuse.org.

Most People With Diabetes Die Of A Heart Attack Or Stroke: Here's How To Beat The Odds

Two out of three people with diabetes die of a heart attack or stroke. This is serious business. But you can work to beat the odds. You can take action to help prevent heart attack and stroke.

For people with diabetes, a key to preventing heart attack and stroke is to control the ABCs of diabetes: blood glucose ("sugar"), blood pressure, and cholesterol. A is for the A1C, a test measuring average blood glucose control over three months. B is for blood pressure. C is for cholesterol.

Take control. Ask your health care provider what your ABC numbers are, what they should be, and what you can do to reach those goals. During American Heart month, the National Diabetes Education Program (NDEP) offers these lifestyle tips for how people with diabetes can help prevent heart attack and stroke and live a long, healthy life.

- **Get physical activity everyday.** Sports or dancing, walking or even household chores: even modest amounts of activity help you lose weight and lower your blood pressure.
- **Eat less fat and salt.** Instead of reaching for salty fries, reach for some fruit. Add some more fiber to your diet by choosing whole grains, vegetables, and beans.
- **Stay at a healthy weight.** Being overweight or obese is a risk factor for heart attack and stroke, and losing even a small amount of weight can lower your risk.
- **Stop smoking.** Cigarette and tobacco smoke is one of the major risk factors associated with heart attack and stroke. Quit. The Monroe County Health Department offers smoking cessation classes free of charge.

Call the health department at 487-6782 for additional information and to receive a schedule of classes.

- **Take your medicines as prescribed.** Also ask your doctor about taking aspirin.
- **Ask for help.** A little encouragement and support go a long way. Ask your family and friends to help you stay on the right track.

The NDEP's *Be Smart About Your Heart. Control the ABCs of Diabetes* campaign offers tools to help people with diabetes and their loved ones control their diabetes and prevent heart attack and stroke. Visit NDEP online at www.ndep.nih.gov and click on the Be Smart logo for more information.

WIC is a supplemental nutrition program for women who are pregnant, postpartum and breastfeeding, and infants and children up to five years of age. Call today for more information!

"A nickel isn't worth a dime today."

Yogi Berra

<p>Monroe County Health Department</p>	<p>Annual Rabies Clinic</p>	<p>Tiny Hearts Hurt By Secondhand Smoke</p>	
<p>452 East 4th Street P.O. Box 247 Tompkinsville, KY 42167</p>	<p>The Monroe County Health Department will be hosting its annual rabies clinic on Saturday, May 3 from 8AM until noon. Rabies is preventable. The cost of prevention from this fatal viral disease is \$5.00 for each pet. Vaccinate your pets and always use good judgment when approaching wildlife or unknown animals. More information about the clinic may be found in the local newspaper and on the local radio station closer to the date or you may contact Jason Holland at the Health Department.</p>	<p>Children ages 2 to 14 who are exposed to secondhand smoke show signs of cardiovascular injury, meaning they may be at increased risk of heart disease, <i>HealthDay News</i> reported March 13.</p>	<p>Cardiovascular Medicine at Nationwide Children's Hospital and Research Institute in Columbus, Ohio. "Forty percent of toddlers in our study had nicotine content that in adults would suggest that they were active smokers. But, an active smoker has a filter on cigarettes. The toxicity from smoke that is inhaled in the atmosphere is worse because there's no filter."</p>
<p>Phone: 270-487-6782 Fax: 270-487-5457 www.monroecohd.com</p>	<p>Installer Training Held</p>	<p>Researchers took hair samples from 125 children and checked them for nicotine exposure, then took blood samples to look for a cellular marker for cardiovascular health called EPC. They found that toddlers tended to have the greatest levels of nicotine exposure -- six times that of older children -- as well as greater indicators of cardiovascular risk.</p>	<p>"Toddlers are like fish in a fish bowl," added Bauer. "They're strapped pretty closely to their parental units, which exposes them to more smoke than adolescents who live in the same set of circumstances." Researchers also noted that toddlers breathe more rapidly, thus inhaling more smoke than older children.</p>
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