

# Window of Health

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## Attention All Women!!

The Monroe County Health Department's Women's Health Day is scheduled for May 11, 2009.

Annual exams at the health department by Amy Comer, ARNP, with mammograms completed that day at Monroe County Medical Center.

Call 487-6782 to make your appointment for your annual exam. Call soon as appointments will fill up fast!

## Five Facts About Diabetes

With so much health information readily available, it's often hard for the 24 million Americans living with diabetes to separate fact from fiction. To help people with diabetes better understand how to manage the disease, the National Diabetes Education Program provides five facts about diabetes.

**Fact #1:** Diabetes is a serious disease. It can lead to serious complications such as heart attack, stroke, blindness, kidney failure, and lower limb amputations. People with diabetes can take steps to manage it and lower their risk of complications. Make healthy food choices, be physically active, and stay at a healthy weight.

**Fact#2:** The only way to know for sure what your levels are is to check your blood glucose. Diabetes is often called a "silent disease" because it can cause serious complications even before you have symptoms.

**Fact #3:** Small amounts of



**Community Volunteers Pictured Above**  
 Center: Ashley McGeorge. Top right, clockwise: Cynthia Williams, Sarah Tooley, Johnny Mac Ford, Rae Gerughty, Vivian Cleary, Willine Deckard, Connie Sue Young, Chloeteal Crowe.  
 A special thanks to all of our volunteers with diabetes for this photo.

foods that contain sugar can be part of a healthy meal plan.

**Fact #4:** A healthy meal plan for people with diabetes is a healthy meal plan for everyone. Eat foods that are high in fiber and low in

saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

**Fact#5:** Physical activity is safe—and essential—for people with diabetes.

## MCHD Nurse Answers The Call For Help

After the ice storm hit Kentucky in January, volunteers were needed to help the affected areas. Critically needed were nurses to help with the special needs of those in shelters. Christy Grider, RN, MCHD School Nurse at Tompkinsville Elementary answered the call.

Christy setup and maintained a shelter in Muhlenberg County with little help for a straight 28 hour shift. It was a grueling experience, but Christy stated that given the opportunity, she would go again. Thanks Christy for your help to others in need.



Christy Grider, RN

## Dental Health Month Celebrated At Monroe County Elementary Schools

During February, the Monroe County Health Department celebrated National Children’s Dental Health Month by conducting a coloring contest for second graders at each elementary school. The theme for the coloring contest was “Turn up Your SMILE POWER!” The health department wishes to thank the following dentists for donating prizes for the coloring contest: Dr. Rebecca Greer, Dr. Crystal Hagan, Dr. John Page, Dr. Gregory Crabtree, and Dr. Cynthia Burroughs.

### Winners were:



**Joe Harrison Carter Elementary Winners**  
School Nurse Connie Carter with Austin Brown (Mrs. Jolene Ford’s class) and Andrea Beltran (Mrs. Angie Ford’s class), Glenna Gerald’s (Family Resource Center)



**Gamaliel Elementary Winners**  
School Nurse Chasity Wilson with Brett Rippy (Mrs. Gill’s class) and Bailey Butler (Mrs. Depp’s class).



**Tompkinsville Elementary Winners**  
School Nurse Christy Grider with Emily Brooks (Mrs. Dana Hammer’s class), Dillan Trivett (Mrs. Emily McCreary’s class) and Jaynalee Sprowls (Mrs. Lindsay Boyles’ class)

## What To Do About Your Food If The POWER Goes Out!

Do not open the refrigerator or freezer. An unopened refrigerator will keep foods safely cold for about 4 hours. A full freezer will hold temperature for approximately 48 hours, 24 hours if half full. If it looks like the power outage will be more than 2-4 hours, pack refrigerated food items such as milk, dairy products, meats, eggs, and leftovers into a cooler surrounded by ice. Try to obtain block or dry ice to keep your refrigerator as cold as possible. If it looks like the power outage will last for several days, 50 pounds of dry ice should hold an 18 cubic foot full freezer for 2 days. Plan ahead and know where you can buy ice or dry ice.

What do I need if the power will be out?

- **Coolers:** One or more coolers. Styrofoam coolers can do an excellent job as well.
- **Ice:** Placing ice around your food in a cooler will ensure that it will stay cold.
- **Thermometer:** A digital, dial, or instant-read food thermometer or appliance thermometers will help you know if the food is at safe

temperatures. Keep appliance thermometers in the refrigerator and freezer no matter how long the power has been out. The refrigerator temperature should be 40°F or below, the freezer, 0°F or lower. If you are not sure a particular food is cold enough, take its temperature with a food thermometer.

**Follow these steps to help keep food safe during power outages or when the freezer or refrigerator is not working:**

- Refrigerated foods should be safe as long as power is out no more than 4 hours.
- **Throw out any perishable food in your refrigerator, such as meat, poultry, lunchmeats, fish, dairy products, eggs, and any prepared or cooked foods that have been above 40°F for 2 hours, because bacteria can multiply to unsafe levels under these conditions.**
- Fresh fruits and vegetables are safe as long as they are still firm and there is no evidence of mold, or sliminess.

- If an appliance thermometer was kept in the freezer, read the temperature when power comes back on. If the appliance thermometer stored in the freezer reads 40°F or below, the food is safe and may be refrozen.
- If a thermometer has not been kept in the freezer, check each package of food to determine the safety.
- If the food still contains ice crystals or is 40°F or below, it is safe to refreeze.
- Raw meats and poultry, cheese, juices, breads and pastries can be refrozen without losing too much food quality.
- Prepared foods, fish, vegetables and fruits from the freezer, can be refrozen safely, but food quality may suffer.
- Remember, you can’t rely on appearance or odor of the food to determine if it is safe.

For a listing on which foods may or may not be OK after a power outage, go to the Monroe County Health Department website: [www.monroecohd.com](http://www.monroecohd.com).

## Tips To Improve Your Bone Health

With proper nutrition, physical activity, and regular check-ups and screenings, Americans can have strong bones and live longer, healthier lives. Here's how.

**Eat foods rich in calcium and vitamin D.**

Calcium and vitamin D are important to your bone health. Learn about foods that are naturally high in calcium and vitamin D. Eat a balanced diet with a variety of fruits and vegetables, grains, and non-fat or low-fat dairy products. Sunshine is also a good source of vitamin D. If you are not getting enough calcium and vitamin D in your diet, supplements can be helpful.

**Eat foods that are high in calcium.**

Milk, yogurt, cheese, canned salmon with bones, broccoli, canned sardines and fortified foods such as fruit juices, cereals, breads, and soy products are excellent sources of calcium.

**Be physically active every day.**

Many types of physical activity contribute to bone health and also improve balance, coordination, and muscle strength. At least 30 minutes a day of weight bearing and strengthening physical activity is recommended for adults, and 60 minutes a day is recommended for children.

**Maintain a healthy body weight throughout your life.**

Being underweight increases the risk of bone loss and fractures.

**Protect yourself from falls.**

Fractures are often caused by falls. Protect your bones, especially if you are over the age of 60. Have your vision checked. Make your home safer by removing items you may trip over, being sure that you have enough lighting, wearing shoes with good support, and

installing handrails.

**Avoid smoking and limit alcohol intake.** Smoking and heavy alcohol use reduce your bone mass and increase your risk for broken bones.

**Discuss increased risks with your doctor.**

You may be at greater risk for fractures if you are older than 65, have broken a bone after age 50, have relatives with a broken bone, have certain medical conditions (for example, hyperthyroidism or arthritis) and take certain prescription medications (for example, thyroid medicine or oral glucocorticoids). Check with your health professional about your risks and find out if you need a bone density test. Once you have the test, your health care professional may prescribe medications that treat bone disease and may recommend calcium or vitamin D supplements.

### Eat More Fruits and Vegetables



During January, the Monroe County Health Department partnered with the Barren River District Health Dept. and various other agencies in the region to promote community members to eat more fruits and vegetables. Each participant had to register for the contest and submit a listing of the fruits

and vegetables consumed in a 7 day period; participants were then placed in a drawing for cash prizes. Congratulations to Danetta Wilson, Monroe County winner of \$25.00. Shown above are Valerie Hudson, Public Health Director and Jill Ford, RN presenting Danetta's prize.

### Are You Ready?

The recent ice storms that brought destruction to Kentucky once again brings up the question if we are ready for an emergency. Many of us unfortunately will probably say no. Ice is not the only natural disaster we may face. The following is a quiz to see how much you know about every day natural challenges. To find the correct answers to the questions, go to the Monroe County Health Department website at [www.monroecohd.com](http://www.monroecohd.com) and click on the preparedness link.

**True/False (1-9)**

1. It is safe to walk through floodwater if you can see the ground under it.
2. It takes at least 3 feet of floodwater to make a motorized vehicle float.
3. Flash floods may occur with little warning.
4. If you are in a vehicle and there is a tornado

warning, stay in your vehicle and pull off the road.

5. Every thunderstorm produces lightning.
6. Never touch a person struck by lightning.
7. If you can count to 25 after seeing lightning and before thunder, it is safe to stay outdoors.
8. It is safe to use a cordless telephone during a thunderstorm.
9. Rubber-soled shoes and rubber tires provide protection from lightning.
10. If you are home during an earthquake, you should:
  - A. Stay inside
  - B. Go out to the street
11. If you are outdoors during an earthquake, you should:
  - A. Run into the nearest building
  - B. Stay outside away from buildings

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### Window of Health

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## Did You Know?

Higher cigarette taxes get people to quit smoking, prevent relapses, and help prevent starting. Tobacco is the leading cause of preventable death, killing 8,000 Kentuckians each year.

The Kentucky Legislature voted for a .30 per pack tax increase that will go into effect on April 1, 2009. Although less than the .70 tax increase sought by Public Health experts, but is a start. Federal cigarette taxes also increase from .39 to \$1.01 per pack on April 1. Benefits to raising the tobacco tax are:

- Smoking rates for youth and adults will decline
- Few youth will start smoking
- More adults quit smoking
- Health care costs are reduced from fewer smoking caused heart attacks, strokes, cancers and other smoking related illnesses.



## Helping Businesses Become Part of the Solution

The Monroe County Alliance for Inhalant Prevention is partnering with local agencies in Monroe County to help get the word out about the dangers of inhalant abuse. Several businesses around town have already jumped on board by displaying a brochure rack in their office/lobby area that's accessible to the public.

If you would like to set up a brochure rack display in your agency, simply log onto [www.Displays2Go.com](http://www.Displays2Go.com), select a display board that meets your needs (under \$200 please), and then call us and we'll take care of the rest. Of course, we ask that some of the space be dedicated to our inhalant abuse information, but the rest of the space is yours to do with as you wish. Funding is limited so call/email today!!!

270-487-0622 or [kbowman@lifefskills.com](mailto:kbowman@lifefskills.com)

## National Nurses Week Is May 6–12.

### Suggestions for Celebrating Nurses Week

- Thank a nurse for their splendid medical work.
- If MCHD nurse, treat them to a Dovie double cheeseburger.
- As the editor does, only harass them once daily instead of the usual 2 to 3 times.

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