



BCHD HEALTH HAPPENINGS

Physical Activity in Your Daily Life

By: The American Heart Association

For more info, check out www.americanheart.org

There are advantages to working out at home. It's convenient, comfortable and safe. It allows your children to see you being active, (setting a good example) You can combine exercise with other activities, such as watching TV. If you buy exercise equipment, it's a one time expense and can be used by other member of the family. It's easy to implement short bursts of activity into your daily routine.

At home:

- Do housework rather than hiring someone.
- Work in the garden, mow lawn, rake leaves etc.
- Take a short walk.
- Stand up while talking

- on the phone.
- Walk the dog.
- Park farther away at the store.
- Stretch to reach items in high places squat or bend to look at items at floor level.
- Ride the stationary bike while watching t.v.
- Sit up instead of lying on the sofa.
- Throw away the remote control.
- Instead of asking someone to bring you a drink, get up and get it.

At the office:

- Brain storm project ideas with co-workers while taking a walk
- Walk down the hall to speak with someone

rather than using the phone.

- Schedule exercise time on your calendar and treat it as any other important appointment.
- Walk while waiting for a plane at the airport.

At play:

- See the sites in new cities by walking.
- Join a rec club.
- When golfing walk instead of using a cart.
- Play racquetball.
- Dance.
- Take a rowboat fishing.

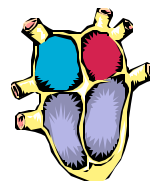


Help Your Heart Today!!!

- Quit smoking.
- Avoid fads and diet pills; they don't work long-term.
- Don't drink more than one glass of alcohol a day.
- Get moving! 30 minutes of physical activity a day.
- Get your blood pressure and cholesterol levels checked regularly.
- Control your weight.
- If you have diabetes, monitor and control your blood sugar levels.
- Cut down on salt. Talk to your MD about your heart disease risks and your family's heart disease history.
- Eat a diet rich in fruits,

vegetables, and grains and low in saturated fat and cholesterol.

Stay informed about your health!



Bayfield County Health Department

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Special Points of

Interest:

- ☺ Emotional well being
- ☺ Healthy hearts
- ☺ Nutrition
- ☺ Dental Care
- ☺ Healthy Activities

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MILK-the right choice!

Drinking milk provides the ground work for healthy bones and happy hearts. Milk provides valuable vitamins and minerals for all bodies. It is recommended that people over two years old should drink 1% or skim milk.

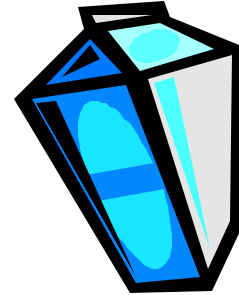
Did you know?

- Milk is an important source of many vitamins and minerals in Americans' diets, including calcium, potassium, riboflavin, vitamins A & D.
- 25 million Americans have osteoporosis, which caused 1.5 million fractures and costs \$10 billion a year in health care costs/ eating

enough calcium can prevent debilitating fractures.

- Since 95% of maximum bone density is reached by age 18, it is especially important that kids get enough calcium; the average teenage girl consumes less than 2/3 of the RDA daily.
- Over a lifetime, fat savings from drinking low-fat/non-fat (skim) milk after the age of 2 years, the average American could cut 400 pounds of fat from his/her diet.
- A cup of whole milk has as much artery clogging fat as one regular hot dog.

- Whole milk gets almost half its calories from fat. Skim milk is fat free and has 40% fewer calories than whole milk.
- 1% (low-fat) and skim (non-fat) have all the calcium and vitamins A and D found in whole milk.



**Say yes to 1%
or less!**

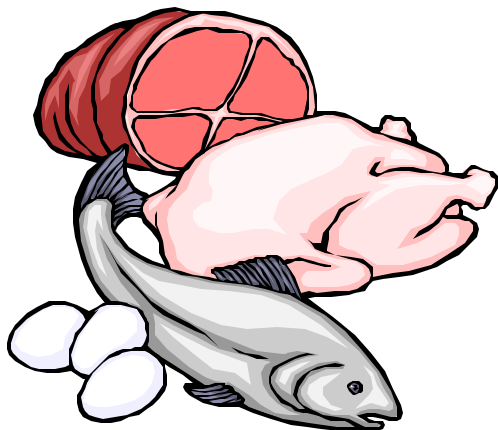
Safe-Kitchen Tips

Article from: Center for Science in the Public Interest

95% of food-borne illness is probably preventable. Here are some tips on what you can do:

At the store:

- Don't let juice from raw meat, poultry, or fish drip on to your hands or any fresh foods in your grocery cart. Raw juices may contain bacteria.
- Shop for cold and frozen products last. Use a cooler for the ride home, especially in the summer.
- Avoid unpasteurized milk and juice, and egg nog or other foods made with raw eggs.



In the kitchen:

- Always wash your hands in hot, soapy water before preparing and after handling raw meat, poultry, seafood, or eggs.
- Cook meat and poultry thoroughly. Including casseroles that contain meat or poultry. As a general rule, cook all meats to an internal temp of 165 degrees Fahrenheit, and poultry to 180 degree Fahrenheit.
- Keep your refrigerator turned down to cold hold product at 40 degree Fahrenheit or less.
- Don't store raw fish in the refrigerator for more than 24 hours. Raw poultry or ground beef will keep for one to two days and raw red meat for three to five .
- Thaw frozen food in the refrigerator, or in the microwave, not at room temperature.
- Never put cooked food on the same plate used when it was raw.
- To keep bacteria from growing, clean your sponge and scouring pad in a sink of water with a cap or two of regular household bleach.

Does your child need a Mouth Guard? By: Barb Gonderzik



An estimated 25 million youths in the United States participate in competitive school sports, and 20 million children and adolescents play organized out-of-school sports. Sports related trauma continues to occur, but there is something we can do about it.

Properly designed and custom fabricated mouth guards are essential in preventing oral-facial injury. Mouth guards protect against jaw and teeth fractures, and tooth dislocation by absorbing the energy of a traumatic blow to the chin. They also protect against soft tissue lacerations, and against bruising of the lips and cheeks. Mouth guards also reduce the likelihood of concussions, cerebral hemorrhage, and unconsciousness during athletic activities.

The American Dental Association estimates that mouth guards prevent approximately 200,000 injuries each year in high school and collegiate football.

So why don't more young athletes wear them? The main complaints include discomfort, loose fit, difficulty breathing, and difficulty speaking. These problems can be prevented with a properly fitted mouth guard that is protective, comfortable, resilient, tear resistant, odorless, tasteless, causes minimal interference with speaking, has an excellent fit, and is sufficiently thick to protect teeth. Only your dentist can provide you with a properly fitted mouth guard.

4 types of mouth guards:

- Stock (OTC). Not recommended due to lack of retention and lack of protective qualities.
- Boil & Bite Mouth Guards (OTC) Not recommended. Do not cover and protect back teeth, and are too thin.
- Vacuum Made Mouth Guards. These are ok. Made by a dentist for custom fit of thermoplastic material.
- Pressure Laminated Mouth Guards. These are the best! Custom made, multiple layer. This one provides superb fit, and great protection for the athlete.

Simple First Aid for Home Emergencies provided by: WI EMS Section

BLEEDING:

Small cuts– wash with soap and water and cover with a bandage.

Large cuts– put a piece of clean cloth right over the cut. Press it tightly until the bleeding stops and then cover with a bandage. Call for help if bleeding is very heavy or the wound is very deep.

NOSEBLEEDS:

First sit down with your head bent slightly forward. Pinch your nostrils together until the bleeding stops. DO NOT put your head back or blow your nose. Then place a cold, wet cloth on your nose and face.

BLISTERS:

DO NOT pop blisters. If the blister

is already broken, clean the area, apply a clean bandage and watch for signs of infection.

BURNS:

Put the burned area in cold (not ice) water and cover with a clean cloth. DO NOT use ointment or jelly-DO NOT pop blisters. Get help right away if it's a severe burn.

Is your water safe?

Homeowners with private wells should test their water supply for contaminants. Wells are susceptible to contamination after spring thaw or heavy rainfall. Any well that has been flooded should be considered unsafe. Wells located in well pits, basements, and old dug wells, are most easily contaminated by flooding. If this happens, and if water must be used from such a well, it should be boiled for at least 15 minutes before being used for drinking or food preparation. The water

should also be free of suspended particles. An alternate method of disinfecting the water before use is to add 2 drops of unscented chlorine bleach to one quart of water. This mixture should be allowed to stand for 2 hours to allow the chlorine to kill any organisms that could be in the water. There should still be a slight chlorine odor to the water for it to be safe to use.

Well water can be tested by obtaining a

test kit from either Ashland or Bayfield County Health Departments. The City of Ashland Sewage treatment plant is able to test private well water.



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Winter Blues

Article from: Health Watch. A Public Service of the Office of News and Publications & the Library at UT Southwestern Medical Center at Dallas.

Some people find winter invigorating and exciting. But many look outside and see only cold, bleak days. All of us can get that sad feeling from time to time. If you've been cooped up in the house for awhile you understand it: the blues of winter.

For some people the chill of winter matches their mood. Most often their mood lifts with better weather. But long-term problems can develop if the blues continue for too long.

Researchers at UT Southwestern Medical Center at Dallas say depression is more than just a blue mood. It is a serious medical disorder that can cause physical changes

as well. Depressed people may have drastic changes in their eating and sleeping habits and in their sex lives. They also may experience indigestion, constipation or headaches. Depression is especially prevalent among the elderly.

If you are feeling down for no apparent reason and your blue mood doesn't lift after a few days, your eating or sleeping habits change dramatically or you have trouble getting out of bed to face the day, you may be suffering from clinical depression. The good news is that depression is treatable. Seek professional help either by consulting your family doctor or contacting your local mental health society.

If you notice these symptoms in friends or family members, encourage them to seek help. Clinical depression isn't something you can just "snap out" of, and it can occur at any time.



Winter can cause chemical changes in the brain, causing Depression.