

In Good Health

A Health and Wellness Newsletter



June 2008

Volume 3 Issue 6

In This Issue:

- Men's Health
- Fight the Bite: Tick & Mosquito Control
- Teen Drivers
- Healthy Recipe: Berry Blast Smoothie

Health Observances of the Month:

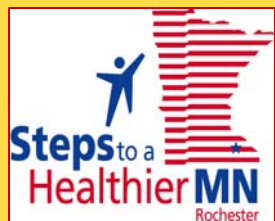
National Safety Month

National Dairy Month

June 9-15th
National Men's Health Week

Health Observances are a great way to raise awareness and educate others on health and wellness!

What can you do to help spread the message?



Men's Health

Screening tests can find diseases early when they are easier to treat. Below is a list of recommended tests that men should discuss with their doctor.

- **Obesity:** Have your body mass index (BMI) calculated to screen for obesity. (BMI is a measure of body fat based on height and weight.) You can also find your own BMI with the BMI calculator from the National Heart, Lung, and Blood Institute at: <http://www.nhlbisupport.com/bmi/>.
- **High Cholesterol:** Have your cholesterol checked regularly starting at age 35. If you are younger than 35, talk to your doctor about whether to have your cholesterol checked if:



- You have diabetes.
- You have high blood pressure.
- Heart disease runs in your family.
- You smoke.

- **High Blood Pressure:** Have your blood pressure checked at least every 2 years. High blood pressure is 140/90 or higher.
- **Colorectal Cancer:** Have a test for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you. If you have a family history of colorectal cancer, you may need to be screened earlier.
- **Diabetes:** Have a test for diabetes if you have high blood pressure or high cholesterol.
- **Depression:** Your emotional health is as important as your physical health. If you have felt "down," sad, or hopeless over the last several weeks or have felt little interest or pleasure in doing things, you may be depressed. Talk to your doctor about being screened for depression.
- **Sexually Transmitted Infections:** Talk to your doctor to see whether you should be tested for chlamydia, gonorrhea, syphilis, HIV/AIDS or other sexually transmitted infections.
- **Abdominal Aortic Aneurysm.** If you are between the ages of 65 and 75 and have ever smoked (100 or more cigarettes during your lifetime), you need to be screened once for abdominal aortic aneurysm, which is an abnormally large or swollen blood vessel in your abdomen.

Agency for Healthcare Research and Quality

<http://www.ahrq.gov/ppip/healthymen.htm>

Summer Safety: Fight the Bite

West Nile Virus is a potentially serious illness that is spread by infected mosquitoes. Symptoms usually develop 3-14 days after being bitten. Although most people show no symptoms at all, severe symptoms can include headaches, stiffness, vision loss, disorientation, and paralysis.



Avoid mosquito bites and infection by:

- Applying insect repellent containing DEET.
- Apply sunscreen first, then repellent.
- Consider staying indoors from dusk to dawn- or take extra care to avoid bites.
- Drain standing water around your home.
- Wear long-sleeves, pants, and socks during peak mosquito biting hours.

Lyme Disease is transmitted by the bite of infected blacklegged (deer) ticks. Typical symptoms include fever, headache, fatigue, and a characteristic skin rash. If left untreated, infection can spread to joints, the heart, and the nervous system. Most cases can be successfully treated with antibiotics.



Steps to prevent tick bites:

- Use insect repellent.
- Inspect yourself and pets for ticks during outdoor activity and at the end of the day.
- Landscape your yard to make a less desirable habitat for ticks.
- Wear long pants and light colored clothing.

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Wondering how you can use this newsletter? Feel free to post in the staff break room, incorporate into your school, church or agency newsletter, make it part of your wellness program or send it out via email to your friends and family. Use the newsletter in its entirety or cut and paste articles of interest into your current communications.

Let us hear from you! Drop us a line on how you use *In Good Health*.

Email:
mix.laura@co.olmsted.mn.us

We're on the Web!

See us at:

www.co.olmsted.mn.us

*County Departments

*Public Health Services

OR

www.stepsstohealthiermn.org

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Teen Drivers Rules of the Road

Handing the car keys over to your teenager can be nerve wracking. And for good reason: Minnesota roads are among the most dangerous in the nation for teen drivers. 1 of every 6 fatal crashes involves drivers under the age of 19.

Keep your son or daughter safe by establishing ground rules. By clearly defining expectations and consequences, you'll reduce the risk of injury, frustrating conflicts, costly accidents, and other problems.



www.kidshealth.org

- Eliminate distractions. If you need to eat, put on makeup, talk on the phone, text message, or do anything that takes your eyes off the road, pull over.
- Limit the number of passengers your teen can have when he or she is a new driver.
- Not a drop. Driving under the influence of alcohol- or riding with someone who is- can be a fatal mistake. Encourage teens to call for a ride, regardless of the time or whether they're somewhere off limits.
- Set a curfew. Nighttime driving can be more dangerous. Ease teens into driving after dark.
- Emphasize that seatbelts are mandatory for everyone in the car.
- Make sure your teen understands the consequences of speeding. You may want to consider having them foot the bill for violations.
- Teach basic car maintenance. Make sure your teen knows who to call and what to do in the event of a breakdown.
- Discuss which weather conditions are okay to drive in and which aren't.

Three-A-Day of Dairy

The Role of Dairy in Maintaining a Healthy Weight

Numerous studies now suggest that eating low-fat dairy foods may play a beneficial role in weight management. In trials of overweight or obese adults, it was found that eating three servings of dairy per day decreased body weight and body fat to a greater extent than restricting calories alone. Diets rich in dairy foods may promote weight loss by targeting the areas



where body fat is stored. Though more research is needed to clarify the anti-obesity effect of dairy products, the

evidence is piling up: Consuming 3-A-Day of dairy foods such as low-fat milk, yogurt, or cheese, may help people achieve a healthy body weight and composition.

National Dairy Council

Berry Blast Smoothie

Ingredients

- 1 cup frozen raspberries
- 2 (6 ounce) containers fat-free blueberry yogurt
- ½ cup fat-free milk
- 1 tablespoon unsalted, natural almond butter
- 1 tablespoon honey

Nutrition Facts Per Serving

Calories: 230
Fat: 5g
Saturated Fat: .5g
Cholesterol: 5mg
Sodium: 120mg
Calcium: 35% daily value
Protein: 10g
Carbohydrates: 39g
Fiber: 4g

In a blender, add frozen raspberries, yogurt, milk, almond butter and honey. Cover and puree until smooth. Pour into two tall glasses and serve.

