

Happy New Year

Milford Health

January 2014



Public Health
Prevent. Promote. Protect.

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3 Days/3 Ways

Milford’s 3 Days/3 Ways program is designed to get people prepared for any type of emergency. The message is simple: be ready to survive for a minimum of 3 days after a disaster. With a large disaster a community can go a long time without assistance so make sure to be prepared with these 3 easy steps:

- 1.) Make a plan
- 2.) Build a kit
- 3.) Get involved

Volunteer.

Strengthen the public health infrastructure of your community; join your local MRC today.

To learn more about joining MRC [click here!](#)



January Health Observances

			1	2	3	4 National Folic Acid Awareness Week(4-10) 
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19 Healthy Weight week(20-26) National Certified Nurse Anesthetists Week (19-25) 	20 King Day of Service	21	22	23	24	25
26	27 National Drug Facts Week (27-2)	28	29	30	31	

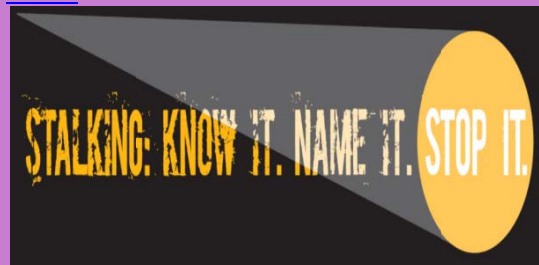
National Stalking Awareness Month

January is national stalking awareness month, a time to focus on a crime that affected 6.6 million victims in one year.

The theme, “Stalking: Know It. Name It. Stop It.”, challenges the nation to fight this dangerous crime by learning more about it.

- Stalking is a crime in all 50 states, the U.S. Territories and the District of Columbia
- In 1 out of 5 cases, stalkers use weapons to harm or threaten victims
- Stalking is one of the significant risk factors for femicide (homicide of women) in abusive relationships.
- Victims suffer anxiety, social dysfunction, severe depression, and many lose time from work or have to move as a result of their victimization.
- Stalking may take many forms, such as assaults, threats, vandalism, burglary, animal abuse, unwanted cards, calls, gifts, or visits.
- Stalkers use technology, such as computers, global positioning system devices, or hidden cameras, to track their victim’s daily activities.

For additional info on stalking, please visit <http://www.stalkingawarenessmonth.org/about>



Monthly Health Observances

[Cervical Health Awareness Month](#)

[National Glaucoma Awareness Month](#)

[National Birth Defects Prevention Month](#)

[National Radon Action Month](#)
[National Stalking Awareness Month](#)

[National Winter Sports TBI Awareness Month](#)

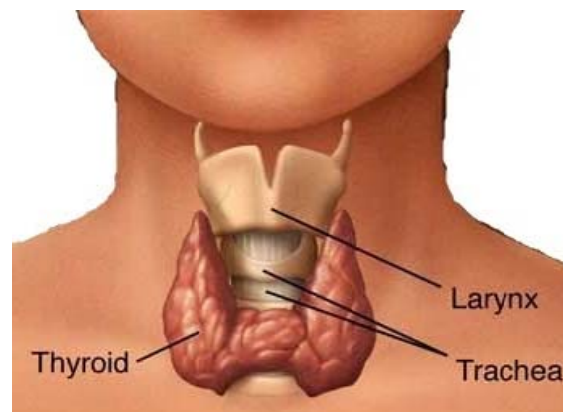
[Thyroid Awareness Month](#)

Thyroid Awareness Month

January is national Thyroid awareness month! According to the National Library of Medicine, the thyroid is a butterfly-shaped gland in your neck which produces hormones that control the rate of multiple activities in the body.

Approximately 30 million Americans are living with Thyroid dysfunction, more than half of those people are still undiagnosed. The most common types of thyroid problems usually have to do with the abnormal production of thyroid hormones. These problems are known as hyperthyroidism and hypothyroidism.

Hyperthyroidism occurs when the thyroid produces too much of the thyroid hormones. This is most commonly caused by Graves’ disease, an autoimmune disorder that causes the immune system to stimulate the thyroid, therefore producing an excess amount of thyroid hormones. Some other causes of hyperthyroidism include toxic adenomas, subacute thyroiditis, pituitary gland malfunctions, or cancerous growths in the thyroid gland. To find out if one might have this disease, some symptoms to look out for include:



- Weight loss, even if you eat the same or more food
- Eating more than usual
- Rapid or irregular heartbeat or pounding of your heart
- Anxiety
- Irritability
- Trouble sleeping
- Trembling in your hands and fingers
- Increased sweating
- Increased sensitivity to heat
- Muscle weakness
- More frequent bowel movements
- Less frequent menstrual periods with lighter than normal menstrual flow

Hypothyroidism occurs when your thyroid doesn't produce enough thyroid hormones. The most common cause of this disorder in the United States is Hashimoto's disease, an autoimmune disease in which the immune system mistakenly attacks the thyroid, therefore causing damage which causes the thyroid to be underactive and not produce enough thyroid hormones. Other causes include removal of the thyroid gland, exposure to excess amounts of iodide, and lithium. Some symptoms of hypothyroidism include:

- Weight gain, even if you are not eating more food
- Increased sensitivity to cold
- Constipation
- Muscle weakness
- Joint or muscle pain
- Depression
- Fatigue
- Pale dry skin
- A puffy face
- A hoarse voice
- Excessive menstrual bleeding

To learn more about thyroid diseases click [here!](#)

National Birth Defects Prevention Month

January is also national birth defects prevention month! Did you know that according to the CDC there is a baby born with a birth defect every 4.5 minutes? When birth defects occur, it causes changes in one or more structures in the body which can therefore lead to serious issues with health, development, or functional ability. Though not all birth defects can be prevented, there are a few things women can do before and

during pregnancy that'll greatly decrease the chances of having a baby born with a birth defect. Here are some prevention methods you could choose to take:

- **Take folic acid everyday-** Taking 400mcg of folic acid a day, starting approximately a month before becoming pregnant and during the pregnancy, can greatly reduce major birth defects of the baby's brain and spine
- **Don't drink at any time during pregnancy-** There is no known safe amount of alcohol for a pregnant woman to drink. Alcohol that flows through a woman's blood stream passes through the placenta and into the baby through the umbilical cord, therefore increasing the risks of having a baby born with a fetal alcohol spectrum disorder (FASD). To learn more about FASD click [here](#)!
- **Don't smoke-** Smoking during pregnancy. Even second hand cigarette smoke, can put your unborn baby at risk of certain birth defects, premature birth, and infant death. The best thing you can do is quit smoking before you even get pregnant, but for women who are already pregnant, quitting as soon as possible will still help.
- **Don't do illegal drugs-** Using illegal drugs during pregnancy can cause your baby to be born with a low birth weight, prematurely, or with other birth defects. Illegal drugs can even be passed through breast milk, causing the baby's growth and development to be impaired.
- **Talk to a health care provider about medications-** Make sure that the medications you're taking before during pregnancy won't cause any birth defects if planning to have a baby or already pregnant. This includes prescription and over-the-counter medications and dietary or herbal products.
- **Prevent infections-** Some infections that women get during pregnancy can be harmful to their unborn baby, click [here](#) to learn how to prevent infections.
- **Talk to your doctor about vaccinations-** Make sure to have the proper vaccinations at the right time



- in order to keep both the mother and baby healthy.
- **Keep diabetes under control**- Proper control of diabetes before and during pregnancy can help prevent birth defects and other health related issues.
 - **Reach/maintain a healthy weight**- Women who're obese before pregnancy, have a greater risk of complications during pregnancy as well as an increased risk of having a baby with serious birth defects.
 - **See a health care professional regularly**- Women should make sure to visit their doctor before and during pregnancy in order to receive proper prenatal care.

To learn more about birth defects click [here](#)!



New Year's Resolutions

It's that time of year again where we always tell ourselves that we're going to make the upcoming year bigger and better than the last. Whether we decide to eat healthier, exercise more, or quit bad habits, these goals never seem to be met for long.

Though we always say we're going to stick to our resolutions, often times we never do. Did you ever

thing maybe it's wasn't the resolution that is too hard to obtain but rather the way you were approaching it? Here are a few helpful tips on how you could better approach your new year's resolution so that you have a more successful new year!

1. Choose only one resolution

It has been proven that it's nearly impossible for the brain to handle more than one New Year's resolution. If you have more than one goal in mind, select the one that is most important to you and solely focus on that one goal.

2. Be Realistic

Set yourself up for success by creating a resolution that is actually obtainable. For instance, making it your goal to never eat your favorite type of food again is setting yourself up for failure. Instead, shoot for a goal that is more attainable, such as eating that food less often.

3. Aim for short term goals

If your long term goal is to go to the gym everyday of the week and you haven't been to the gym in years, you'll probably give up within a month or so. Instead,

make a short term goal of going to the gym 2-3 times a week and periodically increase that goal until you reach your long term goal.

4. Plan ahead

Don't wait till the last minute to make your New Year's resolution. You should start planning ahead as to what a good resolution for you would be and how you will deal with the temptations that come along with it. Some ways you could attempt to

avoid temptation include, calling a friend for help, practicing positive thinking/self talk, or reminding yourself of how badly it'll impact your goal.

5. Tell others your resolution

Studies have proven that telling friends and family who are supportive of you about your new goal for the year increases the likelihood of your

success. Also, writing down your resolution makes you more likely to succeed and increases your overall happiness.

6. Reward yourself

If you have been sticking to your resolution, it is okay to reward yourself every once in a while. Just make sure your reward doesn't contradict your resolution. For instance, if your goal is to eat healthier, reward yourself with new workout clothes rather than a box of chocolates.

7. Don't give up

Setbacks and failure do not define your success, but how you respond to them will. If you happen to have an occasional slip up, don't beat yourself up over it. Instead, reflect on the lessons they hold, make adjustment accordingly, and then get back on track.

8. Recommit

If you find that come March you have already began failing your goal don't worry. Start over again! Begin by recommitting yourself to your goal for 24 hours. Eventually, the 24 hour increments will build up on each other and, before you know it, you'll be back on track.



Healthy Weight Week

January 20-26, 2013, 20th Annual

January 22, Tuesday – Rid the world of Fad Diets

& Gimmicks Day, 24th annual

January 24, Thursday – Women's Healthy Weight Day, 20th annual

The 20th annual *Healthy Weight Week* is a time to celebrate healthy diet-free living habits that last a lifetime and prevent eating and weight problems.

Our bodies cannot be shaped at will. But we can all be accepting, healthy and happy at our natural weights.



Winter Weather Preparedness

It's January, and the winter weather is in full swing. This could mean power outages, snow storms, and more. There are many things that one could do in order to be prepared for the harsh winter months, even if you're already prepared you could always go back and double check. Just like any type of emergency situation, being as prepared as possible could help you respond more efficiently in the event of an unexpected storm or disaster. When it comes to the winter weather there are multiple ways to be prepared, whether it's preparing your house, or even your car.

Making sure your house is preparing for any type of winter weather is extremely important. Taking the extra time out of your week to do little things like getting your chimney inspected, installing a smoke detector, and making sure you have flash lights with fresh batteries scattered around your house could save you from encountering unwanted emergency situations. Here are a few more quick tips to keep you and your home safe and sound this winter.

1. Prepare/check your emergency supplies

Kits should include:

- Water
- Nonperishable foods
- First aid kit
- Medications, medical supplies and information
- Tool and supplies
- Sanitation supplies
- Clothing and bedding

2. Make sure your home is properly weatherproofed

- Insulate walls and attics
- Caulk and weather strip doors and windows

3. Install a battery operated carbon monoxide detector

For a printable check list, click [here!](#)



When it comes to the winter weather, preparing your home is not the only thing you have to worry about. Your car is another main item that you have to make sure is prepared for the harsh winter conditions. Whether you've already prepared your car or you haven't, it's always good to double check to make sure you've done the things you need to. Here are a few tips to make sure your car is prepared for the winter weather.

1. Make sure your car is in good working order, check the following:

- Heater
 - Brakes
 - Ignition
 - Emergency flashers
 - Exhaust
 - Tires (air pressure and wear)
 - Defroster
 - Battery
 - Radiator
2. Check auto fluids:
- Antifreeze
 - Windshield wiper fluid (winter mixture)
 - Fuel
 - Oil- (always keep gas near full to help prevent ice formation on both the tank and fuel lines)
 - Brake fluid.

To learn more about preparedness for winter weather, click [here](#)!