



The Milford Health Department



Public Health
Prevent. Promote. Protect.

February 2011 E-Bulletin

Welcome to the 2011 February edition of our monthly news bulletin. The focus of this bulletin is to bring you timely information on a wide variety of health related topics. The format is designed to expedite the reading process by providing brief articles and links. Choose the subjects of greatest interest or importance to you or your family and instantly connect to immunization schedules, news bulletins and articles of interest. Enjoy!

Include *Emergency Preparedness* in your list of New Year's resolutions.

* **Make a Plan**

* **Build a Kit**

* **Get Involved**

Learn more about the three simple steps you can take to prepare for unforeseen emergencies:

<http://www.govlink.org/3days3ways/>

February Health Themes

American Heart Month

National Children's Dental Health Month

Women's Heart Week

Burn Awareness Week

National Eating Disorders Awareness Week



**Heart disease is the leading cause of death in the United States.
Learn about heart disease prevention.**

Go to: <http://www.cdc.gov/features/heartmonth/>

Heart Disease is the Number One Cause of Death

About every 25 seconds, an American will have a coronary event.

[Heart disease](#) is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2009, an estimated 785,000 Americans had a new coronary attack, and about 470,000 will have a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one.¹

The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of a heart attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or a stroke in the future. For more information on heart disease and stroke visit [CDC's Division for Heart Disease and Stroke Prevention](#).

Combating Stress:



If you'd like some tips to help combat and avoid stress, check out CNN's stress reduction tips at: <http://www.cnn.com/HEALTH/library/stress/SR0001.html>

Kids Sweet on Caffeine, Mainly Soda

Caffeine Intake among Children Equivalent to Nearly 3 Cans of Soda a Day

By [Denise Mann](#)/WebMD Health News/Reviewed by [Louise Chang, MD](#)



Dec. 16, 2010 -- Three-quarters of children aged 5 to 12 consume [caffeine](#), and it may be keeping them up at night, according to a new study in the *Journal of Pediatrics*.

<http://www.webmd.com/parenting/news/20101215/kids-sweet-on-caffeine-mainly-soda>

February is National Children's Dental Health Month!



The American Dental Association is pleased to provide you with the February 2011 National Children's Dental Health Month (NCDHM) Program Planning Guide. This month-long national health observance brings together thousands of dedicated dental professionals, health care providers and others to promote the benefits of good oral health to children and adults, caregivers, teachers and many others.

For more information go to:

http://www.ada.org/sections/professionalResources/pdfs/ncdhm11_program.pdf

Women's Heart Week February 1-7, 2011

Raising Awareness about Our #1 Killer

National Women's Heart Week February 1-7 is an outreach program that combines fun, free activities with heart health screenings. By partnering with local organizations, we can help women come together and encourage fitness, promote stress reduction activities and learn about heart-healthy eating and gender-specifics on women's heart disease. The 7 focus days of Women's Heart Week promote prevention, education, symptoms awareness and early intervention. For more information go to:

http://www.womensheart.org/content/outreach/HeartWeek/whatis_heartweek.asp



Burn Awareness Week



When the Shriners Hospitals for Children® began specializing in treating burns opened in the mid-1960s; the health care system has provided care for more than 50,000 patients with burn injuries. The interdisciplinary methods used by the staff of Shriners Hospitals for Children® ensure each patient receives complete, individualized care. Since Shriners Hospitals for Children® entered the burn care field, the survival rate for children with burns over more than 50 percent of their body surface has doubled. In addition, today,

patients with burns over 90 percent can survive and go on to lead full, productive lives. Burn Awareness Week is a kick-off to a year-long educational campaign from Shriners Hospitals for Children®. In the menu across the top of each page, viewers will find information about burn prevention and educational materials for download or order. If you have any questions, please e-mail us at shrinepr@shrinenet.org.

How to avoid Frostbite and Hypothermia This Winter

By Chelsea Donini Milford Health Department
Clerk/Intern

Frostbite and hypothermia are severely dangerous results of the winter season. Frostbite is a severe reaction to cold exposure that causes freezing in the deep layers of skin and tissue causing permanent damage. Hypothermia occurs when the body



temperature drops to less than 95 degrees Fahrenheit. Victims of hypothermia are often elderly people, babies, people who remain outdoors for long periods of time, and those with predisposing health conditions such as diabetes or cardiovascular disease. Luckily, both frostbite and hypothermia can be easily avoided. ***Five easy ways to avoid frostbite and hypothermia are:***

- Layer clothing to adjust to changing environmental temperatures – wear a hat and gloves, in addition to underwear that can keep water away from the skin
- Take frequent short breaks in warm, dry shelters to allow the body to warm up
- Drink warm or sweet beverages, such as sugar water or sports-type drinks
- Avoid drinks with caffeine or alcohol
- Eat warm, high calorie foods like hot pasta dishes

By taking these easy steps, frostbite and hypothermia can be avoided.



In the month of love, *Love Thyself*

From February 20th to February 26th is National Eating Disorders Awareness Week. An eating disorder is when a person eats, or refuses to eat, in order to satisfy a mental need, not a physical compulsion. The most common types of eating disorders are anorexia nervosa; bulimia nervosa and, more recently, “binge” eating. It is important to remember that people with

these disorders are eating to satisfy a deep emotional pain and most likely suffer from body image disorders and or food phobias. To learn more, visit:

<http://www.nationaleatingdisorders.org/programs-events/nedawareness-week.php>.

When a person has an extreme fear of weight gain and often eats very little or not at all this condition is known as anorexia. Many people restrict any intake of food by dieting, fasting, and/or obsessively exercising. Bulimia, similar to anorexia, is when a person will eat food but compensate in extreme ways such as forced vomiting, laxatives, and/or excessive exercise. Binge eating typically affects men more than women. It is define as consuming a large amount of food within two hours and being unable to control the amount consumed or the ability to stop eating. For more information visit the National Eating Disorders Center for Information at <http://www.nedic.ca/>.

Love yourself no matter what size you are. If you or anyone else is struggling with this disorder, you/they are not alone. Eating disorders typically begin around age 12-15. During puberty, children's bodies develop dramatically as they begin face new challenges including social pressure and a need to fit in. Two out of every one hundred students suffer with this disorder. Talk to a professional. On <http://www.something-fishy.org/>, a list of treatment options is just a phone call away. The website is dedicated to recovery and awareness and is a great way to explore different treatments.

Eating disorders are reportedly caused by mental illnesses associated with body image and food phobias. It is vital that you accept your body and love yourself they way you are because you are unique and beautiful. Here are a few tips to get you started:

1. **Stop dieting.** Start eating normally. What's normal eating? Eating when you're hungry and eating 3 well balanced meals a day.
2. **Think about what's inside.** Instead of focusing on your physical features, flaunt your talents and participate in activities that make you feel good and express your uniqueness as a person.
3. **Enjoy your body.** Treat your body well, exercise (but not excessively) and eat balanced foods (with sweets in moderation).
4. **Think positive.** Compliment yourself everyday. Accept who you are and be proud of it!
5. **Respect.** Respect yourself and the people around you no matter what size they are.



NO BODY IS PERFECT

February is the month of love;
This month *love yourself!*