



Kay County Health News

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Many Certified Healthy Businesses continue to reach for a higher level of certification every year?

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July is National Picnic Month

Picnics bring family and friends together for a fresh meal and fun activities, all while enjoying the great outdoors. Visit a local park or lake, or get creative in your own backyard.

Picnic Packing Checklist:

Food: Choose a variety of foods from each food group. Grill chicken, sausage, shrimp kabobs or lean beef or turkey burgers and serve with whole-grain buns. Don't forget nutrient-rich sides such as fruit salad, and raw vegetables with yogurt dip and cheese with whole-grain crackers. Enjoy a healthy dessert such as fresh fruits!

Drinks: Stay hydrated by bringing plenty of water and fat-free chocolate milk to recover from all the fun activities.

Activities: Bring bikes, balls, water guns, hula-hoops or fill balloons to have a water balloon fight!

Don't forget: Condiments, cooler, ice, utensils, paper goods, picnic basket, blanket, bug spray and sunscreen. Also pack plates, cups, cooking and serving utensils, napkins, trash bags, paper towels, and wet-wipes.

As much fun as picnics can be, food at these events can be hazardous to your health. Picnic foods - such as potato or macaroni salads, sand-

wich fillings, hamburger patties and cut watermelon -- often receive a lot of handling during preparation. Handling increases the risk of contamination with harmful bacteria.

Picnic food is not always cooled as rapidly after serving as it should be. Picnic foods are often precooked and prepared in large quantities. Cooked foods for serving later should be rapidly cooled by putting in shallow pans and refrigerated immediately.

Lastly, equipment to keep hot food hot and cold food cold is often not used at picnics and food may sit out for long periods of time. Warm temperatures support the growth of harmful bacteria.

If you do not have equipment to keep cold food cold and hot food hot, take foods that do not need refrigeration such as:

- peanut butter sandwiches
- dried fruit, nuts, unpeeled fresh fruit
- jelly sandwiches
- unopened cans of food, meat, fish, or fruit
- cookies and cakes
- crackers

For detailed information about food safety, refer to the October 2013 issue of this newsletter. Picnicking is a special part of many summertime activities. Don't ruin the fun by inviting foodborne illness.



Tick Bites and Lyme Disease

More than 30,000 cases of Lyme disease are reported annually, making it the most commonly reported vector-borne illness in the US, according to the Centers for Disease Control and Prevention.

Reducing the risk of tick bites is essential to protecting your family from Lyme disease and its potential long-term, devastating effects.

Lyme disease can cause Bell's palsy, severe headaches, neck stiffness, heart palpitations, or pain and swelling in large joints. It's difficult to diagnose since symptoms can be attributed to other health problems. Left untreated, about 60 percent of Lyme disease sufferers experience arthritis, while five percent develop chronic neurological challenges months or years after the infection.

BLAST is a helpful acronym representing basic tick bite prevention measures - Bathe, Look for ticks, Apply repellents, Spray the yard and Treat your pets.

For People

- Avoid areas with high grass and leaf litter.
- Apply repellent to exposed skin and clothing before outdoor activities.
- Bathe right after spending time outdoors and conduct a full-body tick check. Use a mirror to see hard to reach places such as the under arms, belly button, scalp, and behind the knees.

For Pets

- Check pets for ticks daily and remove them as soon as possible.
- Talk with your veterinarian about using tick preventatives on your pet.
- Watch pets closely for changes in behavior or appetite. This may indicate Lyme disease infection.

In Your Yard

- Place a wood chip or gravel barrier between your lawn, patio, and play equipment and a wooded areas to restrict tick migration into recreational areas.
- Mow the lawn frequently and keep leaves raked.
- Keep playground equipment and patios away from yard edges and trees and place them in sunny locations, if possible.
- Pest control products can help protect your family from tick bites. On a seasonal basis, consult a professional to spray for ticks and other pests.



Heat Stress

High temperatures and humidity stress the body's ability to cool itself, and heat illness becomes a concern during hot weather. There are three major forms of heat illnesses.

Heat cramps are muscle spasms which usually affect the arms, legs, or stomach. They often occur later after work, at night, or when relaxing. Heat cramps are caused by heavy sweating, especially when water is replaced by drinking without salt or potassium. Although heat cramps can be quite painful, they usually aren't harmful. To prevent them, drink electrolyte solutions such as Gatorade during the day and try eating more fruits like bananas.

Heat Exhaustion is more serious than heat cramps. It occurs when the body's internal air-conditioning system is overworked, but hasn't completely shut down. The surface blood vessels and capillaries which originally enlarged to cool the blood collapse from loss of body fluids and necessary minerals. This happens when you don't drink enough fluids to replace what you're sweating away.

Symptoms of heat exhaustion include: headache, heavy sweating, intense thirst, dizziness, fatigue, loss of coordination, nausea, impaired judgment, loss of appetite, hyperventilation, tingling in hands or feet, anxiety, cool moist skin, weak and rapid pulse (120-200), and low to normal blood pressure.

Move the person to a cool location such as a shaded area or air-conditioned building. Have them lie down with their feet slightly elevated. Loosen their clothing, apply cool, wet cloths or fan them. Have them drink water or electrolyte drinks. Try to cool them down, and have them checked by medical personnel. Victims of heat exhaustion should avoid strenuous activity for at least a day, and they should continue to drink water to replace lost body fluids.

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Three Bean Salad

- 8 ounces fresh wax or green beans, trimmed and cut 2-inch pieces
- 8 ounces frozen edamame
- 1 15 oz. can kidney beans
- 2 tablespoon white wine vinegar
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons chopped fresh tarragon

Directions:

Heat a 3-quart saucepan of salted water to boiling. Add the wax or green beans. Cook 4 minutes or until crisp-tender. Add frozen edamame to beans; cook 2 minutes. Drain in colander. Add kidney beans. Rinse under cold water until cool; drain again. Whisk white wine vinegar, olive oil, salt, and pepper in a bowl. Stir in beans and chopped fresh tarragon.



Ice Cream in a Bag

This is a fun way to make ice cream and a great outside activity for a summer day. Everyone makes their own single-size serving. It's a good way for kids to burn up some energy.



- 1/4 cup sugar
- 1/2 teaspoon vanilla
- 1 cup milk
- 1 cup half & half
- Crushed ice (1 bag of ice will freeze three bags of ice cream)
- 1 cup rock salt
- 1 quart-size ziplock freezer bag
- 1 gallon-size ziplock freezer bag
- Duct tape
- Bath towel

Put the milk, half & half, sugar, and vanilla in the 1-quart freezer bag and seal after squeezing out the air in the bag. For security, fold a piece of duct tape over the seal.

Place the bag with the ingredients inside the gallon-size freezer bag. Pack the larger bag with crushed ice around the smaller bag. Pour 3/4 to 1 cup of salt evenly over the ice.

Seal the outer bag after squeezing out air from the bag. Wrap both in a towel and shake for 10 minutes or until the ice cream is a frozen consistency.

Open the outer bag and remove the inner bag with the ingredients. Wipe off the bag in order to keep the salt water from getting into the ice cream. Cut the top off and spoon into cups.

Heat Stress (Continued from page 2)

Heat Stroke is a life threatening illness with a high death rate. It occurs when the body has depleted its supply of water and salt, and the victim's body temperature rises to deadly levels. A heat stroke victim may first suffer heat cramps and/or the heat exhaustion before progressing into the heat stroke stage, but not always. Heat stroke is sometimes mistaken for heart attack. It is therefore very important to be able to recognize the signs and symptoms of heat stroke anytime someone collapses in a hot environment.

The early symptoms of heat stroke include a high body temperature (103F), a distinct absence of sweating (usually), hot red or flushed dry skin, rapid pulse, difficulty breathing, constricted pupils. Any of the signs or symptoms of heat exhaustion such as dizziness, headache, nausea, or vomiting. Confusion, bizarre behavior, and high blood pressure are also signs to watch for. Advance symptoms may be seizure or convulsions, collapse, loss of consciousness, and a body temperature over 108° F.

It is vital to lower a heat stroke victim's body temperature. Seconds count. Pour water on them, fan them, or apply cold packs. Call 911 and get an ambulance as soon as possible.

What's Your Best Sunscreen?

The sunscreen aisle of the grocery store or drugstore these days is big and confusing. The shelves are loaded with gels, sticks, sprays, and oil-free versions in addition to the traditional lotions we grew up with.

What's the best kind to get? That depends on you, says dermatologist Joshua Zeichner, MD, of Mount Sinai Hospital in New York City.

The best sunscreen is the one you're willing to use every day. The next step is to ask yourself these six questions to help make a perfect sunscreen match.

6 Questions to Ask

1. Are you sporty? Then the gels are best, as they adhere well while you move and sweat.
2. Do you break out? Then the oil-free kind is best. Do you have dry skin? Use a creamy sunscreen.
3. Do you have sensitive skin or rosacea? Then stay away from chemical blockers, opting for mineral and physical blockers instead. They use either zinc oxide or titanium dioxide, which sit on the skin's surface. Chemical blockers are absorbed into the skin and can be irritating.
4. Are you shopping for your kids? Then the stick kind is best as its formulation is waxy, which keeps it from dripping into their eyes. If you have a baby or toddler, choose a mineral/physical sunblock (think zinc oxide or titanium dioxide) that may be less irritating to the skin. But if you have a baby who is less than 6 months old, you should keep her out of the sun. Babies have much more sensitive skin than adults, and sunscreen should be avoided, according to the American Academy of Dermatology's web site.
5. Are you bald? It doesn't matter what kind of sunscreen you use, just make sure to slather the sunscreen all over your head. Or better yet, wear a hat. Even better? Do both, said Whitney Bowe, MD, assistant medical director for cosmetic and laser services at Advanced Dermatology PC in Westchester, N.Y.
6. Are you hairy? Then gels are best as they don't take forever to rub in, clinging to hairs like creams do.

Apply It Right

Apply your sunscreen about 15 minutes before you go outside so that it has a chance to adhere to your skin in a cool environment. If you put it on while you're outside, you could sweat it off.

You probably need to use more than you think: at least 1 ounce -- or a full shot glass worth -- for your whole body every two hours, more often if you've gone swimming or have been sweating. Your face needs a nickel-sized amount.

Research has shown that most people only apply a quarter to half the amount their body actually needs. Applying half the amount will effectively give you protection of the square root of the SPF.

Reapply after swimming and sweating. If you use a water-resistant sunscreen, check the label to see how long the water resistance lasts. Don't forget your lips, which need a lip balm or lipstick that contains sunscreen with an SPF of 30 or higher.

Got an old bottle of sunscreen? If you've had it a year or more, check the expiration date on the bottle.

Can sunburn cause permanent damage?

Yes. Sunburn early in life increases the risk of developing skin cancer later on. Repeated overexposure to ultraviolet rays can also scar, freckle, dry out, and wrinkle the skin prematurely. In addition, frequent overexposure to ultraviolet rays can increase the risk of developing eye cataracts and macular degeneration, a leading cause of blindness.

Source: *WebMD*



Keep an Eye Out for Skin Cancer

Enjoy the sun safely but still keep an eye out for signs of possible skin cancer. Early detection of skin cancer equals a 95% chance of it being cured. So be sure to regularly check your skin for abnormal or changing spots.

Watch out for:

- A spot that has changed in color, size or shape over several weeks or months
- A pimple or bump that won't heal
- Spots that are irregularly shaped
- Spots that are more than one color (can be black, brown, red or blue)

If you notice any of these signs, talk with your doctor as soon as possible. Better to be safe than sorry.

Source: peakhealthadvocate.com/3667/choose-natural-sunscreen-to-avoid-harmful-sunscreen-ingredients/