



Kay County Health News

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Did you know one of the potential benefits of a Certified Healthy Business is that the program can increase morale among those participating?

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Dairy Month

May was Osteoporosis Prevention Month and June is Dairy Month. No better time to focus on a diet preventing osteoporosis than now!

Milk is about 87 percent water and 13 percent solids. It contains vitamins, proteins, carbohydrates, and minerals. These nutrients make it nature's most nearly perfect food.

Milk products contain high quality proteins and all of the essential amino acids. Protein is needed to build and repair body tissues and to form antibodies which circulate in the blood and help fight infection.

Milk also contains calcium, phosphorus, magnesium, and potassium. The calcium is readily absorbed by the body. Phosphorus plays a role in calcium absorption and utilization. Phosphorus is needed in the proper ratio to calcium to form bone. Milk provides these two minerals in approximately the same ratio as found in bone. Milk is also a significant source of riboflavin (vitamin B2) which helps promote healthy skin and eyes, as well as vitamins A and D.

A calcium deficiency may result in bone deterioration called osteoporosis. It is difficult to obtain adequate calcium without milk and milk products in the diet. About 73 percent of the calcium available in the food supply is provided by milk and milk products. The following daily consumption of milk group foods is suggested by the government's U.S. Dietary Guidelines:

Children 1-8 years old, 2 servings
Children 9 years and older, 3 servings
Adults, 3 servings

Source: National Dairy Council

Flavored Milk

What's your favorite flavor of milk? Is it French vanilla, caramel, strawberry, intense mint chip, the ever-popular chocolate or one of the many other flavors now available?

Flavored milk contains the same nine essential nutrients as white milk. In comparison, beverages like soda and fruit drinks provide little more than calories and sugar.

A soda or fruit drink contains nearly twice as much sugar as flavored milk.



Lactose Intolerant?

Living with lactose intolerance doesn't mean you have to give up your favorite dairy foods. In fact, despite some common misconceptions, most people are able to enjoy dairy even if they are lactose intolerant. Go to National Dairy Council's website for more information and guidance to adding milk to your diet:

<http://www.nationaldairyCouncil.org/SiteCollectionDocuments/NDC%20Lactose%20brochure%202012.pdf>

Baked Spinach Artichoke Yogurt Dip

Makes 8 Servings

14 oz. can artichoke hearts, drained and chopped
10 oz. package frozen chopped spinach, thawed and drained
8 oz. container low-fat plain yogurt or Greek-style yogurt*
1 cup shredded part-skim, low-moisture Mozzarella cheese
1/4 cup chopped green onion
1 garlic clove, minced
2 tablespoons chopped red pepper



Combine all ingredients except red pepper and mix well. Pour mixture into 1-quart casserole dish or 9-inch pie plate. Bake at 350 degrees Fahrenheit for 20-25 minutes or until heated through and sprinkle with red peppers. Serve with toasted bread or whole grain crackers.

Nutritional Facts: Calories: 80, Total Fat: 3 g Saturated Fat: 2 g, Cholesterol: 10 mg, Sodium: 220 mg, Calcium: 20% Daily Value, Protein: 8 g, Carbohydrates: 7 g, Dietary Fiber: 1 g

* Using Greek-style yogurt may alter the nutrition facts listed.

Banana Breakfast Shake

Makes 2 servings

1 1/2 cups fat free or low fat milk
1 medium banana, frozen
1/2 tsp vanilla extract
1/4 tsp almond extract
Cinnamon, for garnish

Directions: In a blender container combine all ingredients, except cinnamon. Blend until smooth, about 20 seconds. Pour into glasses and garnish with a sprinkle of ground cinnamon, if desired.

Nutrition: 120 calories; 0 g fat; 0 g saturated fat; 0 mg cholesterol; 7 g protein; 23 g carbohydrate; 2 g fiber; 100 mg sodium; 190 mg calcium (20percent of daily value). Nutrition figures based on using fat free milk.



Strawberry Frozen Yogurt Squares

9 Servings

1 C. crunchy wheat and barley cereal
3 cups fat-free strawberry yogurt
10 oz bag frozen unsweetened strawberries (2 1/2 Cups)
1 C. fat-free sweetened condensed milk
1 C. light or fat-free whipped topping

Line an 8x8-inch baking pan with foil. Sprinkle cereal evenly on the bottom of the pan; set aside.

Place yogurt, strawberries and condensed milk in a blender; cover and blend until smooth. Pour the mixture over top of cereal, gently smoothing yogurt mixture to edges of pan. Cover and freeze for 8 hours or until firm. Use edges of foil to loosen and remove from pan; let recipe thaw for 5 to 10 minutes. Cut into squares, top with whipped topping, if desired, and serve.

Storage tip: Squares may be individually wrapped and frozen for single servings.

Note: Create your own variations by using other flavor combinations of yogurt and fruit.

Nutritional Facts Calories: 200, Total Fat: 0 g, Saturated Fat: 0 g, Cholesterol: 5 mg, Sodium: 150 mg, Calcium: 20% Daily Value, Protein: 7 g, Carbohydrates: 42 g, Dietary Fiber: 2 g

Source: National Dairy Council

Asthma Triggers

The fresh air of spring and summer can be problematic for people with allergic asthma. If someone in your home has asthma it is important to know what things make asthma worse. These are called asthma "triggers." Avoiding them is the first step toward feeling better. Our homes can be filled with asthma triggers. Some of these are in the air we breathe, some are in our furniture and carpets, and some are on our pets. This time of year can be worse for many.

Stay Away from Smoking

If you smoke, ask your doctor or nurse to help you quit. No one should smoke in your house. This includes you, visitors, and anyone



else who comes to your house. Smokers should smoke outside and wear a coat. The coat will keep smoke particles from sticking to their clothes. They should leave the coat outside.

Pollen

When pollen levels are high:

- Stay indoors and keep doors and windows closed. Use an air conditioner if you have one.
- Save outside activities for late afternoon or after a heavy rain.
- Wear a face mask while you are doing outdoor activities.
- Do not dry clothes outdoors. Pollen will stick to them.
- Have someone who does not have asthma cut the grass, or wear a face mask if you must do it.

Dust Mites

Take steps to limit exposure to dust mites.

- Wrap mattresses, box springs, and pillows with mite-proof covers.
- Wash bedding and pillows once a week in hot water (130° F to 140° F).
- If you can, get rid of upholstered furniture. Try to use wooden, leather, or vinyl furnishings.
- Keep indoor air dry. Try to keep the humidity level lower than 50%.
- Wipe dust with a damp cloth and vacuum once a week.
- Use a vacuum cleaner with a HEPA filter.
- Replace wall-to-wall carpet with wood or other hard flooring.

- Keep stuffed toys off the beds, and wash often.
- Replace slatted blinds and cloth draperies with shades. They will collect less dust.
- Keep closets clean, and keep closet doors closed.

Mold Spores

- Keep indoor humidity at less than 50% to keep mold spores down.
- Keep sinks and tubs dry and clean, and fix leaky pipes.
- Empty and wash the refrigerator tray that collects water from the freezer defroster.
- Use an exhaust fan in the bathroom when you are showering.
- Do not let damp clothes sit in a basket or hamper.
- Clean or replace shower curtains when you see mold on them.
- Check your basement for moisture and mold. Use a dehumidifier to keep the air dry.

Pets Can Make Asthma Worse

- Keep pets outside, if possible. If pets stay inside, keep them out of bedrooms, off upholstered furniture, off of carpets.
- Wash your pet once a week.
- If you have a central air conditioning system, use a HEPA filter to remove pet allergens from indoor air.
- Use a vacuum cleaner with HEPA filters.
- Wash your hands and change your clothes after playing with your pet.

Cockroaches and Rodents

- Keep kitchen counters clean and free of food crumbs.
- Do not leave dirty dishes in the sink.
- Keep food in closed containers.
- Do not let trash pile up. This includes bags, newspapers, and cardboard boxes.
- Use roach traps. Wear a dust mask and gloves if you touch or are near rodents.

Other Triggers

- Do not use wood-burning fireplaces. If you need to burn wood, use an air-tight wood-burning stove.
- Do not use perfumes or scented cleaning sprays. - Use trigger sprays instead of aerosols.

U.S. National Library of Medicine. For more information, please visit nlm.nih.gov.

Spring Cleaning with Asthma

Regular cleaning can help reduce allergy and asthma triggers in your home (such as mold, pet dander and dust mites). But you may want to pause before you reach for that commercial spray bottle.

For some, cleaning may actually aggravate asthma and allergy symptoms. Harsh chemicals used in some products may trigger asthma symptoms or allergies. Also, dust that is disturbed when cleaning can make the process a nightmare.

Numerous products have received a “green” seal of approval and are easy on the environment. Many of these come from plant or natural sources. An easy alternative to purchased cleaning products is cleaners that you make yourself from ordinary household ingredients such as lemon, vinegar and baking soda.

Cleaning option 1: Straight vinegar sprayed on the walls. Don’t rinse, just air dry.

Cleaning option 2: Mix 2 cups vinegar, 2 cups very hot water, 1/2 cup salt and 2 cups borax. Apply solution to area and allow it to sit for 30 minutes. Apply the solution again, scrubbing with a soft bristled brush and rinse well with plain water.

American Academy of Allergy, Asthma and Immunology. For more information, visit aaaai.org.

Family Summer Guide

Summer vacation has arrived for school-age children. Numerous activities are available for children of all ages in Kay County this summer. Consider activities that offer entertainment while adding to the growth and development in a safe, nurturing atmosphere.

The “2014 Summer Activity Guide” provides details about many summer activities. It was developed through the joint efforts of Smart Start Kay County, United Way of Ponca City and Ponca City Chamber of Commerce Education Workforce Committee. These booklets were distributed through the schools and copies are now available through United Way of Ponca City or the Ponca City Chamber of Commerce office.



Treating Poison Ivy

When the oil from poison ivy, poison oak and poison sumac touches the skin, most people (about 85 percent) develop an itchy, blistering rash. Although the rash itself is not contagious, the oil can spread to other areas of the body and from person to person if not quickly washed off after touching the plants. Fortunately, there are simple steps people can take to safely treat the rash at home.

If you are absolutely certain that your rash is due to poison ivy, poison oak, or poison sumac, and if the rash appears on a small section of your skin, you may be able to treat the rash at home. However, if you have difficulty breathing or swallowing, you experience swelling, or you have many rashes or blisters, go to the emergency room right away.

If you are not experiencing a serious reaction, use the following tips for treating the rash and easing the itch:

Immediately rinse skin with lukewarm, soapy water.

Wash your clothing.

Wash everything that may have the oil on its surface. Do not scratch; scratching can cause an infection.

Leave blisters alone.

Take short, lukewarm baths.

Consider calamine lotion or hydrocortisone cream.

Apply cool compresses to the itchy skin. Consider taking antihistamine pills.

A rash from poison ivy, oak or sumac usually lasts one to three weeks. If your rash is not improving after seven to 10 days, or you think your rash may be infected, see a board-certified dermatologist for treatment.

American Academy of Dermatology. For more information, please visit aad.org