



Kay County

Health News

MAY 2014

Spring Storms May Cause Power Outages

It is not a surprise for spring storms knock out power to homes and businesses. One of the first questions asked is “What food is still safe to eat and what is not?”

Two steps to reduce spoilage and to most accurately decide if food is safe to keep is:

- do NOT open the refrigerator or freezer door while the power is out. Each time the door is opened cool air is lost, raising the inside temperature.
- always keep an accurate thermometer in your refrigerator and freezer. As soon as the power comes back on, check the temperature of the refrigerator and freezer. The temperature may help to determine what remains safe and what must be discarded.

Discard any perishable food (such as meat, poultry, fish, eggs, and leftovers) that have been above 40 °F for over 2 hours. Always discard any items in the refrigerator that came into contact with juice from raw meat. **Never taste food to determine its safety!** You can't rely on appearance or odor to determine whether food is safe.

You need to evaluate each item separately. Follow these charts as a guide for determining the safety of refrigerated and frozen foods after power outages

http://www.foodsafety.gov/keep/charts/refridg_food.html

http://www.foodsafety.gov/keep/charts/frozen_food.html

Osteoporosis Prevention Month

Osteoporosis causes bones to become weak and brittle. Bone is constantly being absorbed and replaced. Osteoporosis occurs when the creation of new bone doesn't keep up with the removal of old bone.

Risk Factors

A number of factors increase the chance that you'll develop osteoporosis including your age, sex, race, family history and frame size. White and Asian women are at greater risk, especially as they age. A parent or sibling with osteoporosis puts you at greater risk as well as having a small frame size.

Osteoporosis is more common in people who have reduced estrogen and testosterone levels or too much thyroid hormone. Overactive parathyroid and adrenal glands have also been associated with osteoporosis.

Osteoporosis is more likely to occur in people who have a low calcium intake, eating disorders or who have had gastrointestinal surgery.

Osteoporosis has also been associated with long-term use of corticosteroid medications used to combat or prevent seizures, depression, gastric reflux, cancer and transplant rejection.

A sedentary lifestyle, excessive alcohol consumption and tobacco use can also increase your risk.

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What to Eat Now: Asparagus

Asparagus continues to be a good choice in fresh vegetables. The season is short so enjoy it now.

Spicy Asparagus

2 pounds fresh asparagus
1 tablespoon canola oil
1 small clove of garlic, minced
1 tablespoon water

1.5 teaspoons chili powder
1/2 teaspoon salt
2 tablespoons red wine vinegar

Trim tough ends from asparagus and cut into 1 inch pieces.

In a large skillet, heat canola oil over medium-high heat. Add garlic and stir no longer than 30 seconds. Avoid over browning the garlic. Add asparagus and water. Cook, stirring, for four minutes.

Add chili powder and salt. Cook another 1 minute or until asparagus is just becoming tender. Take pan off heat and stir in vinegar to coat.



Serves 6



Sautéed Early Spring Vegetables

When sautéed, radishes develop a sweet flavor!

1 ½ cup radishes cut in quarters, lengthwise
1 ½ cup carrots, sliced
1 T butter or bacon drippings
¼ cup chopped green onions
½ teaspoon grated lemon rind
2 teaspoons fresh lemon juice
1 TBSP brown sugar
1 - 2 cups fresh spinach
Salt and Pepper
Bacon bits, if desired
Slivered almonds, if desired

Bring a medium pot of water to a boil. Add radishes and carrots. Cook 4 minutes or until tender crisp. Drain. Heat butter or bacon drippings in a medium size skillet over medium-high heat. Add radishes, carrots, and onions. Sauté 3 minutes or until caramelized and fragrant. Add lemon rind and grated lemon juice. Cook one more minute, stirring occasionally. Remove from pan and toss with brown sugar. Stir in spinach leaves. Salt and pepper to taste. Garnish with bacon bits and slivered almonds, if desired.

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Three factors essential for keeping your bones healthy throughout your life include:

Calcium

Between the ages of 18 - 50 adults need 1,000 mg of calcium a day and increasing to 1,200 mg when women turn 50 and men turn 70. Good sources of calcium include

- low-fat dairy products
- dark green leafy vegetables
- canned salmon or sardines with bones
- soy products, such as tofu
- calcium-fortified cereals and orange juice

Because of a link to heart problems and kidney stones the Institute of Medicine recommends that total calcium intake, from supplements and diet combined, should be no more than 2,000 mg daily for people older than 50.

Vitamin D

This vitamin is necessary for your body to absorb calcium. Many people get adequate amounts from sunlight, but this may not be a good source if you're housebound, if you regularly use sun-screen or you avoid the sun entirely because of the risk of skin cancer.

We don't yet know the optimal daily dose of vitamin D but the recommendation for adults is 600 to 800 IU a day, through food or supplements. If your blood levels of vitamin D are low, your doctor may suggest higher doses. Teens and adults can safely take up to 4,000 IU a day.



Exercise

Exercising helps you build strong bones and slows bone loss. Exercise will benefit your bones no matter when you start, but you'll gain the most benefits if you start exercising regularly when you're young and continue to exercise throughout your life.

Combine strength training exercises with weight-bearing exercises. Strength training helps strengthen muscles and bones in your arms and upper spine, and weight-bearing exercises - such as walking, jogging, running, stair climbing, skipping rope, skiing and impact-producing sports - mainly affect the bones in your legs, hips and lower spine.

Source: www.mayoclinic.org

Tornado Safety



There is no such thing as guaranteed safety from a tornado. Accidents happen and EF5 tornadoes can level any structure. But those tornadoes are rare and can be survived using a few safety ideas.

1. Have a family tornado plan in place where you can take shelter in a matter of seconds and a place to meet afterwards if separated. Practice a drill at least once a year. Store emergency items near your shelter area during tornado season.
2. Stay alert for warnings. Know where there are safe areas in public areas you go often. In a large public building, go to the lowest floor possible away from windows. Interior storage areas, restrooms or other small enclosed area are good choices. Interior stairwells are a good place to take shelter in a multi-story building. Cover your head and body with whatever may be available. Avoid elevators.
3. In a church or movie theater go to an interior hallway or bathroom away from windows. Crouch down and protect your head with your arms. Another option is to get under the seats or pews and protect your head.
4. In a home with a basement, get under sturdy protection like a heavy table, stairwell, etc. in the basement and cover yourself with a mattress or heavy blanket. (Continued on page 4)

Popcorn Treats

How about considering popcorn for a nutritious snack, year around? It's one of those foods that tastes great, all year long and is good for you. This whole grain snack is a great alternative for low-nutrient, fatty, salty snacks, such as chips and cheese puffs. Plain popcorn is naturally low in sodium and fat, and high in fiber.

Remember many popcorn products have considerable amounts of salt, oil, sugar and artificial ingredients reducing their nutritional quality. A few brands still contain a substantial amount of trans fats. But there are many delicious brands in a variety of flavors that can fit within healthy eating guidelines.

Before your next movie night, check out the following tips so you can munch guilt-free.



Keep it simple. Check the ingredients list and choose popcorn with the fewest ingredients - ideally just popcorn, oil and salt. Steer clear of brands with partially hydrogenated oils.

Check serving size. Depending on brand, the suggested serving size can be anywhere from ½ cup to four cups. Read the label to make sure you're not doubling or tripling up on calories, fat and sodium.

Make your own. This choice allows you to control the type and amount of ingredients you add. Air poppers add no extra fat, while the old-fashioned method of popping over the stove

can increase the fat content, depending on how much oil you use. Choose a small amount of healthy oil, such as canola or olive, and add a sprinkle of salt, if desired, for a healthy treat.

Or try DIY microwave popcorn. Place ½ cup unpopped popcorn, 1 teaspoon oil, and ¼ teaspoon of salt (if desired) into a brown paper bag. Fold the top of the bag over twice and microwave on high for 2 ½ to 3 minutes, or until there's about two seconds between pops. To boost the flavor, sprinkle with cinnamon, cayenne, or your favorite spice-herb mixture.

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Avoid areas where heavy objects like a refrigerator or piano can fall from the floor above. Without a basement, avoid windows and go to a small center room (bathroom or closet) on the ground floor. Get under a heavy table or crouch as low as possible, face down and cover your head with your arms, helmets, heavy blanket, mattress, or anything you can find. A bathtub may offer partial protection but you still need protection from falling debris.

5. Leave a mobile home even if it is tied down. Your tornado plan should include locations where you can take shelter during storms.

6. If in a vehicle with a distant tornado and light traffic, you may be able to drive out of the path by driving at right angles to the tornado. It is necessary to know the roads or have reliable GPS to be successful. If you are caught in winds or flying debris, park as safely as possible, stay seat-belted and bend over below the windows. If you can get noticeably lower than the level of the roadway, leave your car and lie in the lowest area possible, covering your head.

7. In open outdoor areas seek shelter in a building if possible. If not, lie facedown in the lowest ground possible protecting your head with your hands.

Sources: ncaa.gov, National Weather Service

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