

Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Health Department

February 2009

Encouraging Health

All classes 6:30 p.m. - 8:30 p.m. at JCHD - Olathe, unless otherwise noted. Call (913) 477-8382 to sign up for a class.

Feb. 4 - Redirecting Childrens' Behaviors, \$20.

Feb. 5 - Introduction to Child Development, \$20.

Feb. 9 - Is Your Program Family Friendly?, \$20.

Feb. 10 - 9:00 a.m. - 12:00 p.m., Public Information Meeting to Apply for a Daycare Home, \$5 for licensed and \$10 for registered.

Feb. 11 - Launching Your Childcare Home, \$15.

Feb. 18 - CPR, \$22.

Feb. 25 - Setting the Stage... Creative Learning Centers, \$20.

Feb. 26 - First Aid, \$20.



Contact Us

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dedicated to the prevention of disease and promotion of wellness for our community

Take Care of Your Heart!

Cardiovascular disease is the number one leading cause of death in the United States. The easiest way to protect yourself and loved ones is to know the risk factors and warning signs associated with cardiovascular disease. There are many risk factors individuals have no control over such as age, gender, and heredity. But there are also risk factors that we do have control over, such as tobacco use, blood cholesterol, and activity levels.

Your lifestyle is not only your best defense against heart disease and stroke, it's also your responsibility. A heart-healthy lifestyle can reduce all of the modifiable risk factors for heart disease, heart attack and stroke. A heart-healthy lifestyle includes: stopping smoking, choosing good nutrition, reducing blood cholesterol, lowering high blood pressure, being physically active every day, aiming for a healthy weight, managing diabetes, reducing stress, and limiting alcohol.

Warning Signs include:

- Chest discomfort, which usually lasts longer than a few minutes, or goes away and then comes back. This often feels like pressure, squeezing, fullness, or pain.
- Discomfort in your arms, back, neck, jaw, and stomach.
- Shortness of breath.
- Other signs include: cold sweats, nausea, or lightheadedness.

Cardiovascular disease is nothing to mess around with and should be considered very serious. For more information please contact a JCHD Health Educator.

Source: www.americanheart.org

When Was Your Family's Last Dentist Visit?

Good oral health habits begin at an early age. Scheduling regular dentist visits is a good start on a lifetime of healthy teeth and gums for growing children and a good practice for adults as well. There is a lot of important information to be learned about oral health with your child. For example, there are steps that can be taken to help improve your child's oral health even before their teeth come in such as wiping children's gums after feeding with a clean gauze to reduce and remove plaque, or even just cleaning pacifiers thoroughly. For older children and adults, brushing and flossing at least twice a day is a must.

Oral health is an important part of your overall health. One of the most common human diseases is periodontal (gum) disease; signs of this include bleeding or swollen gums. This is very important to identify because left untreated the bacteria can travel through the blood stream increasing the chance of heart disease, respiratory disease, stroke, and pregnancy complications. For any further information please contact a JCHD Health Educator.

Source: www.ada.org
<http://www.odha.on.ca/Importance.aspx>

Remembrance for Health Calendar

(per the National Health Observances Calendar)

Entire Month

American Heart Month
AMD/Low Vision Awareness
National Children's Dental Health
National Wise Health Consumer
National Cancer Prevention

Weekly Awareness

7th -14th Congenital Heart Defect Awareness
22nd - 28th - National Eating Disorders

Days of Recognition

6th - Give Kids a Smile Day
6th - National Wear Red Day
6th - National Women's Heart Healthy
14 - National Donor