

Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Public Health Department

January 2008

Encouraging Health

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

Jan. 7 - "Process vs. Product: Creative Art Ideas", \$20.

Jan. 8 - "Emotional Development in Infants and Toddlers", \$15.

Jan. 10 - "First Aid" by Med-Act, \$20.

Jan. 14 - "Medication Administration" by Med-Act, \$25.

Jan. 16 - "CPR" by Med-Act, \$22.

Jan. 17 - "Launching Your Childcare Home", \$15.

Jan. 22 - "SIDS: Face Up to Wake Up!", \$15.

Jan. 23 - "Asthma Management & the Environmental Control", \$15.

Jan. 30 - "Redirecting Children's Behaviors", \$20.

Remembrance for Health Calendar

(per the National Health Observances Calendar)

Entire Month

Cervical Health Awareness
National Birth Defects Prevention
National Radon Action
National Glaucoma Awareness
Thyroid Awareness

Contact Us

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

In 2008, Resolve To Improve Your Health

- 1. Eat at least five servings of fruits and vegetables per day.** A half cup of cooked vegetables, one cup of raw, leafy vegetables, or one small whole fruit counts as one serving.
- 2. Drink more water.** Six to eight glasses per day.
- 3. Exercise regularly.** An ideal combination includes aerobic exercise, weight-training, yoga, stretching, and recreational activities. Exercise at least 30 minutes most days of the week.
- 4. Cut down on the "bad" fats and limit your intake of sugar and salt.** Reduce the amount of saturated fats/trans fatty acids in your diet. Sugar increases triglycerides, cholesterol, and insulin, and can impair the immune system. Salt can affect high blood pressure.
- 5. Learn how to read food labels.** Pay attention to portion size; read labels to see how many servings are in foods.
- 6. Wash your hands.** Washing your hands often is the best way to prevent illness and disease.
- 7. Make relaxation a regular part of your life.** Chronic stress can lead to poor digestion, a weak immune system and many other conditions.
- 8. Get a good night's sleep.** Restful sleep is essential for a fully functioning mind and body.
- 9. Stop smoking.** Smoking causes heart disease, cancer, and chronic lung disease. Women who smoke during pregnancy are more likely to have low birth weight babies, the leading cause of infant death.
- 10. Develop and nurture your support network.** Maintain meaningful and fulfilling relationships with family and friends. These relationships nourish our heart, body, and soul.

January is National Glaucoma Awareness Month

More than three million Americans, and nearly 70 million people worldwide, have glaucoma. Experts estimate that half of them don't know they have it. Combined with our aging population, we can see an epidemic of blindness looming if we don't raise awareness about the importance of regular eye examinations to preserve vision.

People with a higher risk than others of getting the disease include:

- People over age of 60
- African-Americans over the age of 40
- Individuals with a family history of glaucoma
- People with diabetes mellitus

Glaucoma is an eye disease in which the sight nerve, (optic nerve) is damaged over time. In most cases the normal fluid pressure inside the eye rises. This rise in pressure is caused by reduced drainage out of the eye. Over time, the optic nerve is damaged. Sometimes the pressure does not rise, but the nerve tissue slowly starves from poor blood circulation and lack of essential nutrients. The end result is damaged nerve tissue. The best way to protect your sight from glaucoma is to get a comprehensive eye examination annually. For more information, contact a JCHD Health Educator.

Information from the Glaucoma Research Foundation