

Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Health Department

January 2009

Encouraging Health

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

Jan. 2 - (9 - 11 a.m.) Public Health Meeting to Apply for a Daycare Home.

Jan. 6 - Asthma Mgmt. & the Environmental Control.

Jan. 7 - Signs & Symptoms of Illness.

Jan. 8 - Redirecting Childrens' Behaviors.

Jan 13 - Working With Special Needs.

Jan. 14 - CPR.

Jan. 15 - Launching Your Childcare Home.

Jan 20 - Mental Health Issues with Children Under Age Three.

Jan. 22 - How Children Learn Through Block Play.

Jan. 26 - Medication Administration.

Jan. 28 - Setting the Stage...Creative Learning Centers.

Jan. 29 - What is Professionalism in the Early Childhood Environment?

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
National Blood Donor

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January is Cervical Health Awareness Month

Cervical cancer is a disease that can be very serious, but you can help to prevent it. According to the American Cancer Society, cervical cancer is nearly 100 percent preventable!

By getting regular Papanicolaou (Pap) tests and pelvic exams, your health care provider can find and treat the changing cells before they turn into cancer cells. It is also recommended that Pap testing should be done:

- Three years after onset of sexual activity, or at age 21.
- For women 30 and under, test annually with conventional Pap test or every two years if using a liquid based Pap test.
- For women over 30, testing may be done every two to three years after three consecutive normal Pap test.

Source: <http://www.nccc-online.org/awareness.html>

Prevent Blindness: Learn About Glaucoma

Glaucoma is a major cause of blindness and vision loss in America. Some people don't know they have it because the symptoms are silent until the disease strikes.

Early detection is important to control the disease and limit its harmful effects. According to Prevent Blindness America, there are 4 risk factors that can increase the chance of having glaucoma:

- Age: the older you are, the greater your risk.
- Race: African-Americans have glaucoma four to five times more often than others.
- Genetics: if you have a parent, brother or sister with glaucoma, you are more likely to get glaucoma too.
- Medical History: previous eye injuries, eye surgery or long-term steroid use can increase your risk of glaucoma.

Anyone can get glaucoma; it affects one in 200 people age 50 and younger. The rate increases to one in 10 over the age of 80.

Source: http://www.preventblindness.org/vision_screening/

Help Stop Birth Defects! Doctor Visits, Folic Acid Is Key

About 120,000 babies (one in 33) in the United States are born each year with birth defects. A birth defect is an abnormality of structure, function or metabolism (body chemistry) present at birth that results in physical or mental disabilities or death. Birth defects are the leading cause of death in the first year of life.

DO: Schedule a preconception visit with your health care provider. Take a daily multivitamin containing 400 micrograms of the B-vitamin folic acid.

DON'T: A woman who is pregnant or planning pregnancy should avoid drinking alcohol, smoking, using drugs and should not take any medication (prescription, over-the-counter or herbal) without first checking with her health care provider.