

Promoting Wellness

prevention of disease and promotion of wellness for our community

Johnson County Public Health Department

January 2007

Encouraging Health

Jan. 10 - "Signs & Symptoms of Illness", 6:30 p.m. - 8:30 p.m., JCHD - Olathe
Jan. 11 - "CPR", 6:30 p.m. - 8:30 p.m., JCHD - Olathe
Jan. 17 - "Launching Your Childcare Home", 6:30 p.m. - 8:30 p.m., JCHD - Olathe
Jan. 18 - "Redirecting Children's Behaviors", 1:00 p.m. - 3:00 p.m., JCHD - Olathe
Jan. 23 - "SIDS: Face Up To Wake Up!", 6:30 p.m. - 8:30 p.m., JCHD - Olathe
Jan. 24 - "First Aid", 6:30 p.m. - 8:30 p.m., JCHD - Olathe
Jan. 25 - "Medication Administration", 6:30 p.m. - 8:30 p.m., JCHD - Olathe

Remembrance for Health Calendar

(per the National Health Observances Calendar)

Entire Month

Cervical Health Awareness
National Birth Defects Prevention
National Blood Donor
National Glaucoma Awareness
Thyroid Awareness

Weekly Awareness

8th - 14th
National Folic Acid Awareness Week

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January is National Birth Defects Prevention Month

One in 33 babies is born with a birth defect. They are the leading cause of death for children in their first year of life. There are a number of reasons birth defects occur. Factors in the genetic makeup of the parents or environmental issues in the area they live can cause different defects. Many times, a reason cannot be found.

There are four types of birth defects. Sometimes, a single gene can cause a defect, such as achondroplasia (a form of dwarfism). Chromosomal birth defects (Down Syndrome) are caused by abnormalities in the number or structure of chromosomes. Environmental factors can also affect a baby's health. Drinking alcohol, taking prescription medications, or STDs can seriously damage a baby's development. Multi-factorial defects are caused by both gene defects and environmental issues. Examples include cleft lip and palate.

Women can take steps before becoming pregnant to reduce the risk of having a baby with a birth defect. Going to a doctor to discuss any existing medical conditions, as well as making sure you are up-to-date on vaccinations, could help ensure your baby's health. Taking 400 micrograms of folic acid will also help keep your baby safe. For additional information on birth defect prevention, go to www.marchofdimes.com or contact a JCHD Health Educator.

Reduce Your Risk of Cold Weather Injury With These Tips

It's that time of the year again, when the temperature is dropping, and winter weather is here. The most important preventive measure you can do is plan for the cold weather. Be aware of rain, snow and winds, as wet conditions and wind chill greatly increase the chance of injury.

1. Wear several layers of clothing. Air is trapped between these layers and acts as insulation.
2. Always wear a hat and scarf. As much as 70% or more of the body's heat can be lost from an uncovered head.
3. Avoid consumption of alcohol.
4. Avoid wet clothing, as it may further contribute to a loss of body heat.
5. Insulated gloves and socks may help to prevent frostbite injuries to fingers and toes. A scarf or face mask may help to prevent frostbite to the nose and ears.
6. Drink warm liquids like tea and hot chocolate. Sugar contained in these beverages helps the body to generate additional heat.

Typical cold-weather injuries include dehydration, frostbite, and hypothermia. Dehydration is caused by a depletion of body fluids; symptoms include dizziness, weakness and blurred vision. Frostbite is caused by freezing of tissue, normally due to exposure to temperatures below 32 degrees Fahrenheit. Hypothermia is caused by prolonged cold exposure and body heat loss. It may occur at temperatures well above freezing, especially when a person is immersed in water.

By knowing some of the factors that can contribute to cold weather injuries, you can protect yourself and your family.

Be Prepared For Any Emergency in 2007

Along with New Year's Resolutions, it is important to think about emergency preparedness in the new year. You can start preparing now for a natural disaster or disease outbreak. Some of the items you will need to be prepared:

- At least three days worth of food and water. It is important to have one gallon of water per person, per day.
- Make an emergency kit with batteries, flashlight, battery-powered radio, first aid kit, prescription medicine, extra money, credit cards, and sturdy trash bags.
- Don't forget about your pets! Make sure you have plenty of food and water stored for them.
- It is important to have documents and contact information handy, including: doctor's phone numbers, birth and marriage certificates, life insurance policies, social security cards, and health insurance cards.

Go to <http://www.jocoflu.org/planning.html> for additional information.