

HOWELL COUNTY
HEALTH DEPARTMENT

AUGUST CALENDAR

WIC: 2, 6, 7, 8, 9, 10, 13, 14, 15, 16, 17, 20, 21, 23, 24, 27, 28, 29, 30, 31

Willow Springs WIC: full day-1

Mountain View WIC: 1/2 day-3, full day-22

Family Planning: 2, 15, 21

Immunizations: 7, 9, 14, 23

Food Handlers: 13, 27

Breastfeeding Support Group: 7

Holiday's (closed): None

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Clinic Hours:

Monday-Friday 8-12 & 1-5, closed for lunch 12-1

Administration Hours

Monday-Friday 8-5

Monthly Monitor

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New Guidelines for Colorectal Cancer Screening from www.cancer.org



The American Cancer Society (ACS) has released an updated guideline for colorectal cancer screening. Among the major guideline changes, the new recommendations say screening should begin at age 45 for people at average risk. Previously, the guideline recommended screening begin at age 50 for people at average risk. Recommendations for screening test options are also part of the guideline changes.

Behind the changes:

For people of average risk, the ACS lowered the age to start screening after analyzing data from a major analysis led by ACS researchers. The numbers showed that new cases of colorectal cancer are occurring at an increasing rate among younger adults. After reviewing this data, experts on the ACS

Guideline Development Committee concluded that a beginning screening age of 45 for adults of average risk will result in more lives saved from colorectal cancer. The committee also researched the tests that are available and used for colorectal cancer screening. They looked at technology advances, sensitivity, and the pros and cons of tests that help prevent cancer and tests that help to find it. The guideline emphasizes individual preference and choice in testing options, and strongly supports follow-up when there is an abnormal test. The guideline was published May 30, 2018 in *CA: A Cancer Journal for Clinicians*, which is

an American Cancer Society journal.

New screening age recommendations for those at average risk: People at average risk of colorectal cancer should start regular screening at age 45. People who are in good health and with a life expectancy of more than 10 years should continue regular colorectal cancer screening through the age of 75. People ages 76 through 85 should make a decision with their medical provider about whether to be screened, based on their own personal preferences, life expectancy, overall health, and prior screening history. People over 85 should no longer get colorectal cancer screening.

Learn more about colorectal cancer screening by calling the American Cancer Society at [1-800-227-2345](tel:1-800-227-2345) or visiting us at cancer.org/coloncancer.

Stop the Bleed App for your Phone

There is an app, Stop the Bleed, that provides information on how to stop a serious bleed to help save lives. You can

download the free app at: <https://play.google.com/store/apps/details?id=edu.usuhs.stb> and <https://itunes.apple.com/us/app/stb/id1336173602?mt=8>

[://itunes.apple.com/us/app/stb/id1336173602?mt=8](https://itunes.apple.com/us/app/stb/id1336173602?mt=8)



Be sure to drink plenty of water everyday!

The longer a tick is attached the greater the risk of infection.



Staying Hydrated

by April Bridges, WIC Nutritionist

These hot summer days remind us to do a lot of things....check on the elderly, plan vacations, water pets and plants, etc. But, one of the most important things is to stay hydrated. We live in a complex world, where we are bombarded with all sorts of products to purchase, with that in mind. When simple, free WATER is the best thing for hydration.

Sports drinks are full of sugar and sodium which can lead to weight gain. Energy drinks contain caffeine and other stimulants that can disturb sleep and deplete your body of certain minerals. Typical adults need about 8 cups (maybe more) of water per day. Little ones age 1-3 need 3-4 cups, age 4-8 need 5 cups, and age 9-13 needs 7-8 cups of water every day. Try a few of

these tips to help increase your water intake. Keep a pitcher of water in the fridge. Fill a reusable bottle to take on the go, or order water instead of soft drinks with restaurant meals. Add slices of fruit, like oranges or lemons, if you don't like plain water. When our bodies consist of nearly 60% water, we have to do our part to replenish responsibly!

Tick-Borne Diseases

by Justin Frazier, Environmental Specialist

To date in 2018, the Missouri Department of Health and Senior Services (DHSS) has recorded 344 cases of spotted fever rickettsioses, including Rocky Mountain spotted fever, 208 cases of

ehrlichiosis, 7 cases of Lyme disease, 11 cases of tularemia and 1 case of Heartland virus. Symptoms of tick-borne diseases typically begin within two weeks of a bite by an infected tick and for most people include a sudden fe-

ver, body aches and headache. Symptoms are often flu-like. If you find an attached tick, remove it promptly. The longer it is attached the greater the risk of infection.

Germs & the 5 Second Rule

by Jess McKee, RN

Germs are something we encounter on a daily basis and are impossible to avoid. However, there are ways to keep us healthy by avoiding germs that can be transmitted by sharing personal items with our friends and family. Food, drinks, and lip balm are just a few examples of things

that are common to share but can quickly spread unwanted germs from one person to the next. This also means to avoid the "5 second rule" when food or personal items are dropped onto the floor. Even though a surface may appear clean, it is never a good idea to eat or put

something on your face or mouth that has been on the floor. As back to school approaches it is important to remind children that their personal items should not be shared. It's always best to keep personal items personal!



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Public Health: Prevent. Promote. Protect.

The mission of the Howell County Health Department is to improve, promote and protect the health of Howell County through awareness, assessment, planning and assurance in order that our community may achieve their fullest health potential.



Public Health
Prevent. Promote. Protect.

Grilled Chicken & Nectarine Chopped Salad www.eatingwell.com

Ingredients:

- 2 ripe nectarines, halved and pitted
 - 3 teaspoons extra-virgin olive oil plus ¼ cup, divided
 - 1 pound boneless, skinless chicken breast, trimmed
 - ½ teaspoon kosher salt, divided
 - ¼ teaspoon freshly ground pepper, plus more to taste
 - 3 tablespoons red-wine vinegar
 - 1½ tablespoons water
 - 2 teaspoons Dijon mustard
 - 2 teaspoons honey
 - 6 cups chopped romaine lettuce
 - 2 cups finely chopped radicchio
 - 1 cup assorted cherry tomatoes, chopped
 - ¾ cup crumbled goat cheese
1. Preheat grill to medium or heat a stovetop grill pan over medium-high heat.
 2. Brush nectarine halves lightly



A cool refreshing dinner idea when it is hot outside.

with 1 teaspoon oil. Season chicken on both sides with ¼ teaspoon each salt and pepper and lightly brush with 2 teaspoons oil.

3. Grill the chicken, turning once or twice, until cooked through, 12 to 18 minutes total. Grill the nectarines until lightly charred and softened, 2 to 3 minutes per side. Let the chicken and nectarines cool on a clean cutting board for about 10 minutes, then chop into bite-size pieces.

Meanwhile, whisk the remaining ¼ cup oil, vinegar, water, mustard, honey and the remaining ¼ teaspoon salt in a large bowl. Add lettuce, radicchio, tomatoes, cheese, the chicken and nectarines; toss well to combine. Season with pepper.

Nutrition information: Serving size: about 2 cups, Per serving: 341 calories; 22 g fat(6 g sat); 3 g fiber; 13 g carbohydrates; 24 g protein; 96 mcg folate; 64 mg cholesterol; 8 g sugars; 2 g added sugars 5,616 IU vitamin A; 11 mg vitamin C; 89 mg calcium; 2 mg iron; 285 mg sodium; 562 mg potassium, Nutrition Bonus: Vitamin A (112% daily value), Folate (24% dv), Carbohydrate Servings: 1, Exchanges: 1 vegetable, ½ fruit, 2½ lean meat, ½ high-fat meat, 3 fat