

HOWELL COUNTY
HEALTH DEPARTMENT

JANUARY CALENDAR

WIC: 3, 5, 9, 10, 11, 12, 13, 17, 18, 19, 20, 23, 24, 26, 27, 30, 31

Willow Springs WIC: full day-4

Mountain View WIC: 1/2 day -6, full day-25

Family Planning: 12, 18, 24

Immunizations: 10, 19, 26

Food Handlers: 9, 23

Breastfeeding Support Group: 3

Holiday's (closed): 2nd-New Years Day observed, 16th-Martin Luther King Day

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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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Hypothermia

Hypothermia, occurs when a person's body temperature drops below 95 degrees. This happens when someone is exposed to cold temperatures for a long period of time.

But hypothermia can happen at higher temperatures, too. Babies and the elderly are especially at risk as are people who drink alcohol. Even one drink is enough to disrupt the body's ability to regulate its temperature.

Once a person becomes intoxicated, that

risk becomes truly heightened, but the risk varies by individual. People who drink alcohol may feel warm even though they're cold. But after a time the warm feeling goes away, which is dangerous if someone is outside for long periods of time.

During the early stages of hypothermia, a person may feel tired, confused and disoriented and experience uncontrollable shivering. Eventually, a person stops shivering, doesn't feel cold at all, develops blue

skin and dilated pupils and loses consciousness. Experts recommend getting medical attention during the early stages of hypothermia, before later symptoms make it difficult to seek help. The best way to treat people with hypothermia is to re-warm them. If it's mild, just let people re-warm themselves by putting blankets on them until they warm up again. If it's more severe, then a person is treated with warming lights, blankets and warm fluids given through an IV.

Baby and Children's Clothing Needed

The Howell County Health Department is in need of gently worn baby and children's clothing. We provide clothing to families in need who come in for services. This time of year coats, hats and gloves

are in greater need and appreciated.

We could use infant through toddler sizes of both boys and girls clothing. If you have clothing to donate you can drop it by our office at 180 Ken-

tucky or contact us at 417-256-7078 if other arrangements are needed.





Holiday Blues happen to a lot of people.

Our four legged friends who help keep us healthy can be affected by winter too.

Your health can be affected by cold weather!



MONTHLY MONITOR

Holiday Depression

source Forbes December 18, 2013

With all the pressure to be happy this time of year, it's not hard to be depressed. This is especially true if you don't have exciting plans, or any plans. On the other end of the spectrum, having too much to do can also be mentally depleting. Psychologist Suzanne Roff-Wexler, PhD, says that though it can be tough to tease apart all your feelings at this time of year, the holidays – with all their demands and stressors – are classic triggers for anxiety and low mood. "The holiday

period can be stressful. Parties, gift giving, food and alcohol intake, time demands and deadlines add to the stress. In addition to stress, some begin to feel a sense of sadness and loss – psychologists think of this as 'holiday blues,' which is time-limited and not in itself clinical depression. As the holidays end, the blues typically recede."

She adds that if the sadness sticks around for weeks or months after the holidays end, it could be actual depression, which needs treat-

ment. But if it's just depression about the fact that the holidays, well, exist, then the solution is pretty simple: Just power through them. Being social as much or *as little* as you want to, taking time for yourself to recoup and re-center, and practicing a little gratitude about the good things in your life (even if it's just that the holidays will be over soon) are all powerful methods for coping. Most of all, take heart: They'll be over soon.

Winter and Pet Health

From www.aspea.org

Exposure to winter's dry, cold air and chilly rain, sleet and snow can cause chapped paws and itchy, flaking skin, but these aren't the only discomforts pets can suffer. Winter walks can become downright dangerous if chemicals from ice-melting agents are

licked off of bare paws. Keep your home humidified & towel dry your pet as soon as he comes inside, paying special attention to his feet and in-between the toes. Never shave your dog down to the skin in winter, as a longer coat will provide more warmth. Bring a towel on long walks to clean off stinging, irritated

paws. After each walk, wash and dry your pet's feet & stomach to remove ice, salt & chemicals—and check for cracks in paw pads or redness between the toes. Massaging petroleum jelly or other paw protectants into paw pads before going outside can help protect from salt and chemical agents.

How Cold Weather Affects Health

source Harvard Health Letter 2014

Your immune system, skin, balance, and heart may be at risk. As temperatures drop in the winter, weather-related health problems start to rise. "The cold weather brings a number of risks, especially for older adults," says geriatrician Dr. Suzanne Salamon, an instructor at Harvard Medical

School. Here are some of the ways you may be vulnerable this winter, and how to fight back. **At risk: Immune system**—During winter months, people spend more time inside and in close contact with each other, such as in stores, malls, and restaurants. This means that the flu, coughs, and colds are

more easily spread. **At risk: Heart**—Cold weather acts as a vasoconstrictor, which means it narrows blood vessels. This raises the risk of heart attack. **At risk: Balance**—Icy sidewalks can make falling easier, putting you at risk for fractures. **At risk: Skin**—Dry winter air can suck the moisture from your skin.



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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.

Red Pepper & Goat Cheese Frittata www.eatingwell.com

Ingredients:

8 eggs
2 tablespoons finely chopped fresh oregano
½ teaspoon salt
¼ teaspoon freshly ground pepper
2 tablespoons extra-virgin olive oil
1 cup sliced red bell pepper
1 bunch scallions, trimmed and sliced
½ cup crumbled goat cheese

Preparation:

Position rack in upper third of oven; preheat broiler. Whisk eggs, oregano, salt and pepper in a medium bowl. Heat oil in a large, ovenproof, nonstick skillet over medium heat. Add bell pepper and scallions and cook, stirring constantly, until the

scallions are just wilted, 30 seconds to 1 minute.

Pour the egg mixture over the vegetables and cook, lifting the edges of the frittata so uncooked egg can flow underneath, until the bottom is light golden, 2 to 3 minutes. Dot the top with cheese, transfer the pan to the oven and broil

until puffy and lightly golden on top, 2 to 3 minutes. Let rest for about 3 minutes before serving. Serve hot or cold.

Make Ahead Tip: Let cool, cover and refrigerate for up to 1 day; serve cold.

Nutrition information: Serving size: 1 frittata, Per serving: 177 calories 13 g fat(4 g sat); 1 g fiber; 3 g carbohydrates; 11 g protein; 56 mcg folate; 252 mg cholesterol; 1 g sugars; 1214 IU vitamin A; 25 mg vitamin C; 76 mg calcium; 2 mg iron; 337 mg sodium; 204 mg potassium



Make this for breakfast or for dinner with a salad.