

HOWELL COUNTY
HEALTH DEPARTMENT

NOVEMBER CALENDAR

WIC: 3, 4, 6, 10, 11, 12,
13, 14, 17, 18, 19, 20, 21,
24, 25

Willow Springs WIC: 5

Mountain View WIC: 7-
half day, 26-all day

Family Planning: 11, 19,
21

Immunizations: 4, 13, 25

Food Handlers: 10, 24

Breastfeeding Support
Group: 4

Holiday's (closed): 27th-
Thanksgiving

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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

VOLUME 148

NOVEMBER 2014

Maintain, don't Gain! Holiday Challenge

Maintain, Don't Gain This Holiday Season

Last year's Holiday Challenge was the biggest and best over. We had over **6,000** participants from across the state and country. Now it's time for the 2014 Eat Smart, Move More, Maintain, don't gain! Holiday Challenge!

You are invited to join the ninth annual Holiday Challenge. Rather than focusing on trying to lose weight, this **FREE** seven-week challenge provides participants with tips, tricks, and ideas to help maintain their weight throughout the holiday season.

The Holiday Challenge will begin **November 17th and**

run through December 31st. Did we mention it's **FREE?!**



Protect yourself with a Flu Shot!

Holiday Challenge Sign Up

If the link is not working, please go to esmmweighless.com and click the Holiday Challenge tab.

Weekly Newsletters, Daily Tips, and Weekly Challenges with strategies to:

- Survive a holiday party
- Manage holiday stress
- Be a healthy host
- Fit physical activity into your day
- Cook quick and healthy meals

Plus healthy holiday recipes!

Last year's Holiday Challenge:

In 2013, more than **6,200** people from 49 different states and Canada took part in the Holiday Challenge. At the end of the program, 90% reported maintaining their weight. In addition, 23% reported losing 3 to 5+ pounds. For more results click here: [Holiday Challenge Results.](#)

Flu Clinic #2 for West Plains-November 6th

If you did not get your flu shot at the flu clinics held in October, it is not too late.

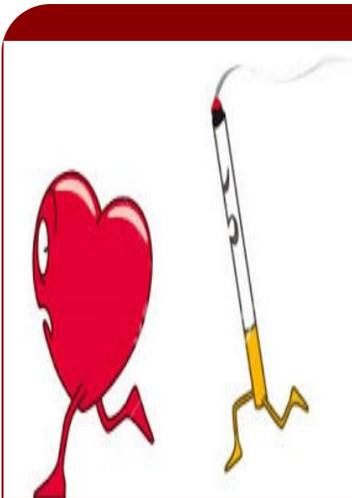
The Howell County Health department will have another all day flu vaccination clinic on

Thursday, November 6th from 8:30 am-5:30 pm.

This is a walk in clinic with no appointment necessary. Please be sure to bring your insurance, Medicaid and / or Medicare card with you.

This clinic will be held at the Howell County Health Department at 180 Kentucky, West Plains.

For more information please call the health department at 417-256-7078.



Smoking is linked to heart disease!

A mammogram is an x-ray picture of the breast. Be sure to discuss getting one with your healthcare provider!

A mammogram can save your life.



Smoking and Heart Disease by www.newsmax.com

The link between smoking and lung cancer is well-documented, but the habit has also been linked to heart disease, stroke and other chronic lung diseases. Smoking can also enhance the risk of cancer of the bladder, mouth, throat, cervix, kidneys and pancreas, according to the [American Heart Association](#).

Smoking remains the most

preventable cause of death. Tobacco use causes more than 5 million deaths per year worldwide, and that number is projected to reach more than 8 million deaths annually by 2030, according to the [Centers for Disease Control and Prevention](#). Cigarette smoking is linked to about 480,000 deaths per year in the U.S., *including an estimat-*

ed 41,000 deaths from secondhand smoke exposure.

Statistically, smokers are two to four times more likely to develop heart disease, and the risk is higher for women who also take birth control pills. The nicotine in cigarettes lowers how much oxygen the heart gets, raises blood pressure, and speeds up the heart rate.

Myths and Mammograms by www.Empowerher.com

Mammograms can help reduce the number of deaths from breast cancer among women ages 40 to 70, according to the U.S. Food and Drug Administration. Nearly 90 percent of women who find and treat breast cancer are cancer-free at five years.

Still, there is misinformation surrounding this screening procedure, so here are some myths and facts about mammograms.

Myth: Mammograms are unsafe and ineffective.

Fact: Screening mammograms are the international gold standard for detecting breast cancer early. Mammograms can usually find

breast lumps two or three years before they can be felt, wrote BC Cancer Agency.

Myth: Mammograms are inaccurate.

Fact: They are not perfect, but mammograms are the best tool for early detection. Overall, when cancer is present, mammograms are about 80 percent effective in identifying it, said the FDA.

False-negative results (when a mammogram misses a cancer) happen about 20 percent of the time. However, repeated and regular screenings reduce this percentage.

Myth: Finding a lump in your breast means breast cancer.

Fact: Only a small percentage of breast lumps turn out to be cancer, stated National Breast Cancer Foundation, Inc. If you have a lump, talk to your doctor. A mammogram may be needed to determine if the lump is serious or not.

Myth: You don't need to get screened for breast cancer before age 40.

Fact: Since the risk of breast cancer is low, routine screening is not recommended for women under age 40.

Myth: Mammograms are painful.

Fact: Every woman's threshold for pain varies widely. FDA described the compression involved in a mammogram as temporary discomfort.



Howell County Health Department

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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.

Sweet Potato Pie with Cream Cheese Swirl www.eatingwell.com

Makes: 10 servings

Ingredients

- 2 medium-large sweet potatoes
- 6 ounces crisp gingersnap cookies (26-28 small cookies)
- 2 tablespoons canola oil
- 3/4 cup packed light brown sugar
- 3/4 cup nonfat vanilla Greek yogurt, divided
- 2 large eggs
- 1 large egg yolk
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 cup (2 ounces) reduced-fat cream cheese (Neufchâtel)
- 2 tablespoons confectioners' sugar
- 1/4 teaspoon ground ginger

Preparation

1. Preheat oven to 400°F.
2. Tightly wrap sweet potatoes in foil and place on a baking sheet. Roast until very tender, about 1 1/4 hours. Carefully unwrap and set aside to cool.
3. Reduce oven temperature to 350°.

4. Process gingersnaps in a food processor until finely ground. Transfer to a bowl, add oil and stir until well combined. Using a spoon, spread and pat the crumbs into the bottom and up the sides of a 9-inch pie pan. Bake until just barely beginning to darken, about 10 minutes.

Clean and dry the food processor work bowl. Peel the sweet potatoes and transfer to the food processor. Puree until smooth. Measure out 1 1/2 cups (if you have extra puree, reserve it for another use). Return the 1 1/2 cups puree to the food processor. Add brown sugar, 1/2



Thanks Giving Desert!

cup yogurt, eggs, egg yolk, cinna-

mon and nutmeg; pulse just until combined. Spread the sweet potato filling in the warm crust.

1. Clean and dry the work bowl again. Add the remaining 1/4 cup yogurt, cream cheese, confectioners' sugar and ginger; puree until smooth, stopping to scrape down the sides once or twice. Dollop tablespoonfuls of the cream cheese mixture onto the filling, spacing them evenly. Draw the tip of a wooden skewer or a thin knife through the cream cheese mixture and sweet potato filling repeatedly to create a swirled design.

Bake the pie until firm to the touch and starting to puff around the edges, 45 to 50 minutes. Let cool completely on a wire rack, at least 2 hours.

Nutrition

Per serving: 242 calories; 7 g fat (2 g sat, 4 g mono); 60 mg cholesterol; 40 g carbohydrates; 22 g added sugars; 5 g protein; 2 g fiber; 153 mg sodium; 270 mg potassium.

Nutrition Bonus: Vitamin A (135% daily value)

Carbohydrate Servings: 2 1/2

Exchanges: 1/2 starch, 2 other carbohydrate, 1/2 fat