

HOWELL COUNTY  
HEALTH DEPARTMENT

## SEPTEMBER CALENDAR

WIC: 2, 4, 8, 9, 10, 11, 12,  
15, 16, 17, 19, 22, 23, 25,  
26, 29, 30

Willow Springs WIC: 3

Mountain View WIC: 1/2  
day-5, full day-24

Family Planning: 9, 17, 26

Immunizations: 4, 11, 18

Food Handlers: 8, 22

Breastfeeding Support  
Group: 2

Holiday's (closed): Labor  
Day-1st

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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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## Myths About Heart Disease by [www.goredforwomen.org](http://www.goredforwomen.org)

**Myth: Heart disease is for men, and cancer is the real threat for women.**

**Fact:** Heart disease is a killer that strikes more women than men, and is more deadly than all forms of cancer combined. While one in 31 American women dies from breast cancer each year, heart disease claims the lives of one in three. That's roughly one death each minute.

**Myth: Heart disease is for old people.** **Fact:** Heart disease affects women of all ages. For younger women, the combination of birth control pills and smoking boosts heart dis-

ease risks by 20 percent. And while the risks do increase with age, things



Heart Disease Kills

like overeating and a sedentary lifestyle can cause plaque to accumulate and lead to clogged arteries later in life. But even if you lead a completely healthy lifestyle, being born with an underlying heart condition can be a risk factor.

**Myth: I don't have any**

**symptoms.** **Fact:** 64% of women who die suddenly of coronary heart disease had no previous symptoms. Because these symptoms vary greatly between men and women, they're often misunderstood. Media has conditioned us to believe that the telltale sign of a heart attack is extreme chest pain. But in reality, women are somewhat more likely to experience shortness of breath, nausea/vomiting and back or jaw pain. Other symptoms women should look out for are dizziness, lightheadedness or fainting, pain in the lower chest or upper abdomen & extreme fatigue.

## National Fruit & Veggies More Matter Month by [www.fruitsandveggiesmorematter.org](http://www.fruitsandveggiesmorematter.org)

September is a time to raise awareness that everyone needs to eat plenty of fruits and vegetables.

Many American's don't get enough of these high fiber, nutrient dense, delicious fruits and vegetables that are available year round.

Eating more fruits and vegetables can play an important role in maintaining healthy weight and preventing diseases.

Eating and buying fruits and veggies can be easy with so many varieties available and year round availability. All forms such as fresh, canned,

frozen or dried are important and healthy.

Check out the More Matter Fruit and Veggie website for recipes, tips meal planning and more at:

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)



Support your  
bones and your  
heart!

*Hepatitis C is a  
serious liver disease.*

Be sure to  
read labels  
when shop-  
ping for  
healthy  
foods.



MONTHLY MONITOR

## Better Bones & Cardiovascular Health by [www.betterbones.com](http://www.betterbones.com)

Supporting bones helps improve metabolism and may prevent heart disease & diabetes.

Simply put — **the bone building process helps lower your risk of obesity** and related diseases, including diabetes. This is because our

skeletons aren't simply the support structure for movement — they also produce bone hormones. During normal bone building, the hormone osteocalcin is produced, which helps keep blood sugar and insulin sensitivity at healthy levels while simultaneously reducing fat stores. In fact,

research shows that many people with Type 2 diabetes also have low osteocalcin levels, which has been suggested that helping people with diabetes to produce more osteocalcin could become a way of improving their health.

## Hepatitis C

Hepatitis C is a liver disease caused by a virus. It is spread by contact with an infected person's blood or body fluids. You can't get Hep C from kissing, hugging, shaking hands, or sitting next to an infected person.

Symptoms can include: feeling tired, running a

fever, poor appetite, stomach pain, sometimes diarrhea, dark brown urine, yellowish eyes or skin.

If you have any of these symptoms and think you might have Hepatitis C go to your doctor or local health department right away. A blood test will be done to show if you have Hep C.

Treatment includes special drugs given through injections.

Hepatitis C is a serious disease that can cause liver damage to the point your liver can stop working.

You can get Hepatitis C testing done at the Howell Co Health Department by calling for an appointment at 417-256-7078.

## Healthy Food Shopping Tips by [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**Check servings and calories:** Look at the serving size and how many servings the package contains. If you eat one serving, the label clearly outlines the nutrients you get. **Make your calories count:** Look at the calories on the label and note where the calories are

coming from (fat, protein, or carbohydrates). **Don't sugar-coat it:** Sugars add calories with few, if any, nutrients. Look for foods and beverages low in added sugars. **Know your fats.** Look for foods low in saturated fats, *trans* fats, and cholesterol to help reduce the risk of heart

disease (5% daily value or less is low, 20% daily value or more is high). **Reduce sodium (salt), increase potassium:** Research shows that eating less than 2,300 milligrams of sodium (about one teaspoon of salt) per day might reduce the risk of high blood pressure.



## 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.

## Curried Waldorf Salad [www.eatingwell.com](http://www.eatingwell.com)

**The famous Waldorf Salad, full of apples, celery, raisins and walnuts, gets a healthful makeover in with a touch of golden curry. It has nearly twice the fiber of typical versions.**

**Makes:** 6 servings, 3/4 cup each

**Active Time:** 25 minutes

**Total Time:** 25 minutes

### Ingredients

- 1/4 cup nonfat plain yogurt
- 3 tablespoons low-fat mayonnaise
- 1/2 teaspoon curry powder
- 1/8 teaspoon salt
- Pinch of cayenne pepper, or to taste
- 1 orange
- 2 tart-sweet red apples, diced
- 1 cup chopped celery
- 1/3 cup golden raisins
- 1/3 cup coarsely chopped wal-

nuts, toasted (see Tip)

### Preparation

1. Whisk yogurt, mayonnaise, curry powder, salt and cayenne in a medium bowl. Grate 2 teaspoons zest from the orange and add to the dressing.

Using a sharp knife, cut off the peel and white pith from the orange. To make segments, hold the orange over



**Apples are in season, try this delicious, healthy salad!**

the bowl (to catch the juice)

and slice between each segment and its surrounding membranes. Add apples, celery, raisins and walnuts; toss to combine.

### Tips & Notes

**Tip:** To toast chopped walnuts, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 5 minutes.

### Nutrition

**Per serving:** 136 calories; 5 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 24 g carbohydrates; 0 g added sugars; 2 g protein; 4 g fiber; 134 mg sodium; 222 mg potassium.

**Nutrition Bonus:** Vitamin C (26% daily value).

**Carbohydrate Servings:** 1 1/2

**Exchanges:** 1 1/2 fruit, 1 fat