

# For The Health Of It!

## February is National Children Dental Health Month

Cavities also known as Tooth decay are the most common chronic disease of Childhood, yet they are preventable. Children who have poor oral health often miss more school and receive lower grades than children who don't. Untreated cavities can cause pain, infections, and can lead to problems eating, speaking, and learning.

**More than 1 in 5 children aged 2 to 5 years has at least one cavity in their baby teeth.**

You can protect and maintain your child's teeth by following these wise simple steps—

### ***P-E-A-R-L-S of Wisdom***

**Protect tiny teeth** by caring for your mouth when you are pregnant. Your child's future oral health starts with you.

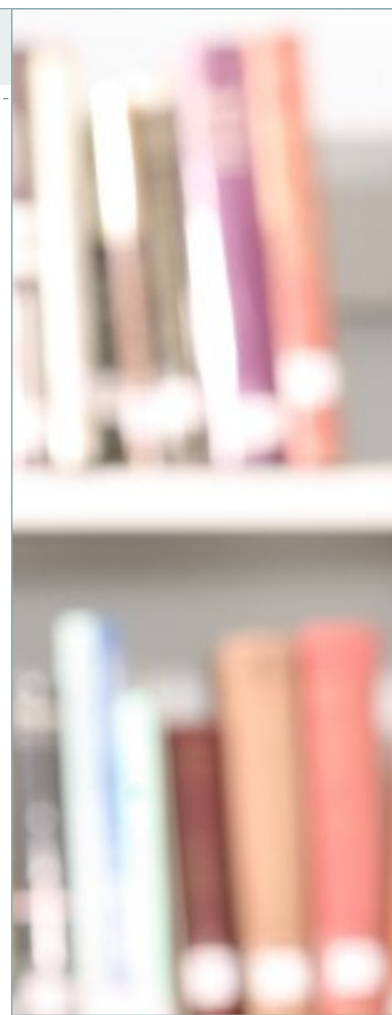
**Ensure** to wipe your baby's gums after each meal.

**Avoid** putting babies to bed with a bottle.

**Remember** to brush your child's teeth twice daily with fluoride toothpaste. For children younger than 2 years, consult with your dentist or doctor about when to start using fluoride toothpaste.

**Limit** drinks and foods with added sugars for children. Encourage your child to eat more fruits and vegetables and have fewer fruit drinks, cookies and candies. This gives your child the best possible start to good oral health.

**Schedule** your child's first dental visit by their first birthday or after their first tooth appears. Their tiny teeth matter !



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## Prenatal Infection

### Prevention Month

There are several different prenatal infections. Some of these include Bacterial Vaginosis, Chlamydia, Gonorrhea, Hepatitis, HIV/AIDS, HPV, and Listeria. These infections commonly reach the womb by traveling upwards through the vagina or cervix, and through maternal bloodstream through the placenta. There are things you can do to help prevent these infections.

Keeping all your prenatal appointments and having open, honest conversations with your doctor or provider are the first things you should do to care for yourself and your baby. Other things you should be doing, to help prevent prenatal infections, are:

- Having good personal hygiene which includes frequent hand-washing.
- Eating a healthy, balanced diet and making sure all food is prepared in a clean environment.
- Avoiding bodily fluids (blood, saliva, mucus, etc.) from other people.
- Having all appropriate immunizations, as recommended by your doctor.
- Staying alert to environmental hazards such as cigarette smoke and pests (mosquitoes, ticks, etc.).

Remember, your doctor is the best source of information regarding infection prevention and treatments.

## FEBRUARY IS AMERICAN HEART MONTH!

Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we work on them with others. NHLBI launched the #OurHearts movement to inspire us to protect and strengthen our hearts with the support of others.

Here are some facts, how-to tips, and resources to inspire you to join with others, even if you can't be physically together, to improve your heart health.

Heart disease is the leading cause of death for both men and women in the United States. Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

### Why Connecting is Good for Your Heart

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Follow these heart-healthy lifestyle tips to protect your heart. It will be easier and more successful if you work on them with others, including by texting or phone calls if needed.

- Be more physically active.
- Maintain a healthy weight.
- Eat a nutritious diet.
- Quit smoking.
- Reduce stress.
- Get 7-9 hours of quality sleep.
- Track your heart health stats.

You don't have to make big changes all at once. Small steps will get you where you want to go.

### Move more

Invite family, friends, colleagues, or members of your community to join you in your efforts to be more physically active:

- Ask a colleague to walk "with you" on a regular basis, put the date on both your calendars, and text or call to make sure you both get out for a walk.
- Get a friend or family member to sign up for the same online exercise class, such as a dance class. Make it a regular date!
- Grab your kids, put on music, and do jumping jacks, skip rope, or dance in your living room or yard.

*How much is enough? Aim for at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises 2 days a week. Can't carve out a lot of time in your day? Don't chuck your goal, chunk it! Try doing 10 minutes of physical activity at least three times a day.*

### **Aim for a healthy weight**

Find someone in your friend group, at work, or in your family who also wants to reach or maintain a healthy weight. (If you're overweight, even a small weight loss of 5–10 percent helps your health.) Check in with them regularly to stay motivated. Agree to do healthy activities, like walking or cooking a healthy meal, at the same time, even if you can't be together. Share low-calorie, low-sodium recipes.

### **Eat heart-healthy**

We tend to eat like our friends and family, so ask others close to you to join in your effort to eat healthier. Follow NHLBI's Dietary Approaches to Stop Hypertension (DASH) eating plan. Research shows that, compared to a typical American diet, it lowers high blood pressure and improves cholesterol levels.

### **Quit smoking**

To help you quit, ask others for support or join an online support group. Research shows that people are much more likely to quit if their spouse, friend, or sibling does. Social support online can help you quit. Call NYS Smokers Quitline at 1-866-697-8487 or visit them online at [nysmokefree.com](http://nysmokefree.com)

If you need extra motivation to quit, consider those around you: Breathing other people's smoke, called secondhand smoke, is dangerous. Many adult nonsmokers die of stroke, heart disease, and lung cancer caused by secondhand smoke.

### **Manage stress**

Managing stress helps your heart health. Set goals with a friend or family member to do a relaxing activity every day, like walking, yoga, or meditation, or participate in an online stress-management program together. Physical activity also helps reduce stress. Talk to a qualified mental health provider or someone else you trust.

### **Improve sleep**

Sleeping 7–9 hours a night helps to improve heart health. De-stressing will help you sleep, as does getting a 30-minute daily dose of sunlight. Take a walk instead of a late afternoon nap! Family members and friends: remind each other to turn off the screen and stick to a regular bedtime. Instead of looking at your phone or the TV before bed, relax by listening to music, reading, or taking a bath.

### **Track Your Heart Health Stats, Together**

Keeping a log of your blood pressure, weight goals, physical activity, and if you have diabetes, your blood sugars, will help you stay on a heart-healthy track. Ask your friends or family to join you in the effort.

For more information about heart health, visit [www.hearttruth.gov](http://www.hearttruth.gov).

## **Tips for Safety Snow**

### **Shoveling**

Snow shoveling is chore many people dread doing. It is also a chore that can be hazardous to your health. Back injuries and heart attacks often happen to people while shoveling snow. Here are some ways to keep yourself safe.

1. Dress for the weather. Layer up with sweat wicking clothing first then a warming layer and then a wind and water resistant layer. You can always remove excess layers if you get too warm.
2. Warm-up before shoveling. Take a few minutes to get your body ready for the work. Jogging in place and light stretching may be helpful.
3. Lift smaller amounts of snow especially if it is very wet and heavy. This can reduce the strain on your back and your heart.
4. Take frequent breaks. Depending on your fitness level and health you may want to take a break every 15 minutes.
5. Lift with your legs not your back. Bend at your knees and keep your back upright.
6. Use a shovel that is the right size for your height and strength.
7. When possible push instead of lifting snow. Don't throw snow over your shoulder or to the side. These movements strain the back.
8. If at anytime you feel pain or chest discomfort, stop what you are doing and call 911 and seek medical attention.



## AFRICAN AMERICANS AND THEIR CONTRIBUTIONS TO MEDICINE & SOCIETY

### Rebecca Lee Crumpler, MD (1831 – 1895)

In 1864, after years as a nurse, Rebecca Lee Crumpler became the first black woman in the United States to receive an MD degree.

### James McCune Smith, MD (1813 – 1865)

In 1837, he became the first black American to receive a medical degree — although he had to enroll at the University of Glasgow Medical School because of racist admissions practices at U.S. medical schools. He was the first black person to own and operate a pharmacy in the United States and the first black physician to be published in U.S. medical journals.

### Leonidas Harris Berry, MD (1902 – 1995)

A renowned gastroenterologist, Berry was the first black doctor on staff at the Michael Reese Hospital in Chicago, Illinois, in 1946, but he had to fight for an attending position there for years.

### Charles Richard Drew, MD (1904 – 1950)

Known as the “father of blood banking,” Charles Richard Drew, MD, pioneered blood preservation techniques that led to thousands of life-saving blood donations.

### Louis Wade Sullivan, MD (b. 1933)

In 1975, he became the founding dean of what became the Morehouse School of Medicine — the first predominantly black medical school opened in the United States in the 20th century.

### Marilyn Hughes Gaston, MD (b. 1939)

Her research showed both the benefits of screening for sickle cell disease at birth and the effectiveness of penicillin to prevent infection from sepsis, which can be fatal in children with the disease.

To learn more about these and several other African American pioneers of medicine go to <https://www.aamc.org/news/celebrating-10-african-american-medical-pioneers>

# Rabies

A preventable viral disease most often transmitted through the bite of a rabid animal. The rabies virus infects the central nervous system of mammals, ultimately causing disease in the brain and death. It is most commonly found in wild animals like bats, raccoons, skunks, and foxes, although any mammal can get rabies.

Some signs an animal may have rabies include:

- General sickness
- Problems swallowing
- Excessive drool or saliva
- An animal that is overly aggressive
- An animal that bites at imaginary objects
- An animal that appears tamer than you would expect
- An animal that's having trouble moving or may even be paralyzed
- A bat that is on the ground

There are several things you can do to protect your pet from rabies. Make sure they get regular rabies vaccines, keep pets away from wild animals, spaying or neutering pets, and calling animal control to remove stray animals from your neighborhood.

Rabies virus becomes noninfectious when it dries out and when it is exposed to sunlight. Casual contact, such as touching a person or animal with rabies or contact with non-infectious fluid or tissue, is not associated with risk for infection.

## POTENTIAL RABIES EXPOSURE

Human exposures to rabies can generally be categorized as bite, open wound, mucous membrane, or other types of exposure:

**Bite exposure:** Any penetration of the skin of a person by the teeth of a rabid or potentially rabid animal.

**Open wound exposure:** Introduction of saliva or other potentially infectious material (cerebrospinal fluid, spinal cord, or brain tissue) from a rabid or potentially rabid animal into an open wound (e.g., broken skin that bled within the past 24 hours).

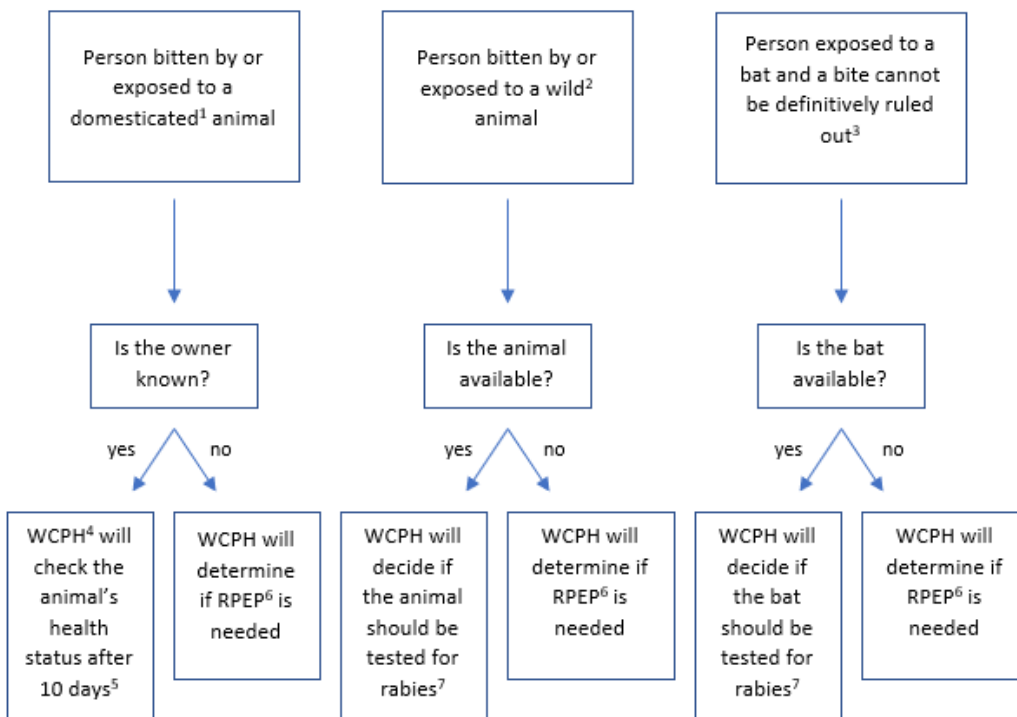
**Mucous membrane exposure:** Introduction of saliva or other potentially infectious material (cerebrospinal fluid, spinal cord, or brain tissue) from a rabid or potentially rabid animal onto any mucous membrane (eyes, nose, mouth).

**Other exposure:** Any interaction with a rabid or potentially rabid animal where a bite, open wound, or mucous membrane exposure cannot be definitively ruled out. This includes situations where a bat is found in a room with a sleeping person, unattended child, intoxicated or mentally compromised person.





## WHAT HAPPENS AFTER A POSSIBLE EXPOSURE?



1. Domesticated animals: dogs, cats, ferrets, horses, donkeys, mules, cattle, sheep, goats and pigs.
2. Wild animals with the highest rabies incidence include raccoons, bats, skunks and foxes. Exposures to small rodents and rabbits do not meet the criteria for potential human exposure to rabies.
3. This includes situations where a bat is found **in the same room** as a sleeping person, unattended child, intoxicated or mentally compromised person.
4. WCPH: Warren County Public Health.
5. If the domesticated animal is alive and healthy 10 days after the incident, then rabies testing or RPEP treatment is not needed. If the animal appears sick or develops signs of rabies during the 10 days, then WCPH will decide if rabies testing or RPEP is needed.
6. RPEP: Rabies Post Exposure Prophylaxis. For persons never vaccinated for rabies, treatment includes (1) human rabies immune globulin (HRIG) AND (2) 4 doses of rabies vaccine administered in the arm (or thigh for small children) on days 0, 3, 7 and 14. Immunocompromised persons may receive a 5<sup>th</sup> dose of vaccine on day 28. For persons previously vaccinated, treatment includes only 2 doses of rabies vaccine on days 0 and 3 (no HRIG).
7. If the animal tested is negative for rabies, then RPEP is not needed. If it is untestable, it should be assumed to be positive. If the animal is untestable or positive, WCPH will determine if RPEP is needed.

*\*Warren County Public Health must approve all RPEP before it is started once determined necessary\**

*Always report animal bites and exposures to  
Warren County Public Health  
518-761-6580*



### Warren County Rabies Clinic Schedule 2024

Below is the schedule of confirmed rabies clinics being held by Public Health in 2024. It is anticipated that more clinics will be added in other communities. Continue to check the [Public Health website](#) for updates to the rabies clinic schedule .

**Saturday, May 4th**, Queensbury Community Center 10:00am—Noon. 742 Bay Road, Queensbury

**Saturday, August 10th**, Queensbury Community Center 10:00am—Noon. 742 Bay Road, Queensbury

**Saturday, October 19th**, Queensbury Community Center 10:00am—Noon. 742 Bay Road, Queensbury

**Saturday, November 2nd**, Queensbury Community Center 10:00am—Noon. 742 Bay Road, Queensbury

#### Clinic things to remember

- Please keep dogs on leashes and cats in carriers when attending a clinic.
- Pets must be 3 months of age to receive their first rabies shot, which is good for 1-year.
- Pets need a booster shot 1-year after the initial shot. Booster shots are good for 3-years.
- Pets that have received a booster dose will need to receive an additional booster dose every 3-years.
- Initial and booster shots are available at all rabies clinics.
- Please bring expired rabies tags if you have them. This helps ensure the right shot (initial/booster) is given to your pet.

A \$10.00 donation is requested for each pet that is vaccinated to help offset clinic costs. However, no one is turned away due to financial hardship.

Please contact Warren County Public Health if you have questions about the rabies clinics 518-761-6580.

# National Eating Disorder Awareness Week

## February 26th – March 3rd, 2024

It is estimated that over 28 million Americans will have an eating disorder in their lifetime. Eating disorders affect Americans of all ages, racial/ethnic backgrounds, genders, sexual orientations, body shapes, weights, and socioeconomic statuses. While eating disorders can affect anyone, research has shown that people of color, and gender diverse and transgender individuals are among those least likely to receive a diagnosis or appropriate care. Eating disorders most often appear during the teen years or in young adults, however in recent years there has been an increase in cases among children and older adults.

There are several different types of eating disorders including

- **Anorexia nervosa**— Severely limiting the amount of food they eat to prevent weight gain. People with anorexia usually have an intense fear of gaining weight and may think they are fat even when they are thin. They may also exercise too much so that they do not gain weight. Over time, eating so little food leads to serious health problems and sometimes death.
- **Bulimia nervosa**—Eating large amounts of food at one time, then trying to get rid of the food or weight gain by throwing up, taking laxatives, fasting (not eating anything), or exercising a lot more than normal.
- **Binge eating disorder**— Often feel out of control and eat a large amount of food at one time (called a binge). Unlike other eating disorders, people who have binge eating disorder do not throw up the food or exercise too much.

Eating disorders are serious illnesses that are associated with disruptions in people’s eating behaviors and related thoughts and emotions. Preoccupations with food, body, weight, and shape may be signs of an eating disorder.

### Risk Factors for Eating Disorders

Risk factors for eating disorders can include various biological, psychological, social, and environmental factors. Some of the most common risk factors include:

- Body dissatisfaction
- Bullying
- Appearance ideal internalization
- Anxiety disorder
- Limited social networks
- Historical trauma
- Having a close relative with an eating disorder
- Sexual trauma in childhood
- Experience of violence and post-traumatic stress disorder (PTSD)
- Food insecurity

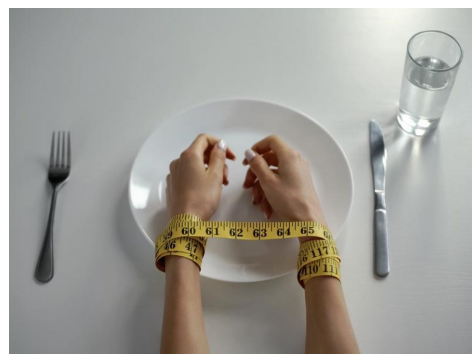


Image Courtesy of : Renewed Freedom Center

Untreated eating disorders can cause cardiovascular disease, tooth loss, gastrointestinal issues, seizures, brain damage, sleep apnea, bone loss, and many other health conditions. They can negatively impact reproductive and maternal health outcomes and can lead to miscarriage, low birthweight, obstetric complications, and postpartum depression. Eating disorders are also associated with an increase in anxiety, depression, and mood disorders. The combination of these factors can contribute to job loss, reduced productivity, and significant healthcare costs related to care, treatment, and support services. With early detection and intervention, full recovery from an eating disorder is possible.

Looking to speak with someone about eating disorders concerns for yourself or a loved one? Please call our partner organizations’ Helplines:

**[ANAD Helpline: 1 \(888\) 375-7767](tel:18883757767)** Monday-Friday, 9am-9pm CT

**[National Alliance for Eating Disorders Helpline: 1 \(866\) 662-1235](tel:18666621235)** Monday-Friday, 9am-7pm ET

**[Diabulimia Helpline: 1 \(425\) 985-3635](tel:14259853635)**

**[F.E.A.S.T](#)** Families Empowered And Supporting Treatment for Eating Disorders provides support and education resources to parents and caregivers of loved ones impacted by eating disorders.

If you are in crisis, call or text **[Suicide and Crisis Lifeline: 988](tel:988)** [Spanish speaking services and for Deaf & Hard of Hearing] or text **[Crisis Text Line: “HOME”](tel:741741)** to 741-741. [Spanish speaking services].