

# FOR THE HEALTH OF IT!



## National Children’s Dental Health Month

Cavities also known as Tooth decay are the most common chronic disease of Childhood, yet they are preventable. 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 tooth-paste.

**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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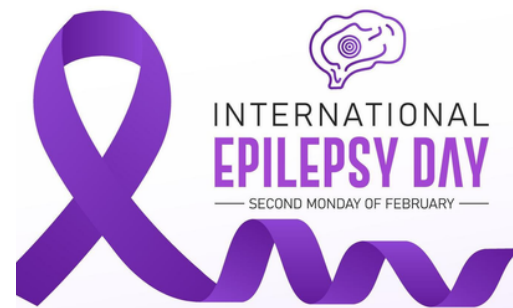
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# February is American Heart Month



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.

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.



- Epilepsy is a chronic non-communicable disease of the brain that affects people of all ages.
- Around 50 million people worldwide have epilepsy, making it the most common neurological disease internationally.
- In NYS, about 215,000 people are living with active epilepsy.
- More than half the time, the cause of epilepsy is unknown.
- In some cases, it may be due to head injury, infections or a tumor in the brain, a stroke, degenerative diseases such as Alzheimer's, substance abuse or hereditary.
- Drug Therapy is the most common form of treatment, followed by surgery.



American Heart Association.

## 10 Ways To Improve Your Heart Health

1 Balance calories with physical activity.



2 Reach for a variety of fruits and vegetables.



3 Choose whole grains.



4 Include healthy protein sources, mostly plants and seafood.



5 Use non-tropical liquid plant oils.



6 Choose minimally processed foods.



7 Subtract added sugars.



8 Cut down on salt.



9 Limit alcohol.



10 Do all this wherever you eat!



Need more food for thought? Go to [www.heart.org/eatsmart](http://www.heart.org/eatsmart)

# Ice Safety

For many people, enjoying winter in Warren County means getting out and exploring many of our frozen lakes and ponds. Before venturing out on any frozen body of water it is important to know some ice safety. Below are some things to consider when venturing onto ice.

- Ice is never of uniform thickness and weight capacity. Check ice thickness carefully before heading out. Look for other people or signs of people on the ice.
- Carry ice safety picks (two handles with spike points) to help you get out of the water should you break through the ice. Consider wearing a floatation device especially during early and late season ice.
- Ice strength cannot be judged by appearance alone. Strength is affected by age, thickness, temperature, snow-load and the characteristics of the water beneath it. Slush ice is about 50 percent weaker. Clear ice over running water is about 20 percent weaker. Double the recommendations for white ice.
- Ice is weaker on rivers and over moving water- account for this difference.
- Ice forms thicker over the shallow areas first, often making it strong around the edges and weaker in the middle. This can present a false sense of security.
- Watch for indications of weak ice such as standing water, slush, wet cracks in the ice, overflow - or water flowing on the ice surface, pressure ridges, and where obstructions penetrate the ice surface.
- Snow load affects ice capacity. Be especially cautious when there is snowfall early in the season slowing ice formation and adding weight. Snow may hide deficiencies in the ice.
- There is no such thing as 100% safe ice- always be vigilant and have someone with you.
- Be careful around cold water as hypothermia sets in extremely fast once you are wet.
- Keep pets and dogs off weak ice. The best way to avoid an emergency is to stay off the ice all together.
- Call 911 immediately if someone falls through or becomes stuck on or through weak ice.

Learn more about staying safe on the ice. Go to your favorite search engine and search for ice safety tips.

# Get Your Flu Vaccination Today

Did you know that flu season usually peaks after Christmas and it's not too late to get your flu shot in January.

Adults with certain chronic conditions are at higher risk of developing serious complications from flu.

In fact, during recent flu seasons, **9 out of 10 people hospitalized with flu had at least one underlying health condition** – that's why getting an annual flu vaccine is especially important for people with certain chronic health conditions

A flu vaccine reduces the risk of getting sick with flu. For people with certain chronic health conditions a flu vaccine has been shown to reduce the risk of flu-related worsening of chronic conditions and prevent flu-associated hospitalization.

Even if you don't have chronic health conditions you may want to get the flu vaccine to protect the people around you. The flu can be easily transmitted from a person at low risk of complications from the flu to someone at high risk.

Flu vaccines can be given at lots of different places including pharmacies, doctor's offices and community clinics. Visit [vaccines.gov](http://vaccines.gov) to find vaccines near you.

If you do not have insurance or have trouble affording a flu vaccine, contact your local health department.



## ICE SAFETY GUIDE

for clear, hard ice

! Always be cautious and use good judgement when traveling across ice.

! No ice is guaranteed to be safe. Proceed at your own risk!

0-3"

Unsafe!  
Stay off!

4"

1 person  
with gear

5"

Small group.  
Spread out!

6"

Single  
snowmobile  
or ATV\*

9+"

Multiple  
snowmobiles  
and ATVs\*

\*Not recommended. Proceed at your own risk!

# Staying Healthy During Winter

The days might be getting a little bit longer, but it is still cold outside. Staying indoors can increase your chances of catching viruses that cause colds, the flu, or COVID-19. Dry winter air can also weaken natural mucus barriers in the nose, mouth, and lungs, where viruses can enter the body. Here's some tips for staying healthy!

- Wash your hands frequently
- Wipe down surfaces around you
- Keep a distance from those who are sick
- Avoid touching your eyes, nose, and mouth
- Stay hydrated
- Get enough sleep to keep your immune system strong
- Make nutritious choices!
- Stay active!

## Making nutritious choices

- Embrace seasonal produce. Root vegetables like carrots, parsnips, and sweet potatoes are rich in vitamins and fiber. Leafy greens like kale, collard greens, and brussels sprouts are packed with antioxidants and essential nutrients.
- Warm up with healthy soups and stews
- Choose lean proteins and whole grains
- Indulge smartly
- Stay Hydrated
- Keep your vitamin D levels up. With less sunlight during the winter months, many people experience a drop in vitamin D levels which can affect mood, immunity, and bone health.

Making healthier food choices in the winter doesn't mean giving up comfort or flavor. A few simple adjustments to your meals can help boost your energy levels, support your immune system, and keep you feeling your best all winter long.

## Staying active

- Take nature walks, weather permitting
- Walk indoors at the Aviation Mall or the Cool Insuring Arena
- Find a free guided workout online to do at home
- Track your steps, are you getting 10,000 steps a day?
- Find an indoor pool, swimming is a great exercise

Everything counts! Vacuuming the house, shoveling snow, lifting cans, and so many more activities count towards staying active and being fit. If you are venturing outside, be sure to layer well, cover your extremities, take safety precautions, and remember sunscreen!

Stay   
healthy



## February is International 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.

Most prenatal infections are preventable! Receive early prenatal care and prenatal screening - including for sexually transmitted infections.

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:



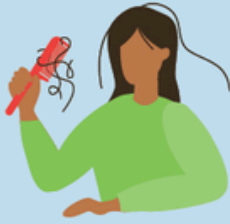

- Having good personal hygiene which includes frequent handwashing.
- Eating a healthy, balanced diet and making sure all food is prepared in a clean environment.
- Avoiding bodily fluids (blood, saliva, mucus, etc.) from other people.
- Having all appropriate immunizations, as recommended by your doctor.
- 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.

# Eating Disorder Awareness Week

Eating disorders are mental health conditions that cause you to have an unhealthy relationship with food and how you see yourself (body image). **Eating disorders affect your physical and emotional health and can be life-threatening.** Anyone can develop an eating disorder.

**Signs and symptoms could include:**

 <p><b>Mood swings.</b></p>	 <p><b>Fatigue, fainting or dizziness.</b></p>	 <p><b>Thinning hair or hair loss.</b></p>
 <p><b>Unexplained weight changes.</b></p>	 <p><b>Unusual sweating or hot flashes.</b></p>	

**Therapies for Eating Disorders**



- Psychotherapy
- Physical therapy
- Family-based therapy
- Nutritional therapy
- Occupational therapy

## World Cancer Day

is an international day observed every February 4th to raise awareness about cancer, encourage its prevention and mobilize action to address the global cancer epidemic.

- NYSDOH has teamed up with the Union for International Cancer Control (UICC) to celebrate World Cancer Day with the team 2025-27 “UNITED BY UNIQUE”
- Cancer is one of the most common chronic diseases in NYS and is second only to heart disease as the leading cause of death.

**PAIN  
GRATITUDE  
ANGER  
HOPE  
DENIAL  
RELIEF  
CANCER  
UNITED BY  
UNIQUE**

SHARE YOUR STORY  
WORLD.CANCERDAY.ORG

World Cancer Day  
4 February

UNITED BY  
UNIQUE