

# For the Health Of It

## NATIONAL WOMEN’S HEALTH WEEK MAY 14TH -20TH

Woman, grandmother, mother, daughter, sister, aunt and niece. No matter the title, women are essential to the social fabric of our communities. That’s why from May 14th–20th the focus is on ensuring Women’s health.

Since the COVID pandemic many women have put off taking care of themselves to focus on taking care of others. Now it’s time for self-care. Here are some ideas to help you get started.

**Preventive Cancer Screenings**—There is no doubt that the earlier cancer is found the more successful it can be treated. Breast, cervical and colorectal cancer screenings are all effective at detecting cancer early. Talk with your doctor about the different types of screenings available, your risk factors and if you meet the latest recommendations for specific screenings . Then schedule your screenings .

**Blood Pressure**—It is important for women to monitor their blood pressure regularly. High blood pressure can lead to a number of dangerous health conditions including heart damage, artery damage, kidney damage and even heart attack and stroke. Talk with your healthcare provider about ways to manage blood pressure including medications and diet and lifestyle changes.

**Healthy Lifestyle**—Staying active and eating healthy are two great ways to improve health. Take time to assess your physical activity levels. If you have not been active start slowly and gradually build your levels until you are able to reach 150 minutes a week. If 150 minutes is too much set a more realistic goal. Any activity is better than no activity. As more fruits and vegetables come into season try incorporating more of them in your diet. They should be fresher and less expensive. Watch out for hidden salt, fats and added sugars in your foods.

Continued pg. 2

## SKIN CANCER AWARENESS MONTH

May is Skin Cancer Awareness Month. Skin cancer is the most common form of cancer in the US. One in 5 Americans will develop some form of skin cancer by age 70. The good news is most skin cancer is preventable. Also most skin cancer is treatable, but melanoma is a very aggressive form of skin cancer and early detection is key for successful treatment.

### Skin Cancer Risks

**Ultra Violet (UV) Light Exposure**— UVA and UVB light both cause skin damage. It doesn't matter if your exposure is by natural sunlight or through indoor tanning. Indoor tanning is linked to higher melanoma risk.

**Sunburns**— regardless of when a sunburn happens in your life each one increases your risk for developing skin cancer. It is important to remember that sun damage is cumulative so even after the sunburn heals the damage remains. Having 5 or more sunburns in a lifetime raises a person’s risk for melanoma by 50%.

Continued pg. 2



### INSIDE THIS ISSUE

- Women’s Health Cont. ....2
- Skin Cancer Cont. ....2
- Stroke Awareness .....3
- Garden Safety Tips .....3
- High blood Pressure.....4
- Stroke Cont. ....5
- Physical Fitness .....6

### EVENT CALENDAR

#### Community Tick Tables

**May 9th**—Gurney Lane Rush Pond Trailhead

**May 10th**—Coles Woods Trailhead , Glens Falls

**May 16th**—Lake George Rec Trails

**May 25th**—Harris Preserve Trailhead, Lake Luzerne

**May 30th**—Chester Creek Trail, Chestertown

All tables will be available from 10am–12pm (weather dependent)



## WOMEN'S HEALTH WEEK CONTINUED

### **Mental Health**—Practice Self-Care for your Mental Health

- Make a list of small acts of self-care that you can do daily.
- Check in to see if you need support or help dealing with daily life.
- Stay connected with family and friends.
- Connect with your community-or faith-based organizations.
- Make time to unwind and focus on activities you enjoy.
- Support caregivers in your life. If you are a caregiver, take time for you.
- Pay attention to changes in your mood

If you or anyone you know is experiencing changes in thinking, mood, behavior, and/or thoughts of self-harm, reach out for help: **SAMHSA's National Helpline – 1-800-662-HELP (4357)**.

### **Create good sleep habits**—Sleep deficiency can lead to physical and mental health issues.

- Follow a sleep routine and go to bed and wake up at the same time each day.
- Avoid using electronic devices at least 30 minutes prior to bed. The blue light used in those devices can trick your brain into thinking there is daylight.
- Try to get at least 7 hours of sleep every night.

Form more tips on Women's Health visit [www.womenshealth.gov/nwhw/about](http://www.womenshealth.gov/nwhw/about)

*The estimated five-year survival rate for patients whose melanoma is detected early is over 99 percent.*

### **Health News Brief**

In 2022 NYSDOH conducted tick drags at 3 sites in Warren County and collected 100 adult ticks.

What they found

- 36% of the ticks tested positive for Lyme disease
- 9.2% carried Anaplasmosis
- 1% carried Babesiosis

What does this mean? If you are bitten by a tick there is a chance you may be infected by more than one disease.

Watch for fever, chills, achiness rashes and other signs and symptom for the next 30 days after a bite and talk with your doctor about treatment options and the possibility of co infections.

## SKIN CANCER PREVENTION CONTINUED

**Skin Type & Genetics**— Although anyone can get melanoma, people with fairer skin – especially those with red or blond hair, blue or green eyes, or skin that freckles or easily burns – have a higher risk. Melanoma can run in families. If one or more close biological relatives – parents, brothers, sisters or children – had melanoma, you are at increased risk. Also, people with many moles and those with many atypical moles are at very high risk for developing melanoma.

### **Reduce your Risk for Skin Cancer**

- Seek the shade, especially between 10 AM and 4 PM.
- Don't get sunburned.
- Avoid tanning, and never use UV tanning beds.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Use a broad-spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad-spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or after swimming or excessive sweating.
- Keep newborns out of the sun. Use sunscreen on babies over the age of six months.
- Examine your skin head-to-toe every month.
- See a dermatologist at least once a year for a professional skin exam.

For more information about Skin Cancer visit <https://www.skincancer.org/>

## Signs of Stroke in Men And Women

If any of the following signs appear suddenly, call 9-1-1 right away.



Numbness or weakness in the face, arm, or leg, especially on one side of the body.



Confusion or trouble speaking or understanding speech.



Trouble seeing in one or both eyes.



Trouble walking, dizziness, or problems with balance.



Severe headache with no known cause.



## STROKE AWARENESS MONTH

A stroke, sometimes called a brain attack, happens in one of two ways:

- **Ischemic stroke**—when the blood supply to the brain is blocked
- **Hemorrhagic stroke**—when a blood vessel in the brain bursts

A stroke causes brain tissue to die, which can lead to brain damage, disability, and death.

Several factors that are beyond your control can increase your risk for stroke. These include your age, sex, and ethnicity. But there are many unhealthy habits, such as smoking, drinking too much alcohol, and not getting enough exercise, that you can change to lower your stroke risk. Using tobacco products and having high blood pressure, high cholesterol, diabetes, or obesity can also increase your risk for stroke. However, treating these conditions can reduce your risk. Ask your doctor about preventing or treating these medical conditions.

### What are the Signs and Symptoms

An easy way to remember the most common signs of stroke and how to respond is with the acronym F.A.S.T.:

Continued pg. 5

## Gardening Safety Tips

1. Protect yourself from the sun. Your plants may need lots of sun but hats, sunglasses long sleeves and sun-screen are what you need.
2. Wear gloves to protect your hands from injury.
3. Use the right tool for the job to avoid injury.
4. Protect yourself from insects like ticks and mosquitoes by covering up with clothes or using insect repellents.
5. Be careful when using fertilizers and pesticides.

Check with your local Co-operative extension for more gardening tips.

## HIGH BLOOD PRESSURE AWARENESS MONTH

To take care of your heart, it's important to know and track your blood pressure. Millions of Americans have high blood pressure, also called hypertension, but many don't realize it or aren't keeping it at a healthy level.

For most adults, healthy blood pressure is 120/80 millimeters of mercury or less. Blood pressure consistently above 130/80 millimeters of mercury increases your risk for heart disease, kidney disease, eye damage, dementia and stroke. Your doctor might recommend lowering your blood pressure if it's between 120/80 and 130/80 and you have other risk factors for heart or blood vessel disease.

High blood pressure is often "silent," meaning it doesn't usually cause symptoms but can damage your body, especially your heart over time. While you can't control everything that increases your risk for high blood pressure – it runs in families, often increases with age and varies by race and ethnicity – there are things you can do. Consider these tips from experts with the National Heart, Lung, and Blood Institute's (NHLBI) The Heart Truth program:

**Know Your Numbers.** Everyone ages 3 and older should get their blood pressure checked by a health care provider at least once a year. Expert advice: 30 minutes before your test, don't exercise, drink caffeine or smoke cigarettes. Right before, go to the bathroom. During the test, rest your arm on a table at the level of your heart and put your feet flat on the floor. Relax and don't talk.

**Eat Healthy.** Follow a heart-healthy eating plan, such as NHLBI's Dietary Approaches to Stop Hypertension (DASH).

**Move More.** Get at least 2 1/2 hours of physical activity each week to help lower and control blood pressure. To ensure you're reducing your sitting throughout the day and getting active, try breaking your activity up. Any amount of physical activity is better than none and all activity counts.

**Aim for a Healthy Weight.** If you're overweight, losing just 3-5% of your weight can improve blood pressure. If you weigh 200 pounds, that's a loss of 6-10 pounds.

**Manage Stress.** Stress can increase your blood pressure and make your body store more fat. Reduce stress with meditation, relaxing activities or support from a counselor or online group.

**Have a Healthy Pregnancy.** High blood pressure during pregnancy can harm the mother and baby. It also increases a woman's risk of having high blood pressure later in life. Talk to your health care provider about high blood pressure. If you're planning to become pregnant, start monitoring it now.

**Stop Smoking.** Seek out resources, such as smoke free hotlines and text message programs, that offer free support and information.

**Work with Your Doctor.** Get help setting your target blood pressure. Write down your numbers every time you get your blood pressure checked. Ask if you should monitor your blood pressure from home. Take all prescribed medications as directed and keep up your healthy lifestyle.

For information and resources about high blood pressure visit [nhlbi.nih.gov/hypertension](https://www.nhlbi.nih.gov/hypertension).

## STROKE CONTINUED

**F** = Face drooping: Ask the person to smile. Does one side droop?

**A** = Arm weakness: Ask the person to raise both arms. Does one arm drift downward?

**S** = Speech difficulty: Ask the person to repeat a simple sentence. Are the words slurred?

**T** = Time to call 9-1-1: If the person shows any of these signs, call 9-1-1 immediately. Stroke treatment can begin in the ambulance.

If you think that you or someone you know is having a stroke, call 9-1-1 immediately. Stroke is a medical emergency, and stroke treatment and outcomes depend on how fast you get to the hospital and the type of stroke you had.

### Prevention:

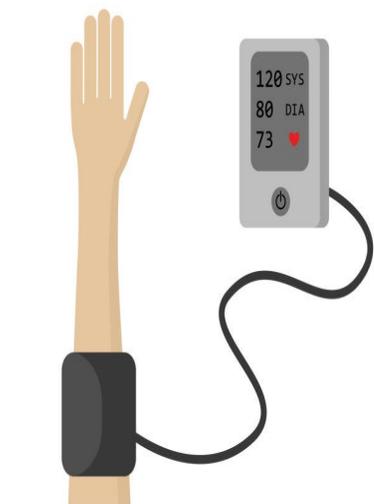
High blood pressure is the single most important treatable risk factor for stroke. Preventing, diagnosing, and controlling it through lifestyle changes and medicine are critical to reducing stroke risks. There are several steps you can take to reduce your risk for stroke:

- Eat a healthy diet low in sodium with plenty of fruits and vegetables. Tips on nutrition are available at CDC's Division of Nutrition, Physical Activity, and Obesity website.
- Maintain a healthy weight. Avoid fad diets and focus on healthy food choices and physical activity.
- Be physically active. Strive for a minimum of 30 minutes of moderate physical activity a day. If you are not currently physically active build up to the recommendations over time.
- Don't smoke, and avoid secondhand smoke. If you currently smoke make a plan to quit. There are resources online to help and there is also the NYS Smokers Quitline.
- Limit alcohol use. No more than two drinks a day for men and one drink a day for women.
- Prevent or manage your other health conditions, especially high blood pressure, high cholesterol, diabetes, and obesity.

### Stroke Treatment

If you have a stroke, you may receive emergency care, treatment to prevent another stroke, rehabilitation to help you relearn the skills you may have lost because of the stroke, or all three. In addition, lifestyle changes, such as the ones listed above, can help lower your risk for future strokes. Talk with your doctor about the best ways to reduce your stroke risk, and always take medicines as prescribed.

For more information visit <https://www.cdc.gov/stroke/about.htm>



## WORLD NO TOBACCO DAY MAY 31ST

World No tobacco Day is a Day to advocate for a tobacco free world.

Locally you can take a stand by urging your local policy makers to limited the number of tobacco shops allowed to operate in your community.

You can advocate for stricter advertising rules that limit where and how tobacco and vape shops advertise.

You can support tobacco free parks and outdoor public spaces.

You can support higher taxes and fees on tobacco and vape products.

You have the power to make change by advocating at the local level.

How will you participate this year?

## PHYSICAL FITNESS & SPORTS MONTH

May is National Physical Fitness and Sports Month. Physical activity is key to maintaining health and well-being. Getting active can improve fitness and reduce stress, reduce risk for many chronic diseases, and ease symptoms of anxiety and depression. Youth sports can help kids and teens get active and develop leadership, time management, and relationship-building skills.

Our communities provide plenty of opportunities to get out and get moving for free. Warren County and the towns, villages and city that reside within its borders offer a variety of recreational options including public parks, playgrounds, hiking & biking trails, and even seasonal recreation programs for children.

The Warren County Geographic Information Systems (GIS) Program has built a wonderful recreation mapper. This feature allows you to find all sorts of recreational opportunities if you find yourself struggling to find to do something on your own. Visit [warren-county-gis-warrencountyny.hub.arcgis.com/](https://warren-county-gis-warrencountyny.hub.arcgis.com/). You're sure to find something you like.

You can also contact your local recreation department to find out what options are available in your own community like organized softball, basketball and soccer leagues for both youth and adults.

Take advantage of the beautiful spring, summer and autumn weather in our area to add physical activity to your routine.

## SAFE GRILLING TIPS

**Follow these steps for a safe and enjoyable grilling season.**

### Separate

When shopping, pick up meat, chicken/poultry, and seafood last, right before checkout. Separate them from other food in your shopping cart and grocery bags. To avoid cross-contamination, put packages of raw meat and poultry into individual plastic bags.

### Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep at 40°F or below in an insulated cooler.

### Thaw & Marinate

Thaw food safely in the refrigerator, cold water, or microwave. Always marinate food in the refrigerator no matter what kind of marinade you're using. Never thaw or marinate meat, poultry, or seafood on the counter.

### Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces and utensils with hot, soapy water before and after cooking.

### Check Your Grill and Tools

Clean grill surfaces before cooking. If you use a wire bristle brush, thoroughly inspect the grill's surface before cooking. Wire bristles from grill cleaning brushes may dislodge and stick into food on the grill.

### Don't Cross-Contaminate

Throw out marinades and sauces that have touched raw meat juices, which can spread germs to cooked foods. Use clean utensils and a clean plate to remove cooked meat from the grill. Do not place cooked meat back on a plate that held raw meat.

### Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperatures inside the smoker at 225°F to 300°F to keep meat at a safe internal temperature while it cooks.

### Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within 2 hours of cooking (1 hour if above 90°F outside). It is okay to put small portions of hot food in the refrigerator since they will chill faster.

