

FOR THE HEALTH OF IT!



Daylight Saving Time Transition Sleep Tips

The American Academy of Sleep Medicine provides these tips to help you minimize the impact of transitioning on your sleep. In the days leading up to the change to daylight savings time, you should:

- Get at least seven hours of sleep (for adults) or eight hours of sleep (for teens) per night before and after the time change. You can use the AASM’s [bedtime calculator](#) to identify an appropriate nightly bedtime.
- Gradually adjust your sleep and wake times. Shift your bedtime 15 to 20 minutes earlier each night for a few nights.
- Adjust other daily routines – such as mealtimes – to match your new schedule prior to the time change.
- Set your clocks to the new time on Saturday evening, and go to bed at your normal bedtime.
- Use light and darkness to help your body adjust. In the spring, head outside for some sunlight on Sunday morning and dim the lights in the evening. Adjusting your exposure to light and darkness will help set your body clock, which regulates the timing of sleep and alertness.
- Get plenty of sleep on Sunday night to ensure you’re rested and ready for the week ahead.

**Daylight Savings:
March 9th!**



SPRING FORWARD

IN THIS ISSUE

Daylight Savings Sleep Tips.....1

Colorectal Cancer Month.....2

Colon Cave Schedule.....2

National Nutrition Month.....3

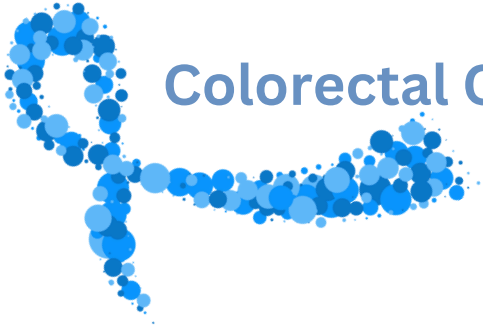
Recipe of the Month.....3

Poison Prevention Week.....4

Rabies Vaccine Clinic Schedule.....4

Sexually Transmitted Infections.....5

St Patrick’s Day Safety.....5

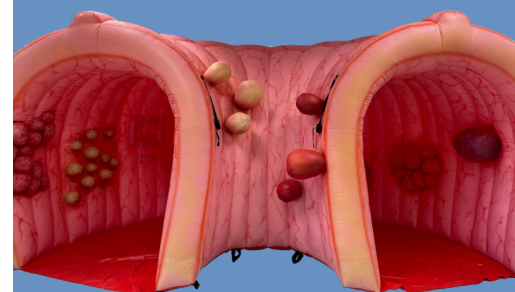


Colorectal Cancer Awareness

Warren County Public Health

Presents:

The Colon Cave



Colorectal cancer is a leading cancer in the U.S. - but it doesn't have to be. Routine screening for colorectal cancer beginning at age 45 can save lives!

What Is Colorectal Cancer?

Cancer is a disease in which cells in the body grow out of control. Colorectal cancer is cancer that occurs in the colon or rectum. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus.

Who Gets Colorectal Cancer?

Colorectal cancer occurs most often in adults who are 45 years old or older, and the risk increases with age. If you are 45 or older, talk to your health care provider about getting screened.

You May Be at Increased Risk If:

- You or a close relative have had colorectal polyps or colorectal cancer.
- You have inflammatory bowel disease, Crohn's disease, or ulcerative colitis.
- You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

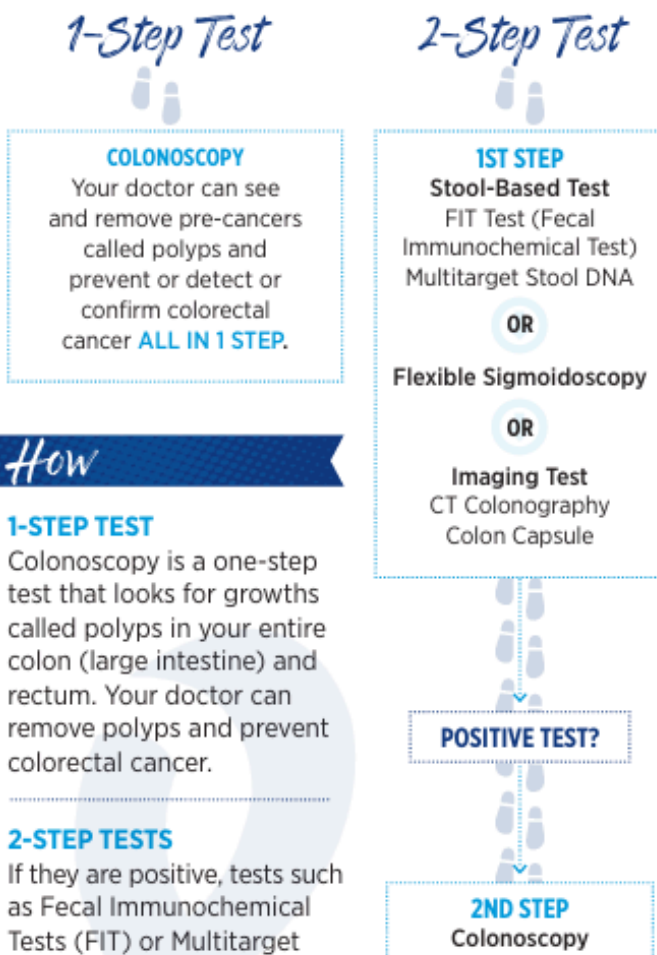
People at increased risk for colorectal cancer may need earlier or more frequent tests than other people. If you think you may be at increased risk, talk to your health care provider about the routine screening tests that are right for you.

What Are the Symptoms of Colorectal Cancer?

Someone could have colorectal cancer and not know it. People do not always have symptoms, especially at first (or in early stages). If there are symptoms, they may include:

- Changes in your bowel habits.
- Blood in or on your stool (bowel movement).
- Abdominal pain, aches, or cramps that don't go away.
- Unexplained weight loss.

Contact your health care provider if you notice any of these symptoms.



How

1-STEP TEST
Colonoscopy is a one-step test that looks for growths called polyps in your entire colon (large intestine) and rectum. Your doctor can remove polyps and prevent colorectal cancer.

2-STEP TESTS
If they are positive, tests such as Fecal Immunochemical Tests (FIT) or Multitarget Stool DNA tests need a follow-up colonoscopy to diagnose any problems. Two steps are needed to screen.

Move through the giant inflatable colon to learn about colorectal cancer and other common conditions! Learn about screening options.

- **Crandall Library**
 - March 7th
 - 10am-2pm
- **Glens Falls YMCA**
 - March 14th
 - 10am-2pm
- **Aviation Mall**
 - March 21st
 - 1pm-6pm
 - March 22nd
 - 9am-1pm
- **Adirondack Thunder Hockey Game***
 - March 28th
 - 6pm

* Must have ticket for the game to enter



Food ConnectsUs

2025 NATIONAL NUTRITION MONTH®
A Campaign by the Academy of Nutrition and Dietetics

What does food connect us to ?

While there are many things that food can connect us to, there are three overarching categories- ourselves, others, and the environment.



Weekly messages

- Week 1- **Connect with Food** by learning to cook, food prep and meal planning skills.
- Week 2- **Connect with a Nutrition Expert.** Ask your doctor for a referral to an RDN. Receive personalized nutrition information.
- Week 3- **Explore the Connection Between Food and Culture.** Experiment with recipes using different ingredients or cooking techniques.
- **Week 4- Build the Connection Across All Stages of Life.** Learn how nutrient needs may change with age.

Recipe for March

Spinach - Avocado Smoothie



This healthy smoothie is super creamy and delicious from frozen bananas and avocado. Make ahead - up to a day and store it in fridge for your veggie boost.

Prep time- 5 mins

Total time- 5 mins

Servings - 1

Ingredients

- 1 cup nonfat plain yogurt
- 1 cup fresh spinach
- 1 frozen banana
- 1/4 avocado
- 2 tbsp. water
- 1 tsp. honey

Directions

Combine yogurt, spinach, banana, avocado, water and honey in a blender. Puree until smooth.

Nutrition Facts

- Calories- 357
- Fat- 8 grams
- Carbs- 58 grams
- Protein - 18 grams.

National Poison Prevention Week

March 16th-22nd

Today, poisoning remains the leading cause of injury-related death in the U.S. Each year, more than 90% of exposures reported to local poison centers occur in the home. Here are some ways you can keep your family, friends, and yourself poison-safe at home:

Be Prepared for a Poison Emergency:

Put the Poison Help number, 1-800-222-1222, in your mobile phone and display it in your home and at work in case of emergency, or if you have questions. Calls are free, confidential, and answered by experts, 24/7/365.

Practice Safe Storage Habits

The following items should be stored up, away, and out of sight of children, and in their original containers. Alternatively, keep these substances in cabinets secured with child-resistant locks. Keep in mind that there is no such thing as a 100-percent child-proof lock or container.

- All medicines and pharmaceuticals, including over-the-counter medicines, prescription medicines, vitamins, and supplements
- Tobacco and e-cigarette products, especially liquid nicotine
- Alcohol
- Cannabis/marijuana edibles and smoking products
- Laundry and cleaning supplies
- Pesticides and insect repellents
- Button batteries, such as those found in musical greeting cards, key fobs, etc.
- Any type of oil or lubricant, including fragrance oils, tiki torch oils, engine oil, etc.
- Personal care products, especially contact lens disinfectants and hand sanitizers
- Other chemicals

Read and Follow Labels and Directions

Make a habit of reviewing the label on any potentially hazardous substance or product prior to use, especially before administering medicines. Take care to follow usage directions, as well as instructions for safe storage and disposal. Call your local poison center by calling 1-800-222-1222 if you have any questions about the directions.

Detect Invisible Threats

To protect your family, install carbon monoxide detectors in your home. Carbon monoxide is a colorless and odorless gas that can lead to severe illness and even death. Most carbon monoxide exposures occur during the winter months or during power outages.

Prepare Food Safely

Practice safe food preparation and handling to avoid food poisoning.

- Keep raw meats, eggs, and poultry separate from other foods in grocery bags, on counters, and during preparation.
- Use a food thermometer to check that meat is fully cooked and reached the internal temperature required to kill harmful bacteria.
- Once cooked, keep hot food hot and cold food cold.
- Refrigerate leftovers within 2 hours to reduce risk of bacterial growth. Consume or freeze within 3-4 days.

**POISON
HELP**
1-800-222-1222



#NPPW25

Rabies Vaccination Clinics

Saturday April 26th 10am-Noon
Queensbury Community Center
742 Bay Rd

Saturday May 17th 10am-Noon
Chester Fire House
State Route 8

Saturday July 12th 10am-Noon
Queensbury Community Center
742 Bay Rd

Saturday August 9th 10am-Noon
Chester Fire House
State Route 8

Saturday September 13th
10am-Noon
Queensbury Community Center
742 Bay Rd

Saturday October 18th
10am-Noon
Queensbury Community Center
742 Bay Rd

Pets must be 3 months of age to receive their first immunization. Both initial and booster shots will be given at all clinics.

A \$10 donation is required for each pet, but no one is turned away due to financial hardship.



Sexually Transmitted Infections (STIs)

If you are sexually active, STI testing is one of the most important things you can do to protect your health. STIs often have no symptoms, so you may not know you have one. But these infections can cause serious health problems.

Who should be tested?

- anyone who is sexually active
- pregnant women
- anyone who shares injection drug equipment

Talk with your provider about your risk for STIs and if you should be tested.

Visit [cdc.gov/sti](https://www.cdc.gov/sti) for more information about the different kinds of STIs, how to protect yourself, how to test and be treated.

Warren County Public Health can provide STI testing and treatment, by appointment only. Call 518-761-6580 if you think you need to be tested for STIs.



Warren/Washington Counties

STD • TB • HIV CLINIC

Location: Public Health Office @
Warren County Municipal Center

SCREENING / TREATMENT FOR

GONORRHEA

CHLAMYDIA

SYPHILIS

RYAN WHITE PROGRAM

WILL PROVIDE SCREENING FOR

HIV / HEPATITIS C

PREVENT THE SPREAD
OF STDs WITH THREE
SIMPLE STEPS:

talk | test | treat



St. Patrick's Day Safety

According to the National Highway Traffic Safety Administration, the number of deaths from drunk-driving related crashes during the St. Patrick's Day holiday increased by 33% in 2022. Even a small amount of alcohol can affect driving ability. Plan ahead for a safe celebration, designate a sober driver to get you home safely. If you are the designated driver, take your job seriously and don't drink. If you think your friend is about to drink and drive, take their keys away and help them find a sober driver.

**Don't break a lucky streak
by drinking and driving.**



NHTSA **buzzed
drunk
driving**