



All About Health

August/September 2009

FOR
CHILD BIRTH CLASSES
Call Tyeanna Aubrey
328-6238

See our website at
www.ppggh.com

Click on
Education
Opportunities
for

Community Health Topics

Paint the Town Pink

Congratulations to Lori Dyess and her Hoof'n for Hooters Team on a very successful event, raising \$12,000 toward their November Breast Cancer 3 Day Walk for the cure for the Susan Komen Foundation in honor of her mom, Penni Beauregard, who is a breast cancer survivor. Team members include Lori, Lela Gilstrap, Shauna Charles, Cassie Gossett, Martha Casey, Bonnie Eubank, Diann Daniel and Medina Cranford.

The fun and fund raising continues with the Hog Mountain Steak Cook Off scheduled for September 19th. For more information, contact Lori at lorydyess@hotmail.com

Calcium and Bone Health

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What I Want to Know About My Health

(monthly column to answer your questions about health)

Q. What is peak bone mass?

A. Peak bone mass refers to the genetic potential for bone density. By the age of twenty, the average woman has acquired most of her skeletal mass. A large decline in bone mass occurs in older adults, increasing the risk of osteoporosis. For women this occurs around the time of menopause.

It is important for young girls to reach their peak bone mass in order to maintain bone health throughout life. A person with high bone mass as a young adult will be more likely to have a higher bone mass later in life. Inadequate calcium consumption and physical activity early on could result in a failure to achieve peak bone mass in adulthood.

Osteoporosis or "porous bone" is a disease of the skeletal system characterized by low bone mass and deterioration of bone tissue. Osteoporosis leads to increased risk of bone fractures typically in the wrist, hip and spine.

While men and women of all ages and ethnicities can develop osteoporosis, some of the risk factors for osteoporosis include those who are

- Female
- White/Caucasian
- Post menopausal women
- Older adults
- Small in body size
- Eating a diet low in calcium
- Physically inactive

Calcium is a mineral needed by the body for healthy bones, teeth, and proper function of the heart, muscles, and nerves. The body cannot produce calcium, therefore, it must be absorbed through food. Good sources of calcium include:

Dairy products-lowfat or

nonfat milk, cheese and yogurt

Dark green leafy vegetables-bok choy and broccoli

Calcium fortified foods-orange juice, cereal, bread, soy beverages, and tofu products

Nuts-almonds

Vitamin D also plays an important role in healthy bone development. Vitamin D helps in the absorption of calcium (this is why milk is fortified with vitamin D).

Regular physical activity has been associated with many positive health benefits including strong bones. Like proper calcium consumption, adequate weight-bearing physical activity early in life is important in reaching peak bone mass. Weight-bearing physical activities cause muscles and bones to work against gravity.

www.cdc.gov

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Adults: Engage in at least 30 minutes of moderate physical activity most, preferably all days of the week.

Children: Engage in at least 60 minutes of moderate physical activity most, preferably all days of the week.

BACK TO SCHOOL HEALTH

Make Sure Your Children are Fully Vaccinated

Immunization is one of modern medicine's most significant public health achievements. Vaccines have eradicated smallpox, eliminated wild polio virus in the U.S. and significantly reduced the number of cases of measles, diphtheria, rubella, pertussis and other diseases that often cause serious illness or even death.

Check with your child's health care provider for immunization requirements now before school starts.

Stopping Germs at School

The main way that illnesses like colds and flu are spread is from person to person in respiratory droplets of coughs and sneezes.

Droplets from a cough or sneeze of an infected person can move through the air and be deposited in the mouth or nose of an individual nearby. Sometimes germs are spread by touching respiratory droplets from another person on a surface like a desk and then touching your eyes, nose or mouth before washing your hands. We know that viruses can live two hours or longer

on surfaces like cafeteria tables, doorknobs and desks.

Teach children to:

- Cover their mouths and noses when coughing or sneezing
- Sing the "Happy Birthday" song twice when washing their hands -that is how long they should wash.
- Use alcohol-based disposable hand wipes and gel sanitizers-tell them to rub their hands until the gel is dry.

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Remember adequate rest and good nutrition support the immune system and are important for your child's health.

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Healthy Recipe of the Month: Broccoli Baked Potatoes

Recipe source: CDC

Preparation time :1 hr & 30 minutes

Directions:

6 servings

Ingredients

6 medium Idaho potatoes

3 stalks broccoli

1/4 cup skim milk

1 cup shredded light cheddar cheese

1/8 tsp pepper

Scrub potatoes. Make shallow slits around the middle as if you were cutting the potatoes in half lengthwise. Bake at 350 degrees F for 30-60 minutes until done, depending on size. Peel broccoli stems. Steam whole stalks just until tender and chop finely. Carefully slice the potatoes in half and scoop the insides into a bowl with the broccoli. Add milk, 3/4 cup of cheese and pepper. Mash together until the mixture is pale green with dark green flecks. Heap into the potato jackets and sprinkle with remaining cheese. Return to the oven to heat (about 15 minutes).

Nutrition per serving:

Calories 210

Fat 2 g

Cholesterol 5 mg

Sodium 140 mg

Fiber 5 g

Vitamin A 4%

Vitamin C 90%

Calcium 10 %

Iron 10 %

Percent daily values based on 2,000 calorie diet

Trans Fat 0 g

Carbs 39 g

Sugars 3 g

Protein 10 g

PPGH DIABETES EDUCATION

Diabetes Self Management Education Program

Information on all aspects of diabetes in an individualized program scheduled at times convenient for you

Recognized by the American Diabetes Association

Covered by most insurances and medicare

Physician prescription required

Call (940)328-6560 for an appointment

Nutrition Therapy

Determine the diet that fits your health needs and lifestyle; learn how to plan healthy meals; how to read labels; tips for dining out.

Contact Admissions for insurance coverage.

Covered by Medicare part B.

Physician prescription required.

Call (940) 328-6235 for questions or Admissions (940) 328-6560 for an appointment.

Diabetes Information Group

Meets on the third Monday of every month at 4pm in the cafeteria in Classroom one at PPGH.

Free-everyone is welcome!

Different aspects of diabetes highlighted every month with guest speakers

Janiel L. Werner MS,RD,LD Tyeanna Aubrey,LVN

Clinical Dietitian

Patient Educator

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