Schoharie County Department of Health

Schoharie County Health Matters

Volume 1, Issue 6 June 2009

June

- Is Home Safety Month
- 1-7th is Sun Safety Week
- 1-6th is Headache Awareness Week
- 7th is Cancer Survivors Day
- 15th Elder Abuse Awareness Day
- 15-21st is Men's Health Week
- 17th is Flag Day
- 21st Summer Begins
- 21st is Father's Day

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Updates on the Swine Flu available on our web site.

June is Home Safety Month

Home Safety Council

Ask anyone where they feel safest, and most will say their own home. However, injury in the home accounts for approximately one-third of all injuries.

During Home Safety Month, our residents are encouraged to consider their home's danger areas and take some simple steps to minimize their risk from potential injuries, or even death.

Some Home Safety Tips:

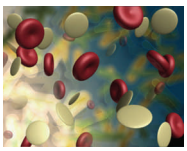
- Use a smoke detector on every floor, and be sure one is placed near each sleeping area. Install carbon monoxide alarms.
- Plan and practice a fire escape plan for your family; establish two exits from each room, and pick

a meeting spot outside.
- Always stay in the kitchen while cooking food on the stove.
- Keep walkways well lit and clear. Use hand railings on the stairs.
- Install grab bars in bath and shower stalls, and use a non-slip mat or adhesive safety strips inside bathtubs and showers.
- Keep the National Poison Control Hotline number (800-222-1222) and other emergency numbers next to every phone in your home.
- Install child locks on all cabinets used to store dangerous items such as poisons, matches, and lighters. Keep your water heater set at 120˚F or less.

For additional information visit the Home Safety Council's website at http://www.homesafetycouncil.org/index.aspx or see NYSDOH's booklet Home Safe Home.

Health Tips

High Cholesterol - What you can do

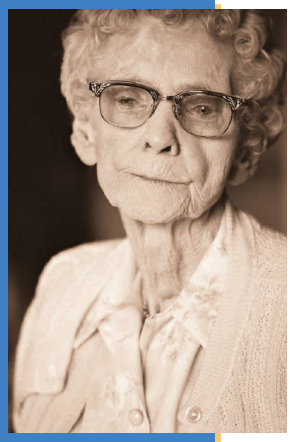


High cholesterol is when you have too much fat in your blood. It can narrow the blood vessels and cause a heart attack. High cholesterol can be treated through diet, weight loss, exercise and medications.

What you can do:

- Visit your Primary Care Provider for a blood test to measure your blood cholesterol levels.
- Eat foods that do not have much fat or grease.
- Eat 5 servings of fruits and vegetables everyday.
- Eat more whole grains and less red meat.
- Exercise every day for at least 30 minutes.

World Elder Abuse Awareness Day June 15, 2009



"Hurt not others in ways that you yourself would find hurtful."
- Buddhism

1 in 20 older adults experience some form of abuse in their homes.

Elder abuse is universal...prevalent in both developing countries and the U.S.

Abuse can take the forms of

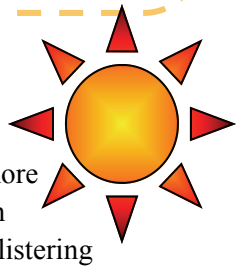
- **Neglect**: isolation, social exclusion, abandonment
- **Deprivation** of choice, decision status, financial and respect
- **Violation** of human medical, social and legal rights

(from WHO - World Health Organization)

It is not enough just to identify the problem, but work to foster an inter-generational solidarity that rejects violence and fosters human dignity regardless of age.

In general, elder abuse refers to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult.
If you suspect elder abuse contact the Department of Social Services at (518) 295-8334.

Sun Safety Week NYSDOH



In some parts of the world, melanoma, the deadliest form of skin cancer , is increasing at rates faster than any other form of cancer.

One in five Americans will develop some form of skin cancer during their lifetime. June 1 to 7 is Sun Safety Week when we are reminded to protect ourselves from the sun's harmful rays, which can damage skin and increase risk for skin cancer. Use sunscreen even on cloudy days because you can still sunburn. Make sure sunscreen is SPF 15 or greater. Wear wide-brimmed hats and sunglasses to protect your eyes.

On average, children get three times more exposure than adults. One blistering sunburn can double a child's risk of developing skin cancer.

For more information visit the NYSDOH website.

NY Connects - www.nyconnects.org

NY Connects is a free program for patients of all ages and their caregivers providing long-term care in Schoharie County.

NY Connects provides information on services currently available , such as personal care, transportation, meals, therapy visits and many others.

NY Connects provides information on agencies that may help in the care of your loved one.

NY Connects provides assistance in obtaining services and, as needed, funding information for those services.

NY Connects provides education to the public on long term care options.

Call (518) 295-8353 between 9 am and 4 pm weekdays, after hours leave a message and your call will be returned.

Email NY Connects at:
nyconnects@co.schoharie.ny.us
Write to NY Connects at:
NY Connects SC
c/o POE Coordinator
PO Box 687,
Schoharie, NY 12157

Men's Health Week - June 15-21st

US Dept. of Health & Human Services

Men may be catching up in lifespan - the life-expectancy gap between men and women has shrunk to 5.2 years, the narrowest since 1946 - but men still need to pay more attention to their health. Why?

Compared to women, men are more likely to:

- Smoke and drink more, and generally lead less healthy lifestyles
- Put off routine checkups and even ignore symptoms of a health problem
- Join in fearless, risky, and dangerous behaviors

Compared to working-aged women, working-aged men are less likely to have:

- A regular doctor
- Health insurance

The good news is that many of the diseases and health conditions that men face can be prevented—or treated if they are found early. To start taking better care of your health, learn about your risk factors. Risk factors are things in your life that increase your chances of getting a certain disease. Some risk factors you cannot change, such as your age or family history. But many are in your control. Find out what you can do to lower your risk factors and improve your overall health. Next, find out how often you should see a doctor for routine checkups and what screenings, tests, and vaccines you might need. By taking these steps, you will feel good knowing you are doing all you can to take charge of your health.

The aim of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

This week gives health care providers and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

Call the NYSDOH Cancer Services Program of Delaware, Otsego & Schoharie Counties at 1-888-345-0225 Or visit our web site for more information on colorectal cancer screenings for men.

This newsletter provides general information only. Our readers should make an appointment with their primary health care providers for all health issues and concerns.

Lead Poisoning Awareness - Protect Your Family

Many houses and apartments built before 1978 have paint that contains high levels of lead. Lead from paint, chips, and dust can pose serious health hazards.

If you suspect that your house has lead hazards, you can take some immediate steps to reduce your family's risk:

- If you rent, notify your landlord of peeling or chipping paint.
- Clean up paint chips immediately.
- Clean floors, window frames, window sills, and other surfaces weekly. Use a mop or sponge with warm water and a general all-purpose cleaner.
- Wash children's hands often, especially before they eat and before bedtime.
- Keep play areas clean. Wash bottles, pacifiers, toys, and stuffed animals.
- Clean or remove shoes before entering your home to avoid tracking in lead from soil.
- Make sure children eat nutritious, low-fat meals high in iron and calcium.

If you would like more information on reducing the hazards of lead contact the SCDOH at (518) 295-8365, see our web site or e-mail the SCDOH at health@co.schoharie.ny.us

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Today's Health Tomorrow's Future

SCDOH Web Site Info

SCDOH has added Centers for Disease Control (CDC) "widgets" to our web site. A widget is a CDC.gov application that displays the featured content directly on our web page. The information will be prevalent, credible health and safety information that will keep you informed about health issues that are most meaningful to you.

Everyday Health provides current healthy living tips on our main web page and the Swine widget provides links to the most up-to-date data on the Swine Flu (H1N1 Flu).

Also, **register** on the county web site to receive an **email notification** when health alerts and the SCDOH Newsletter is posted. The county's web site address is http://www.schohariecounty-ny.gov/CountyWebSite/index.jsp sign up under Public Announcements.

Updates on the Swine Flu available on our web site at http://www.schohariecounty-ny.gov/CountyWebSite/Health/healthhome.jsp

SCDOH

Outdoor Summer Safety

June is the start of summer and warmer weather marks the time for families to enjoy the outdoors. Some healthy helpful safety tips to remember:

- Wear protective goggles and ear protection while using outdoor machinery to prevent sight and hearing-loss injuries.
- Keep all garden tools out of children's reach and store them with tines, blades or spikes pointing downward.
- Fuel mowers outside and only when the motor is completely cool. If necessary, store small quantities of gasoline outside the home in a detached garage or shed, tightly sealed in an approved safety container and out of the sight and reach of children.
- Start the mower outdoors to avoid raising carbon monoxide levels inside the home or garage.
- Store pesticides in their

original containers and out of the reach of children, and only mix and store pesticides in containers not used for eating or drinking.
- Fence off swimming pools or use other barriers to keep children out. For in-ground pools use fencing at least four feet high with self-closing, self-latching gates. Completely isolate the pool from the home.
- Empty cleaning buckets, wading pools, and other containers that hold water. Supervise children closely as they can drown in even tiny amounts of water.
- Make sure all play areas are equipped with proper shock-absorbing materials, such as 9 inches of wood chips, mulch or shredded rubber.
- And don't forget the sunscreen!