



Public Health
Prevent. Promote. Protect.

Immunization Clinics
THURSDAY, FEBRUARY 11TH
11 AM-4 PM
THURSDAY, FEBRUARY 18TH
7 AM-11:30 AM
THURSDAY, FEBRUARY 25TH
2 PM-7 PM

CLOSED:
FRIDAY, FEBRUARY 12TH
LINCOLN'S BIRTHDAY
MONDAY, FEBRUARY 15TH,
PRESIDENT'S DAY

February 2010



breastfeeding

All We Need is Love...

Okay.... maybe some of you feel the same way I do. I can't WAIT until March the first!! I don't know. I feel bad to have a month of the year that I could possibly say I "hate," but if I did....it would be February.

Number One... It's still **freaking cold**. And, the **older I get, the less I tolerate being cold**. I need the sun.

Number Two... It's my birthday month. Now typically, this would be a positive thing, but again, the **older I get, the less I tolerate birthdays, too!** Plus, I'm getting to the point now that I really want...NEED... someone to say "Happy Birthday" to me. I guess I'm just thinking that every birthday from now on is a "bonus" so I want someone to be happy and acknowledge I'm still around.

Number Three... Then there's all this love stuff. You know, **Valentine's Day hype**. Again, the **older I get the less I tolerate forgetfulness**. Now, to be fair, my husband would say he's an all year round romantic, not a once a year romantic. And, honestly, the pressure of this holiday is stifling for most of us. We JUST got past Christmas, for goodness sake!

The one positive, is that it is one time of the year that I think so much of my dad as well. Not a Valentine's Day passed after I was grown and moved away from home, that I did not get a small and simple anonymous gift or bouquet of flowers at my place of work or home. Never signed, not a word..., but my sisters and I knew it was from him. He NEVER forgot to send "his girls" their valentines.

So, "Girls,"pass this on this story to your little girl's daddy. It will become a treasured memory, from the "first" man in their lives.

Truly, all we need is LOVE. Happy Valentine's Day!

Anita Perry, RN, Certified Breastfeeding Educator



Can you get pregnant while breastfeeding?

Answer: Like the old Christmas movie "Yes, Virginia, there is a Santa Claus..." Yes, you can get pregnant when your breastfeed. When you breastfeed, your ovaries can stop releasing eggs, making it harder for you to get pregnant. Your periods can also stop. But, there are no guarantees that you will not get pregnant while you are nursing. Is it worth the risk? The only way to make sure pregnancy does not occur is to use a method of birth control. If you want to use a birth control pill while breastfeeding, the safest type is the "mini-pill." However, talk with your doctor or nurse about what birth control method is best for you to use while breastfeeding.

Source: US Department of Health & Human Services



Gestational Diabetes and Future Risk

Many women who develop gestational diabetes during pregnancy will go on to develop type 2 diabetes later in life. Studies show you have a 40% chance of progressing on to type 2 diabetes if you had gestational diabetes.

Certain lifestyle changes may help lower your risk of developing type 2 diabetes later in life. The American Diabetes Association offers these suggestions:

- **Maintain a healthy body weight.** Being more than 20 percent over your ideal body weight can increase your risk of type 2 diabetes. Losing even a few pounds can help reduce your risk.
- **Maintain a low-fat diet and keep portions small.**
- **Eat plenty of fresh fruits and vegetables.**
- **Maintain a regular exercise program,** which can help your body burn more glucose without the need for extra insulin.

Source: Healthy Day News

Sprung a Leak?

Leaking or **spraying breasts** are a **natural**, though sometimes embarrassing, part of breastfeeding. Some women **never leak milk**, while others **leak a little at almost every feeding** and even during their pregnancy. There's **no surefire way to avoid leaking or spraying**, although **nursing before your breasts become too full** does help. You **can't control your milk overflow**, but you can **plan for it**.

If **one breast always leaks** when your baby is nursing on the other, **put a cloth or breast pad inside your nursing bra** ahead of time. When you're out and about, either with or without baby, **carry an extra top and breast pads** (stick them in your diaper bag or purse) **but make sure you change them when they get damp** so bacteria won't breed on your nipples. If you feel letdown happening at an inopportune moment, **cross your arms and hug yourself**, pressing gently against your breasts. This **may stop the unexpected flow**.

You'll **probably leak the most during your first few weeks of nursing**, while you're establishing the right milk supply for your baby. Many women find that the **problem goes away almost completely over the first six to ten weeks** of breastfeeding. **The more often you breastfeed, the less likely your breasts are to overflow**.

Source: Baby Center

The Good Sitter

It's almost inevitable. You've **asked other parents for recommendations**, called references, and **finally hired a babysitter**. But **how do you know she's doing a good job** once you're not around? There are **some obvious signs** that you might not recognize. For instance, your **child lights up at the sight of her**. Kids **look forward to the time they spend with their sitter** if she's warm, caring, and patient. Another sign is that your **child can't stop talking about all the wonderful things** she says and does. **It's another good sign when she turns to you for advice**. It **shows that she takes her job seriously** and wants to do well. She also shows this by **arriving on time, being reliable, and even maybe by writing out notes** with information regarding her time with your child. Your **child will also be clean, and messes aren't left for you**. **Cleanliness is a sign of conscientiousness**. Most importantly, a **good sitter makes safety a priority**. **Make sure she knows CPR**.

Source: Baby Center



Breastfeeding & Eye Health

Even though **breastfed children are significantly more likely to do well in measures of vision** than are those who received formula feeds during infancy, **regular eye exams should be a part of everyone's health picture**. **Preventative eye care is essential** because **conditions that affect your vision can strike at any age**.

Infants and toddlers should be screened for common eye problems such as **amblyopia (lazy eye)** or **strabismus (crossed eyes)**, and many **experts recommend beginning regular vision testing around age 3**.

As **children and teenagers become more active** in sports and other activities like helping with housework or mowing the lawn, it's important to **keep eye safety in mind**.

Check with an **eye doctor for recommendations on appropriate safety equipment** such as goggles. It's **also important to note any vision changes or problems** during this period of growth.

Source: Healthy Living



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