

IN GOOD HEALTH

LIVINGSTON COUNTY HEALTH CENTER
YOUR LOCAL LINK TO PUBLIC HEALTH



VISIT US AT: www.livcohealthcenter.com OR CALL 660-646-5506

Prevent. Promote. Protect.

Adult Wellness Clinic

AFFORDABLE BLOOD TESTING OPPORTUNITY

Regular visits to your doctor or nurse practitioner can help make sure you don't have a health breakdown that could prevent you from living a long and happy life.

Our bodies change constantly, and one of the most valuable tools a physician uses to assess your health is a routine blood test. The results are used to pinpoint or support diagnosis, monitor or determine treatment, or screen for undiagnosed conditions. Blood tests take an internal and dynamic snapshot of you, at the time of the test.

The Health Center is holding its second Adult Wellness Clinic this coming Thursday, July 30th from 7 a.m. to 10 a.m. at our office, located at 800 Adam Drive in Chillicothe.

We will be offering routine blood testing at an affordable charge, including:

CBC/Chem Profile: \$30

The CBC/Chemistry Profile is the most comprehensive blood test. It measures 35 different blood parameters including liver enzymes, cholesterol (including LDL/HDL, total cholesterol and triglycerides); blood sugar, complete blood count and thyroid function.

PSA for Men-\$15

The PSA test measures the level of prostate-specific antigen in the blood, a prostate cancer marker.

Hemoglobin A1C-\$12

A hemoglobin A1C test gives diabetics a picture of average blood glucose control for the past 2 to 3 months.

Invest a little time in your health to keep yourself in good running condition so you can live a longer, healthier life.

For more specific information, call the health center at 646-5506 and speak to a nurse.

BACK TO SCHOOL BONANZA

THURSDAY,
AUGUST 13TH
4:00-6:00 PM
YMCA NORTH GYM

- BICYCLE RODEO-KIDS, BRING YOUR BIKES!
- SCHOOL SUPPLIES!
- PHYSICAL FITNESS CHALLENGES!
- BOOTHS FROM OTHER GROUPS!
- ACTIVITY SIGN UPS
- FUN, FUN, FUN!!!

SCHOOL SUPPLY DONATIONS ARE STILL NEEDED!

Call Jessica Trussell at 646-0811 to find out how you can help!



Public Health
Prevent. Promote. Protect.

Pests That Prey

Outdoor activity in Missouri can lead to **tick exposure**, which can in turn lead to the spread of diseases like **Rocky Mountain spotted fever**, and **ehrlichiosis**. Protect yourself and your family!



Use of an **insect repellent with DEET** can be effective- but **always follow label directions**. The **percentage of DEET** determines **whether it should be applied to skin or clothing only**. **Light colored clothing** makes it easier to see **crawling ticks**, especially the tiny ones.

When outdoors, **avoid brushy areas and tall grass**. Walk in the **center of trails**. **Clear your yard** of leaf litter, tall grass and brush. **Pets can carry ticks** to your family. Use the **appropriate treatment** for them also. **Check pets** when allowing them in from outdoors.

Be sure to **look for ticks** when back indoors. Some are the **size of a pinhead**, so look carefully. Remove any attached ticks with tweezers, then **wash and treat the site with antibiotic ointment**. If a **rash develops** or you get a **fever, body aches or generally feel sick**, **see your doctor immediately**. Tick-borne illnesses are **generally easily treated and respond well to antibiotics** but **prompt treatment is needed**.

If you develop the **symptoms of tick-borne illness** (sudden fever, headache and body aches) but **can't find the attached tick** or **don't remember removing a tick**, **call your doctor** anyway. **Treatment should not be delayed** while waiting for lab tests. If you have been in a **tick habitat** (i.e. the **whole state of Missouri**) within **14 days of onset of symptoms**, call your doctor. Some **tick-borne illnesses can be fatal** if untreated.

Susan Rice, RN is the Communicable Disease Coordinator at the health center. She investigates local tick borne disease reports.

MAKING LIFESTYLE CHANGES THAT LAST

Are you tired of feeling **exhausted, run-down, slow, overweight** and just maybe a **bit lazy**? Maybe it's **time to make things better, BEFORE they get worse!**

People who are overweight are at **higher risk for diabetes, heart problems** and **other chronic diseases**.

A **healthier diet** and **increased activity** can **reduce excess body weight** and **prevent or help better manage the severity of several chronic diseases** in adults.

The **"It's A New Day!" Program** provides a **guided, organized and monitored 10-week self-help program** for adult participants **18 and older**.

Participants are encouraged to become **"Conscious**

Eaters" and learn to think about **what they are eating, when they are eating, how much they are eating and why?**

"It (the program) helps you get back on track of eating well, and living healthy," claims **success story Mary Lou Oertwig** who joined the first class at the Health Center.

A **year after beginning the program**, Mary Lou was able to **make a significant difference in her initial lab results** by utilizing the **lifestyle change strategies** offered by class, and of course her own added **desire and commitment** to improving her overall health.

She managed to improve her **triglycerides** and **total cholesterol** by **about 30 points each**, her **glucose** by **8 points**, her **HDL Cholesterol** (good cholesterol) by **8 points**, and **lower her LDL Cholesterol** (bad cholesterol) by **about 30 points** as well!

Success story Barbie Cothorn says that she was **definitely made more aware of the calories in the foods she was eating** and how to **incorporate balanced meal planning**, even in her busy life.

Teri May, success story from the most recent class, stated that she **"learned a lot!"** She feels that **keeping a food journal**, and finding out **how eating patterns and what actual portion sizes of food are**, helped her the most.

Anita Perry, RN is Program Director for "It's A New Day!" She is also a Certified Diabetes Educator and leads the health center's Diabetes Outreach Program.



Don't Let Ticks Spoil Your Outdoor Fun!

If your work or recreation takes you to areas with lots of ticks:

- Wear light-colored long pants, long sleeves and socks.
- Apply insect repellants with 20-50% DEET on skin and clothing.
- Children 2 months and older, use a repellant with 30% DEET or less.
- Check frequently for ticks.
- Use fine-tipped tweezers to grab an attached tick close to skin and pull straight up with a steady motion until removed.

This is the **fifth class of the health center's wellness program** that began in **February 2008**. Each class has **shown individual and group successes in weight loss, improving lab values and overall improvement of quality of life.**

Class members are provided a **wellness screening with blood work, individual consultations, educational/support group meetings and weekly weigh-ins for a minimal charge of \$13 to cover testing.** Those who **attend the Adult Wellness Clinic on Thursday, July 30th** and take advantage of a **complete blood profile for \$30 will have that fee waived.**

Open enrollment for the program will be held **August 1st through 15th.** Call **646-5506** for more information.

THE HEALTH CENTER HAS BEEN WORKING HARD TO MAKE CHANGES THAT WILL BENEFIT THE COUNTY AT LARGE.

A PLAN FOR PROGRESS



When **Administrator Sherry Weldon** started her position last November, she **sat down with the board and staff of the health center to talk about what types of improvements could be made.**

Since then, they've **worked together to add services, obtain funding, adjust policies and hours of operation** to better suit the public, **streamline costs to eliminate waste and coordinate with more groups and entities in the county** to create a **stronger local public health center for county residents.**

"We hope to continue to add services as funding allows and grant opportunities become available," said Weldon.

"Our goal is to not only provide the local link to public health in Livingston County, but offer more services that make taking care of your health easier for our residents."

An example of a new service offered to **help county residents live healthier lifestyles and prevent health problems before they turn into health conditions** is **Adult Wellness Clinics.**

The **walk-in clinic** gives people an **opportunity to get routine blood testing for an affordable charge,** making it easier to be **hands-on** about their own healthcare.

Another new **service that's become very popular is shingles vaccinations,** a recommended immunization for people over 60. Call our office at **646-5506** to **find out the procedure.**

"What we need is a flexible plan for an ever-changing world." --Jerry Brown

In the community, health center **Maternal Child Health Coordinator Mary Taylor** started the **Obesity Prevention Project,** a **group of area stakeholders** that deal with kids as part of their job. The group is currently **working on a "Back to School Bonanza", Thursday, August 13th from 4 to 6 p.m. at the Y for area kids age K-5, with an emphasis on fitness & nutrition.**

The health center is also **trying to be more accessible and user-friendly** to the public by **staying open over the noon hour** with a nurse on staff, **painting and decorating our exam rooms with child-friendly themes and getting input from the public on our services.**

Public health services change with the needs of its population.

Currently the **staff is on the lookout for grant opportunities** to help **fund some of the cost to transform our waiting room into an**

attractive, functional starting point for our clients and their children. The **current set up has safety, noise level and privacy issues** that could be greatly improved.

The **Health Center** plans to do more **renovations and repairs** in the future, as budget allows.

If you have **ideas or input for changes or improvements you'd like to see** at the Health Center, call **Administrator Sherry Weldon** at **646-5506** and share your opinion!



PUBLIC HEALTH MILESTONES

“Safer and Healthier Foods” is one of **ten major milestones** sited as the **Greatest Public Health Achievements** since 1900.

We still **promote food safety** through our monthly “**Show Me” Health** column in the *Constitution-Tribune*, our newsletters and the work of our **Environmental Public Health Sanitarian (EPHS)**.

Richard Smith, EPHS III, inspects **area restaurants and daycares** for good sanitation practices and educates the public about the dangers of food borne illnesses and how to prevent them.

Vintage Poster Source: National Library of Medicine, Circa 1944



The health center would like to thank **Mary Cady, Vanessa & Barrett Bowman, Morgan Burchett** and **Jenny Collins** for being **gracious enough** to pose for the pictures featured. Watch for **more local residents** in the **C-T and Ad Pages**. LCHC Staff photo by **Laura Schuler**.



Clockwise from far left:
Alvina Benskin, Clara Brown, Roxanna McCracken, Susan Rice, Sheila Clark, Richard Smith, Sherry Weldon, Brenda Buck, Lee Ann Moffatt, Anita Perry, Ann Hoppe & Mary Taylor

AN OUNCE OF PREVENTION...

Public Health strives to prevent illness and promote health to the greater population...

If you've ever had a **vaccination**, assumed the **water from your tap is safe**, taken your **baby to a clinic for a checkup**, expected the **restaurant you eat in to be clean and safe**, been **screened for tuberculosis, HIV or a sexually transmitted disease**, wondered **how to avoid getting Lyme disease**, or **what to eat to stay healthy**, then you've been **touched by the efforts of public health**.

Public health protects and improves communities by **preventing epidemics and the spread of disease, promoting healthy lifestyles for children and families, protecting against hazards** in homes, work, communities and the environment, **assuring high quality health care services**, and **preparing for and responding to emergencies**.

Overall, public health is concerned with **protecting the health of entire populations**. These populations can be as **small as a local neighborhood**, or as **big as an entire country**.

Public health professionals try to **prevent problems from happening or**

recurring through education, policy development, preventive health services, and conducting research, in contrast to **clinical professionals, such as doctors and nurses**, who focus primarily on **treating individuals after they become sick or injured**.



Most would agree the investment in prevention and wellness is smarter than reacting after the fact. It's also good fiscal policy. Many **studies have shown investing in prevention can lower overall health care costs** by billions of dollars.

The staff at the **Livingston County Health Center** touches the lives of a **multitude of people** in the county.

Ever since its establishment in 1976, your **“local link to public health”** has **grown by leaps and bounds** in services and staff members, to suit the **changing needs** of our county.

That's the role of public health: to **identify healthcare needs and risks in the community, work with residents to make changes and educate to encourage and ensure healthier lives for all!**