



ON THE CALENDAR

Immunization Clinics:

THURSDAY
March 11th
11 a.m. to 4 p.m.

THURSDAY
March 18th
7 a.m. to 11:30 a.m.

WEDNESDAY
March 25th
2 p.m. to 7 p.m.

Breastfeeding Support Group:

TUESDAY
March 2nd
5:30 p.m.

Family Planning:

Located at 511 Elm

THURSDAY
March 18th
Call 646-3379 to
Make An Appointment

WIC CLINICS:

Recertification by
appointment only.

Please call 646-5506 if you
need to reschedule.



FOCUS ON FOODS

A **healthy heart** is the result of the **right food choices, plenty of physical activity and knowing how to deal with stress.**

When it comes to **heart-healthy eating**, one key is monitoring the **type and amount of fat** you consume.

Limit foods high in **saturated fat**, which can **increase LDL or "bad" cholesterol levels.** Instead, eat more **plant proteins, fish, poultry and low-fat dairy foods.** Cook with **moderate amounts of olive or canola oil.**

Some examples of foods for heart health include: **Beans, peas and barley, soybeans, other soy-based foods (not soybean oil), fruits and vegetables, salmon, tuna, sardines and mackerel, red grapes and purple grape juice, nuts** such as almonds,

6 Hour Stew

- 1 rump roast
- 1 white onion, cut up
- 1 red onion, cut up
- 2 bags baby carrots
- 2 celery stalks, cut up
- 1 tsp thyme
- 1 tsp parsley
- 3 large cloves garlic
- 3 red potatoes, cut in half
- 1 cup beef broth
- 1 tsp salt
- 2 tsp ground pepper

Directions:

Place roast in large crock pot with all ingredients. Cook for 6 hours on low or 4 hours on high. Cooking overnight works very well, too. Add extra water as needed.

walnuts, pecans and hazelnuts.

The more **excess body fat** you have, the **greater your risk for heart disease.** If you're overweight, **losing weight can help you lower LDL ("bad") cholesterol.**

Get active! Physical activity offers many **rewards**, from **heart health to strong bones and stress relief.** **Regular, moderate activity** helps keep your **blood cholesterol levels normal, lower blood pressure, helps control body stress and weight as you burn calories.**

More **vigorous exercise** actually gives your **heart muscle a workout**, too, which

ultimately helps your whole **cardiovascular system work more efficiently.**

Talk to your health-care provider if you have ongoing health issues.

Source: www.eatright.org

NATIONAL NUTRITION MONTH...

March is National Nutrition Month. Eating well can help **reduce the risk** of chronic diseases. Eating well means **eating a variety of healthy foods** in the **right amounts so your body gets the nutrients needed to maintain good health and work properly.**

Different foods, different kinds of nutrients:

Proteins: lean meats, eggs, beans, nuts help build muscle and a strong immune system.

Carbohydrates: starches, sugar and whole grains that also provide fiber give you energy.

Fats provide essential fatty acids and extra energy.

Vitamins and minerals commonly available in fruits, vegetables, and whole grains regulate body processes, enhance cell function and growth and help build a strong immune system.

Water gives cells shape and acts as a medium where body processes can occur.

Practice good nutrition this month and every month to follow:

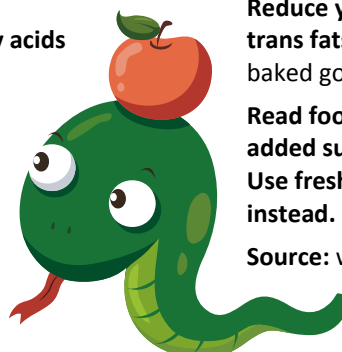
Eat smaller meals: including a **vegetable as the center of the plate**, with **smaller meat and starch** servings. Include at least **one serving of fruit and vegetable** with every meal.

Drink more water between meals: try veggies or a handful of nuts for a snack and fresh fruit for something sweet.

Reduce your intake of deep fried foods and trans fats found in processed foods and baked good.

Read food labels and reduce the amount of added sugar, corn syrup and salt in the diet. **Use fresh herbs and spices to season food** instead.

Source: www.medicalnewstoday.com



GROWTH & DEVELOPMENT

Breath-holding spells can be terrifying for parents. Although disturbing to those who witness breath-holding spells aren't **harmful and pose no serious health risks**. A spell typically lasts only a **few seconds** before a child **regains consciousness and resumes breathing normally**.

In most cases, breath-holding spells can be **predicated and even prevented once triggers are identified**, and kids usually **outgrow them by age 5**.

Breath holding spells differ by **cause and characteristics**:

Cyanotic breath-holding spells happen when a child stops **breathing and turns blue** in the face. These spells are often triggered by something that **upsets** the child, like being **disciplined**. Parents who have seen these spells know **exactly** when another one is about to occur because the child's face **slowly turns a shade of blue, ranging from light blue to almost purple**.

Pallid breath-holding spells are **less common and more unpredictable** because they happen after a child has gotten a sudden fright or startle (like being surprised from behind). Kids turn very **pale, almost white**, during the spell. Both types of spells cause kids to stop **breathing and lose consciousness** for up to a minute.

If this is your child's first breath holding spell, **consult with your doctor**. Although **breath holding spells** are not **harmful**, they can sometimes be a **sign of an underlying medical condition**.

Consult your doctor and **rule out** any medical conditions, then determine what **triggers a spell in your child**, how to **prevent future spells and how to deal with them**.

Source: <http://kidshealth.org>



SEASONAL ALLERGIES IN KIDS...

What are the **symptoms of seasonal allergies in kids**?

They'll have repetitive **sneezing, a running nose that is a thin, clear substance ...** it's not usually thick and gooey; **nasal congestion, an itchy nose, ears, eyes, throat -- so they get the itches, and watery eyes**.

For **perennial allergies**, they'll get more nasal **blockage and congestion**. They'll have **post-nasal drip**, which is when mucus drips down the back of the throat and kids will tend to **clear their throats** a lot. They also do have a **runny nose and sneezing** but it's less prominent than in kids with seasonal allergies.

Keep in mind that it **varies from person to person --** one may have **more sneezing, a runny nose, another more of the itchy skin, nose and eyes**.

What's the **difference between seasonal allergies and perennial allergies**? And when do the different kinds of allergies act up?

For seasonal allergies, they occur mainly with **pollen** so it comes from **plants, weeds, grasses and trees**.

For **perennial nasal allergies**, it means you're **dealing with it year-round** and these are usually indoor allergies: **dust mites, animal dander, cockroaches, molds and feathers**.

Source: www.parents.com



PREGNANCY FACTS

Dental work such as **cavity fillings and crowns** should be treated to **reduce** the chance of **infection**. If dental work is done during pregnancy, the **second trimester is ideal**. Once you reach the third trimester, it may be very difficult to **lie on your back for an extended period of time**.

If dental work is needed, the amount of **anesthesia** administered should be as little as possible, but still enough to make you **comfortable**. If you are **experiencing pain**, request additional numbing. When you are **comfortable**, the amount of **stress on you and the baby is reduced**. Also, the more comfortable you are, the easier it is for the anesthesia to work.

Dental work often requires **antibiotics to prevent or treat infections**. **Antibiotics which are labeled category B for safety** in pregnancy, may be prescribed after your procedure.

Routine x-rays, usually taken during **annual exams**, can usually be **postponed** until after the birth.

Fetal organ development occurs during the first trimester; it is best to avoid all potential risks at this time if possible.

The **American Dental Association (ADA)** recommends that **pregnant women eat a balanced diet, brush their teeth thoroughly with an ADA-approved fluoride toothpaste twice a day, and floss daily**.

Have preventive exams and cleanings during your pregnancy.

Source: www.americanpregnancy.org

DISCLAIMER

The information contained in this publication should not be used as a substitute for the medical care and advice of your healthcare provider. There may be variations in treatment that your healthcare provider may recommend based on individual facts and circumstances.

FUN THINGS TO DO

Rainbow Streamers

What you'll need:

- 1 paper plate
- Paper streamers or wide ribbon in rainbow colors (red, orange, yellow, green, blue and purple)
- Scissors
- White craft glue
- Piece of ribbon for hanging

Cut a **large circle out of the center** of the paper plate. You will end up with just the rim of the plate. Cut **1 streamer or ribbon of each color about 18" long**. Glue each streamer to the bottom half of the circle.

Poke a **small hole at the top of the circle** and thread a piece of ribbon through it. Tie a **loop in the ribbon** and hang up the streamers.

If you like, **cut the ribbon or streamers twice the length, then drape through the circle** and glue at the center. This will give you double the hanging streamers and you can display from either side.

Foam plates are nicer for this craft than paper as they have a smooth outer edge.

Source: crafts.kaboose.com

