

Healthy Otsego

Otsego County
Health Department
Volume 4, Issue 2

February 2010

Wear Red to Support Women and Heart Disease Awareness on Friday, February 5th

Go Red For Women is the American Heart Association's solution to save women's lives. Too many women die each year because they are unaware that heart disease is their No. 1 killer. One in three women dies of this largely preventable disease – that's almost one woman every minute.

This year, Go Red is asking women to bring a voice to this silent killer. Cardiovascular disease kills approximately 450,000 women each year, about one every minute. While 1 in 30 American women die of breast cancer, about 1 in 3 die from cardiovascular disease. More women die of cardiovascular disease than the next five causes of death combined, including all forms of cancer. Ninety percent of women have one or more risk factors for developing heart disease. Only 1 in 5 women believe that heart disease is her greatest health threat. Heart disease is largely preventable. In fact, 80 percent of cardiac events in women may be prevented if women make the right choices for their hearts, involving diet, exercise and abstinence from smoking.

This year, Go Red For Women invites women across the country to speak up to save lives. Participate in National Wear Red (February 5th, 2010): Speak up by wearing red on National Wear Red Day and spreading the word to others to build awareness and inspire action.

Research shows that women who "Go Red" are more likely to make healthy choices. More than one-third have lost weight. Nearly 55 percent have increased their exercise. Six out of ten have changed their diets. More than 40 percent have checked their cholesterol levels. One third have talked with their doctors about developing heart health plans.

For more information about Go Red For Women, visit GoRedForWomen.org or call 1-888-MY-HEART.

February is National Wise Health Consumer Month

10 Tips for Being a Wise Health Care Consumer

1. Take the time to carefully select a doctor or health care provider. Ask friends or relatives for recommendations. Investigate whether or not the doctor participates with your health insurance plan.
2. Prepare for visits to your health care provider by compiling lists of questions or concerns you wish to discuss during your appointment. By making the most of the time you have, you can avoid unnecessary calls and repeat visits.
3. Ask questions about medications you are prescribed. Understand why you are taking it and how it should be taken. Finish all medications, even if you are feeling better.

...See "Wise Health" on page 2

MISSION STATEMENT

"The mission of the Otsego County Public Health Department is to respond to the public health challenges in a changing environment. We employ current public health knowledge and best practices to control disease, prevent injuries, promote and encourage healthy behaviors and assure the accessibility of quality health services. We partner with the state health department, county health departments, local health care providers, community organizations and the residents of Otsego County in building a healthier and safer community."

Disclaimer This newsletter is not intending to prescribe medications or treatment, and is offered strictly as general information. The reader should first seek advice from their physician before pursuing any suggestions.

Snowmobile Safety

Snowmobile riding can be a risky sport. Before you ride, learn how to properly use all the mechanical controls and safety devices of your vehicle. Read your owner's manual. Most importantly, take a safety course before riding.

Safety Tips

- Wear a helmet and eye protection at all times and other protective clothing suitable to the environment.
- Do not let young or inexperienced riders operate snowmobiles without training and supervision.
- Do not use alcohol or other drugs when you ride.
- Learn proper riding skills from an instructor or qualified rider and practice such skills before riding.
- Always maintain a safe distance between riders. Tailgating can lead to collisions and injuries.
- Ride with others and let someone know where you are riding. Never ride alone.
- Obey the laws.
- Stay on trails designated for snowmobiles.
- Be informed of local weather conditions and dress and equip yourself appropriately.
- Know the area you are riding in. Be aware of its potential hazards.
- Always ride at a safe and responsible speed. Know your abilities and don't exceed those levels.
- Make sure your equipment is in top working order; check before heading out.
- Carry a map of the trail or area you intend to travel.
- Clear snow dust off your snowmobile tail lights at frequent intervals.
- Use common sense.



Each year, hundreds of youth are involved in snowmobile accidents, some resulting in death. While riding these vehicles is fun, it also can be very dangerous. Because of a child's leg and arm length, hand size, and strength, it is often difficult for children to properly control an adult-sized vehicle. Children driving snowmobiles should always be under the direct supervision of a responsible adult. They often emulate parental behavior; set good examples. Children often overestimate their skill level and underestimate the danger and risk because of inexperience.

...continued "Wise Health"

4. Keep a checklist of all medications you are taking and share this list with your health care provider. This is especially important if you are seeing more than one doctor.
5. Be aware of routine medical tests and examinations, and the recommended times to have them. You may be able to avoid unnecessary and expensive tests.
6. Use home medical tests when available. They are less costly and can be used without a visit to the doctor.
7. Keep a well stocked home pharmacy with commonly used medicinal items. This can help you deal with common problems and save costly trips to the doctor or emergency room.
8. Understand your health insurance plan. A list of basic questions about what is covered and knowing the answers to these questions can save time and money.
9. Take care of your mental health as well as you would your physical health. States of emotional upset can interfere with daily living routines and can ultimately affect your physical well being.
10. Keep a list of health agencies handy as a reference. Most are available by phone, fax or email and can serve as routine free information and support.

H1N1 Facts

Did you know?

- **To date an estimated 10,000 H1N1 influenza cases have occurred in Otsego County**

While the CDC predicts that about 1 out of 6 Americans has already been ill with H1N1; that still leaves 5 out of 6 who have not yet been ill and still need protection. **For Otsego County it is projected there have been an estimated 10,000 H1N1 cases which leaves approximately 50,000 residents who need protection.**

Did you know?

- **Flu is unpredictable and this flu season is far from over.**

The H1N1 and Seasonal flu cycle is far from over. Experts are predicting another wave of H1N1 and Seasonal influenza activity will occur this winter. Typically, the most flu activity occurs from January through March, and the season runs until May. H1N1 is still circulating, it's still dangerous, and there are still lives to be saved. That's why it's so critical for everyone to get vaccinated. Getting vaccinated now will provide protection against H1N1 and Seasonal flu for the rest of the season.

Did you know?

- **Millions of people have safely received the Influenza (Flu) Vaccines**

Millions of people have safely received the seasonal and H1N1 vaccinations. Any side effects that have occurred since people started receiving the H1N1 vaccination have been similar to those experienced following seasonal influenza vaccine. **Over 10,000 people in Otsego County have received H1N1 and seasonal flu vaccines safely.**

Did you know?

- **Flu vaccines are very safe and effective and closely monitored for any potential side effects.**

...See "H1N1 Facts" in Column 2

...continued "H1N1 Facts"

It's important to realize that the flu vaccine cannot give you the flu. Why? Because the injected flu shot contains inactivated (killed) viruses, and the nasal spray contains attenuated (weakened) viruses and cannot cause flu illness. If you get the flu soon after getting the flu vaccine, it means that you may have been exposed to the virus shortly before getting vaccinated or during the two-week period it takes the body to gain protection after getting vaccinated; or you are sick with a non-flu respiratory virus that has similar symptoms to those of the flu.

Be a flu fighter – Get vaccinated!

H1N1/Seasonal Influenza Clinic

The following is a list of clinics open to the public for both seasonal and H1N1 vaccination opportunities.

The H1N1 immunization is being offered at no cost; while the seasonal flu vaccines are being offered for \$25 each, or billed to Medicare with a valid Medicare card. No appointment is necessary, and immunizations will be given on a first come, first served basis.

Worcester Central School Feb 3 4:00-7:00

Morris Central School Feb 10 4:00-7:00

Public Health -242 Main Street-Oneonta NY

- Feb 2 Oneonta -10:00-12:00
- Feb 9 Oneonta -1:00-3:00
- Feb 16 Oneonta -10:00-12:00
- Feb 23 Oneonta -1:00-3:00

Public Health-Meadows-140 Co Hw 33W-Cooperstown NY

- Feb 4 Meadows -1:00-3:00
- Feb 11 Meadows -10:00-12:00
- Feb 18 Meadow -1:00-3:00
- Feb 25 Meadows -10:00-12:00



UPCOMING HEALTH EVENTS

Immunization Clinics: You must pre-register prior to the clinic date. Call 547-4230. Children receiving immunizations must bring shot records.

All immunization clinics are 1:00 to 3:00 pm.

- 02/01/10 Oneonta Clinic
- 02/08/10 Cooperstown
- 02/16/10 Oneonta Clinic
- 02/22/10 Cooperstown

Blood Pressure Clinics:

- 02/09/10 11:00-12:00 Richfield Springs Vets Club
- 02/17/10 2:30-3:30 Nader Towers Wellness Center
- 02/17/10 11:00-12:00 Elm Park Church Senior Meals
- 02/17/10 11:00-12:00 New Lisbon Senior Meals

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