

# Healthy Otsego

Otsego County  
Health Department  
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## National Sleep Awareness Week March 7 – 13<sup>th</sup>

Do you suffer from Obstructive Sleep Apnea (OSA)? Among the most prevalent sleep disorders hindering healthy sleep is obstructive sleep apnea. A disorder in which a person's breathing stops frequently during sleep as a result of a collapsed airway.

A person who has obstructive sleep apnea often is not aware of the apnea episodes during the night. Often, family members, especially spouses, witness the periods of apnea. A person with obstructive sleep apnea usually snores heavily soon after falling asleep. The snoring continues at a regular pace for a period of time, often becoming louder. It is then interrupted by a long silent period during which there is no breathing. This is followed by a loud snort and gasp, and the snoring returns. This pattern repeats frequently throughout the night.

Obstructive Sleep Apnea (OSA) is a debilitating, often life-threatening condition that afflicts 18 million Americans. A person's breathing stops during sleep in intervals that may last from 10 seconds to a minute or longer as a result of a collapsed airway that prevents air from getting to the lungs. These "apneic events," which can occur as frequently as 60 times an hour or up to 400 times a night, disrupt healthy sleep and cause a number of short-term and long-lasting effects that threaten sufferers' health and well-being.

The recognized symptoms of OSA include: loud snoring, nocturnal gasping and choking during sleep, excessive daytime sleepiness, morning headaches, memory or learning problems, irritability, lack of concentration, mood swings or personality changes, dry throat upon awakening, witnessed apneas and frequent urination.

### Important facts about obstructive sleep apnea:

According to the National Institutes of Health (NIH), approximately 18 million Americans suffer from sleep apnea, making it as prevalent as adult diabetes or asthma, yet as many as 90 percent of cases remain undiagnosed. The consequences of untreated OSA range from disruptive to life-threatening.

Disruptive consequences include daytime fatigue, depression, irritability, sexual dysfunction, learning and memory difficulties, and falling asleep while at work, on the phone or driving. Life-threatening consequences can include congestive heart failure, stroke, irregular heart rhythms, cardiovascular disease and fatal car accidents.

Continuous Positive Airway Pressure (CPAP) is the most common and effective treatment for OSA. CPAP provides airflow to the patient via a nasal mask. The air pressure holds or "splints" the airway open so that air flows freely to the lungs.

Studies have shown that the partners of OSA sufferers may lose up to one hour of sleep per night due to their bed partner's loud snoring and apneas.

For more information on OSA and other sleep disorders go to <http://www.sleepfoundation.org/>

### 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."*

## Follow a Healthy Eating Plan

There are many benefits to adopting a healthy eating plan. Healthy eating can help reduce the risk of cancer, diabetes, heart disease and stroke. It also makes it easier to reach and maintain a healthy weight. The healthy food plan below includes a variety of foods and combinations. It puts special emphasis on plant foods such as brightly colored vegetables (dark greens, yellows and reds), an assortment of fruits, beans and nuts, and whole-grain breads and cereals. It also includes fat-free and low-fat dairy products, fish, poultry and lean meats, and unsaturated fats low in *trans* fat for cooking and spreads.

Foods should be tasty and prepared using cooking methods that require minimal fat, such as baking, broiling, braising, poaching, sautéing, stir frying and microwaving. To enjoy some interesting new flavors, use olive, sesame and peanut oil in some dishes and in salad dressings and sauces, and use herbs and spices skillfully to enhance flavors. Use salt in moderation when preparing foods and at the table. To satisfy a "sweet tooth" in a healthy way, enjoy refreshing fruits, sorbets, ices, low-fat yogurts, low-fat ice cream or angel food cake as desserts.

**Serving sizes are important. Throughout the day, aim for:**

- Six ounces or less of poultry, fish or lean meat. (This is a daily allowance, so consider intake at all meals.)
- At least ½ cup to 1 cup of vegetables as part of the meal and a medium-size piece of fruit or ½ cup of fruit salad. Eat a total of at least five servings of fruit and vegetables a day.
- Whole-grain breads and cereals.
- Low-fat soups seasoned with a small amount of salt.
- Healthy fats. Examples include vegetable oils (such as olive, peanut, soybean and canola oils), avocados, nuts and *trans* fat-free, soft, low-fat margarine. You may include these healthy fats in moderate amounts.
- A small-size modest dessert, as an occasional treat. Split large desserts with family or friends.

Be sure to balance your physical activity and food intake. Try to get 30 minutes of physical activity a day at least five days a week.

Source: ADA and the National Center for Nutrition and Dietetics.

[eatright.org](http://eatright.org)

## Tips to Prevent Poisonings

### Drugs and Medicines

Follow directions on the label when you give or take medicines. Read all warning labels. Some medicines cannot be taken safely when you take other medicines or drink alcohol. Turn on a light when you give or take medicines at night so that you know you have the correct amount of the right medicine. Keep medicines in their original bottles or containers. Never share or sell your prescription drugs. Keep opioid pain medications, such as methadone, hydrocodone, and oxycodone, in a safe place that can only be reached by people who take or give them. Monitor the use of medicines prescribed for children and teenagers. Dispose of unused, unneeded, or expired prescription drugs.

### Household Chemicals

Always read the label before using a product that may be poisonous. Keep chemical products in their original bottles or containers. Do not use food containers such as cups, bottles, or jars to store chemical products such as cleaning solutions or beauty products. Never mix household products together. For example, mixing bleach and ammonia can result in toxic gases. Wear protective clothing (gloves, long sleeves, long pants, socks, shoes) if you spray pesticides or other chemicals. Turn on the fan and open windows when using chemical products such as household cleaners.

### Keep Young Children Safe from Poisoning

Put the poison control number, 1-800-222-1222, on or near every home telephone and save it on your cell phone. The line is open 24 hours a day, 7 days a week. Keep all drugs in medicine cabinets or other childproof cabinets that young children cannot reach. Avoid taking medicine in front of children because they often copy adults. Do not call medicine "candy." Be aware of any legal or illegal drugs that guests may bring into your home. Do not let guests leave drugs where children can find them, for example, in a pillbox, purse, backpack, or coat pocket. When you take medicines yourself, do not put your next dose on the counter or table where children can reach them. Never leave children alone with household products or drugs. If you are using chemical products or taking medicine and you have to do something else, such as answer the phone, take any young children with you. Do not leave household products out after using them. Return the products to a childproof cabinet as soon as you are done with them. Identify poisonous plants in your house and yard and place them out of reach of children or remove them.

### What to do if a poisoning occurs

1. Remain calm
2. Call 911 if you have a poison emergency and the victim has collapsed or is not breathing. If the victim is awake and alert, dial 1-800-222-1222. Try to have this information ready:
  - the victim's age and weight
  - the container or bottle of the poison if available
  - the time of the poison exposure
  - the address where the poisoning occurred
3. Stay on the phone and follow the instructions from the emergency operator or poison control center.

### Free Radon Test Kits are Available to Otsego County Residents

Radon is the second leading cause of lung cancer. It is a naturally occurring radioactive gas that seeps into your home from underground and is trapped inside where it builds up. You can't see, smell or taste it, but radon may be a problem in your home, affecting the health of your family. Any home may have a radon problem – new and old, well sealed and drafty, with or without basements. Radon IS present in Otsego County and the only way to tell if radon is present at dangerous levels is to conduct a simple test. High levels can be reduced and new home can be built with radon resistant construction techniques. **FREE TEST KITS ARE AVAILABLE TO OTSEGO COUNTY RESIDENTS.** Call 547-7595 or 547-4230 for more information



### UPCOMING HEALTH EVENTS

The Cancer Services Program of Delaware, Otsego and Schoharie counties is offering at no cost to you: Pap Tests - Breast Exams – Mammograms – Colorectal Cancer Screenings to **uninsured** women and men age 40-64. Diabetic and Hypertension screening is available to cancer screening clients through the Otsego County Department of Health.

The Otsego County Department of Health in Partnership with the Bassett Screening Coach will be at:

The Meadows Office Complex  
140 County Highway 33 West  
Wednesday March 17, 2010

**Appointments Necessary – Call  
888-345-0225**

**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.

- 03/01/10 Oneonta Clinic
- 03/08/10 Cooperstown
- 03/15/10 Oneonta Clinic
- 03/22/10 Cooperstown

### Blood Pressure Clinics:

- 03/02/10 11:00-12:00 Richfield Springs Vets Club
- 03/17/10 11:00-12:00 New Lisbon Senior Meals

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<http://www.otsegocounty.com/depts/doh/>

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