

HOWELL COUNTY
HEALTH DEPARTMENT

SEPTEMBER CALENDAR

WIC: 4, 6, 10, 11, 12, 13,
14, 17, 18, 19, 20, 21, 24, 25,
27, 28

Willow Springs WIC: full
day-5

Mountain View WIC: 1/2
day-7, full day-26

Family Planning: 6, 12, 19

Immunizations: 4, 11, 25

Food Handlers: 10, 24

Holiday's (closed): 3rd-
Labor Day

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Clinic Hours:

Monday-Friday 8-12 & 1-5,
closed for lunch 12-1

Administration Hours

Monday-Friday 8-5

Monthly Monitor

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Women and Stroke from www.womenshealth.gov



Stroke happens to 1 in 5 women. In the United States, someone has a stroke every 40 seconds. This is unfortunate because most strokes are preventable. Stroke happens when blood flow to the brain stops or is blocked, which causes brain cells to die. There are two types of stroke: One is caused by a blood clot, and the other happens when a blood vessel breaks and causes bleeding in the brain. The brain is complex, so not all strokes look alike, but symptoms can come on suddenly. Stroke is a serious health concern for women and can happen to anyone, at any age.

Here are four things every woman should know about stroke. **Women have unique risk factors for stroke.** Major risk factors for stroke, such as having high blood pressure, high cholesterol, and diabetes,

can happen to anyone. But women have unique risk factors for stroke, including: **Having problems during pregnancy**, such as preeclampsia or high blood pressure. These complications can increase the risk of stroke for many years, even beyond childbearing years. **Smoking cigarettes while taking combination birth control** (birth control that has both estrogen and progesterone). Women 35 and older who smoke and use this type of birth control are at especially high risk. **Taking hormone replacement therapy** that contains estrogen plus progesterone. Ask your doctor if you can safely take these medicines to

ease menopause symptoms, such as hot flashes. **Having migraines with aura**, or migraines that start with visual symptoms before the headache. **Having atrial fibrillation (Afib)**, a type of irregular heart beat that can cause blood clots to form in the heart. This is more common in women, especially in women older than 75. It is important to know if you have Afib so your doctor can give you medicine to prevent blood clots.

You can learn the common symptoms of stroke with the F.A.S.T. test: **Face:** Is one side of the person's face drooping. **Arm weakness:** Is one arm weak or numb? Try lifting the person's arms to see if one drifts down or cannot be lifted. **Speech:** Is she having trouble speaking, such as slurring words, or is she not able to get the right words out. **Time:** Call 911 right away if someone is experiencing any of these symptoms! Every minute

Child Passenger Safety Week September 23-29

National Child Passenger Safety (CPS) week is September 23-29. This week reminds all parents, grandparents and caregivers to make sure your child's car seat is installed correctly in your vehicle. There is a

70-90% mis-use rate with car seat installation.

Howell County Health Department has 5 certified CPS technicians who can educate you on the proper installation of car seats,

booster seats and seat belts. Please call the health department at 417-256-7078 to schedule an appointment with one of them. We want to help you keep your children safe while traveling.



Call the health dept. to schedule your cholesterol test-417-256-7078

Find out if your favorite restaurant passes inspection.

Yes you can eat health on a budget!



National Cholesterol Month

by Katey Seiber, RN

September is National Cholesterol Education Month! We all know someone with high cholesterol because one in three American adults has high cholesterol...it could be you!

So what is the significance of knowing about your high cholesterol?

The narrowing or clogging of arteries as a result of high cholesterol can lead to stroke and heart disease, two deadly diagnoses. Below is a visual of what a normal blood vessel should look like next to

a vessel built up with lipids (fats).

How do I know I have high cholesterol? There are often no signs and symptoms of high cholesterol, so the best thing to do is see your doctor about completing blood work to test for it. The Howell County Health Department (HCHD) offers fair pricing for these tests, as long as patients present a physician's order. *Here's a list of some testing offered at HCHD: Cholesterol Total & LDL (non-fasting), Cholesterol Lipid Profile (fasting).*

How can I prevent my cholesterol from being elevated? Make healthy lifestyle choices, such as keeping your weight down and eating healthy foods. You can do this by exercising regularly and following a diet that is low in saturated fats and high in fiber. Whole grains are your new best friend! Do not smoke or drink alcohol. Smoking can damage your blood vessels, and alcohol may increase your triglycerides. Talk to your doctor about ways to quit or call the Quit Smoking Hotline @ 1-800-784-8669.

Are You Curious About Your Favorite Restaurant

by Justin Frazier, EPHS

Are you curious about your favorite fast food restaurant, café, or even grocery store's cleanliness? The Howell County Health Department, Environmental Services Section, performs routine and complaint inspections on all food service establishments to ensure food

safety and sanitation practices are being followed. These inspections are updated weekly on the health department website at: www.howellcountyhealthdepartment.com. Each entry shows the date of the inspection, as well as the number and types of both critical and non-critical violations that

were observed.

Questions regarding inspections, food service complaints, and food safety questions can be directed to the Environmental Services Section at 417-256-7078.

Shop Healthy on a Budget

by April Bridges, WIC Nutritionist

Do you dread going grocery shopping because it busts the budget every time? Making nutritious choices doesn't have to be expensive. Celebrate the season by choosing fresh fruits and vegetables that are "in season". They are full of flavor, and can cost less than other times of the year. Some fall harvest

foods include apples, pears, Brussels sprouts, mushrooms, peppers and sweet potatoes. Start a garden. There is plenty of time for plants to mature, especially cooler weather varieties, like herbs, carrots, spinach or radish. Also, keep it simple. Buying fruits and vegetables in their simplest form is usually cheaper.

Pre-cut, pre-washed, and ready-to-eat foods are convenient, but tend to cost more than in basic form. There are many low-cost ways to meet your fruit and vegetable needs. Check out MyPlate.gov for more tips on getting more in your diet for less.



Howell County Health Department

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Public Health: Prevent. Promote. Protect.

The mission of the Howell County Health Department is to improve, promote and protect the health of Howell County through awareness, assessment, planning and assurance in order that our community may achieve their fullest health potential.



Public Health
Prevent. Promote. Protect.

Pressure Cooker Chicken, Potatoes, & Peppers www.eatingwell.com

Ingredients: (4 Servings)

- 1½ pounds boneless, skinless chicken thighs, trimmed
- 1 teaspoon smoked paprika
- 1 teaspoon dried rosemary
- ¾ teaspoon salt, divided
- ¼ teaspoon ground pepper
- 2 tablespoons extra-virgin olive oil
- 1 red bell pepper, sliced
- 2 cloves garlic, sliced
- ½ cup low-sodium chicken broth
- 1½ pounds baby potatoes, scrubbed
- 2 teaspoons sherry vinegar or red-wine vinegar
- 1 scallion, thinly sliced

Preparation:

1. Sprinkle chicken with paprika, rosemary, ½ teaspoon salt and pepper. Heat oil on sauté mode in a multicooker. (No sauté mode? See



A quick and easy dinner recipe.

Tip.) Working in batches, add the chicken and cook, turning once, until lightly browned on both sides, 2 to 3 minutes per side. Transfer the chicken to a plate. Add bell pepper and garlic to the pot and cook, stirring, until fragrant and beginning to soften, about 2 minutes. Turn off the heat. Add broth and potatoes. Place the chicken on top of the potatoes. Close and lock the lid. Cook at high pressure for 8 minutes. Release the pressure. Stir in vine-

gar and the remaining ¼ teaspoon salt. Serve topped with scallion.

Tip: No sauté mode? In Step 1, brown chicken and sauté pepper and garlic in oil in a large skillet over medium-high heat. Transfer the ingredients to your multicooker and proceed with the recipe. Equipment: Electric pressure cooker (multicooker)

Nutrition information: Serving size: 1 cup vegetables & 1½ chicken thighs, Per serving: 421 calories; 15 g fat(3 g sat); 5 g fiber; 33 g carbohydrates; 38 g protein; 50 mcg folate; 160 mg cholesterol; 3 g sugars; 0 g added sugars; 1,307 IU vitamin A; 73 mg vitamin C; 47 mg calcium; 3 mg iron; 619 mg sodium; 1,257 mg potassium, Nutrition Bonus: Vitamin C (122% daily value), Vitamin A (26% dv), Carbohydrate Servings: 2, Exchanges: 4½ lean protein, 2 starch, 1½ fat, ½ vegetable