

HOWELL COUNTY
HEALTH DEPARTMENT

JANUARY CALENDAR

WIC: 2, 3, 6, 7, 9, 10, 13,
14, 15, 16, 17, 21, 23, 24, 27,
28, 29, 30, 31

Willow Springs WIC: 8

Mountain View WIC: 22

Family Planning: 7, 15, 21

Immunizations: 14, 28, 30

Food Handlers: 13, 27

Holiday's (closed): 1st-New
Year's Day, 20th-Martin
Luther King Jr. 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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JANUARY 2020

Cervical Cancer Prevention by Katey Seiber, RN



Hey, ladies! Do you remember your last pap? If you don't, it's probably time for your next one. Everyone dreads going to their annual visit, but it's a necessary evil.

Better to be uncomfortable for an hour or two than to find out too late that you've had malignant cervical changes occurring on your watch. It's time to get on top of it! The month of January is Cervical Health Awareness Month, and the HCHD is equipped to aid in the detection of cervical changes by offering paps to women who meet program guidelines.

Prevention is key, so the providers and nurses here will keep you on track with when you do/do not require a pap. Paps used to be a yearly thing, but there is now an algorithm provided by the American Society for Col-

poscopy and Cervical Pathology (ASCCP) that allows for a breather between paps if everything looks normal. For example, if you go in for a pap in May of 2020 and receive a normal result, another pap is not necessary until May of 2023... three whole years! Sometimes that algorithm can get a little confusing, but that's where we come in. Nursing staff is always available to take questions regarding pap guidelines.

Cervical cancer used to be the leading killer in terms of cancer deaths for women in the U.S. However, the number of cervical cancer deaths have decreased significantly in recent years as a result of women

getting regular pap tests completed. Another way cervical cancer can be prevented is by completing the HPV vaccination series. HPV (Human Papillomavirus) is the cause of 91% of cervical cancers, according to the CDC (Center for Disease Control and Prevention). Depending on the age of the patient at first dose, the HPV series may be a 2-dose or a 3-dose. Both can be completed in as little as 6 months.

In so many ways, our health can be unpredictable. It is daunting to think about the things we cannot control, but there is so much we can do to stay on top of it! Talk with your doctor if you notice any unusual signs/symptoms or if you have multiple risk factors for cervical cancer. Also, please call to speak with a nurse if you have any questions about the services we provide. (417-256-7078). It would be our pleasure to help you through the process!

Coats, Gloves & Hats Still Needed



We are still giving out coats to families in need. We specifically need birth to size 2 Toddler. We can also use hats and gloves to

hand out to families. Please drop them off here at the Howell County Health Department between 8 am -5 pm or you can drop them

off at Ozark Pizza Company. Thank you for helping us keep families warm this winter season.



Make small changes that lead to healthy habits!

WIC has been shown to reduce infant mortality!

DHSS inspects state licensed residential care and assisted living facilities.



Health New Years Resolutions from hopkinsmedicine.org

Practice mindful eating: These days, it's common to chow down with your eyes glued to a screen, but eating when you're distracted leads to overeating. Take time to slow down and pay attention to your food, pausing to put down utensils between bites. "When you eat mindfully, it's easier to notice when you feel full, plus you're more likely to enjoy the foods you eat," says Johns Hopkins dietitian and research nutritionist Diane Vizthum. **Chill out and rest up:** According to Johns Hopkins sleep expert Rachel Salas, M.D., when it's time to sleep, it's time to chill – literally. Knocking the thermostat down to 68 de-

grees or lower before you tuck into bed can help you sleep better. **Adopt an attitude of gratitude:** Take some time at the beginning or end of the day to reflect on what you're grateful for. "A daily grateful check-in or keeping a grateful journal is a way to shift your focus and minimize the distorting influence of stress. **Find 30 minutes a day to walk:** Getting the recommended 30 minutes of exercise each day can be as simple as taking a walk. If you've got a busy schedule, take three 10-minute walks throughout your day. **Take the stairs:** Making small, daily changes such as taking the stairs instead of the elevator may seem minor, but they can make a big difference for

your heart in the long run. "Individuals who are physically active are much less likely to develop cardiovascular disease," explains Johns Hopkins cardiologist Chiadi E. Ndumele, M.D., M.H.S. **Commit to a 30-day fitness challenge:** Pick a fitness activity that's easy and doesn't require equipment, and commit to it for 30 days. "Find what motivates you. Whatever you do, make yourself accountable or find an accountability partner. Whether your goal is to lose weight, lower cholesterol or have more energy to play with young ones, you have the power to make a change," encourages Page. As always, talk with your doctor before beginning your journey to a healthier you.

Benefits of WIC by April Bridges, WIC Nutritionist

Did you know that pre-term births cost the U.S. over \$26 billion per year? And, that more than 75% of U.S. health care costs are due to chronic conditions? Optimum nutrition promotes healthy body weight, enabling positive birth outcomes and reduces risk of chronic dis-

ease in children and adults. The WIC program (Women, Infants, and Children) provides nutrition and breastfeeding education along with a healthy food package to its participants. WIC participants are more likely to have increased key nutrients in their diet, ensuring adequate growth and development.

Likelihood of breastfeeding success is higher when on WIC. Participation in WIC has been shown to reduce infant mortality, and since roughly 53% of the infants born in the United States are served by WIC, it really is a cost saving INVESTMENT for our future.

How are Long Term Care Facilities Inspected? by Justin Frazier.

The Department of Health and Senior Services (DHSS) inspects state licensed residential care and assisted living facilities. The Centers for Medicare & Medicaid Services contracts with the department to conduct federal certification surveys in federally licensed facilities. In skilled nursing facilities,

the federal certification survey and state licensed inspections usually occur at the same time. DHSS also investigates complaints about long-term care facilities and resident abuse or neglect. Before an inspection, the DHSS survey team reviews the facility's previous compliance history, to include complaint

investigations. The team conducts an unannounced visit to evaluate resident quality of care and quality of life, environmental services, dietary services, and fire safety. The inspection process involves observations; interviews with residents, residents' family members and facility staff; and record review of documentation.



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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.

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