

HOWELL COUNTY
HEALTH DEPARTMENT

NOVEMBER CALENDAR

WIC: 1, 3, 4, 7, 8, 9, 10, 11,
14, 15, 16, 17, 18, 21, 23,
28, 29, 30

Willow Springs WIC: 2

Mountain View WIC: 22

Family Planning: 1, 15, 16

Immunizations: 3, 8, 29

Covid-19 Vaccination Clinics: West Plains— 2, 9, 16,
23, 30 (from 9am-4 pm).

Willow Springs-2 and
Mountain View-22 at our
satellite WIC clinics.

Food Handlers: 7

Holiday's (closed): 24 & 25
for Thanksgiving

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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

VOLUME 243

NOVEMBER 2022

8 Things That Could Increase Brain Age from www.eatingwell.com

This study is one of the first—and is reportedly the largest—to look at lifestyle risk factors for dementia across the lifespan, the scientists involved say. To land on this finding, a research team in Toronto tapped 22,117 people aged 18 to 89 to answer their [20-minute brain health assessment](#) (which you, too, can take!). The test involves four cognitive tasks designed to measure memory and attention. After comparing the results with some common modifiable risk factors for dementia, they found that participants who had any of these eight common lifestyle factors essentially added three years of aging to their brains:

- Hypertension
 - Smoking (currently or in the past four years)
 - Diabetes
 - Depression
 - Alcohol or substance abuse
 - Hearing loss
 - An education level less than a high school diploma
 - Traumatic brain injury
- Each additional risk factor led to a decrease in cognitive

performance by as much as three years of aging, they confirm, and each seemed to lead to a relatively similar amount of decline. That means that an individual with [high blood pressure](#), [type 2 diabetes](#) and [depression](#), for example, would have a brain that's about nine years "older" than that of a peer without those diagnoses.

"Our results suggest lifestyle factors may be more important than age in determining someone's level of cognitive functioning. This is great news, since there's a lot you can do to modify these factors, such as [managing diabetes](#), addressing hearing loss and getting the support you need to quit smoking," study lead author [Annalise LaPlume, Ph.D.](#), a postdoctoral fellow at Baycrest's Rotman Research Institute tells [Baycrest News](#).

Most earlier research in this field looked only at seniors and middle-aged adults, but this study included results from people as young as 18. And as a result, the scientists were able to determine that each of these risk factors can have a detrimental impact on cognitive performance at any age—even well before any diagnosable signs or symptoms of cognitive decline or Alzheimer's disease. In the future, these researchers

hope to study "super agers," or individuals who have cognitive performance the same as others several decades their junior, to see what qualities might make our brains "younger."

The Bottom Line

It's never too early—or too late—to start taking steps to bolster your brain health. This study proves that these steps can make a large impact in your dementia risk:

- Keep your brain engaged and your hearing tuned in.
 - Stop smoking (if you do).
 - Seek treatment for any depression or alcohol or substance abuse.
- Try to keep blood pressure and blood sugar in check.

"Our research shows that you have the power to decrease your risk of cognitive decline and dementia. Start addressing any risk factors you have now, whether you're 18 or 90, and you'll support your brain health to help yourself age fearlessly," LaPlume concludes in [Baycrest News](#).

Covid Vaccination Clinics

Howell Co. Health Dept. is offering walk in no cost COVID-19 Vaccination Clinics every Wednesday from 9 am-4 pm. In Willow

Springs on the first Wednesday every month and in Mountain View on the fourth Tuesday every month from 8:30 am-3 pm at our WIC & Immuniza-

tion satellite clinics. Satellite clinic location can be found on our website, www.howellcountyhealth.com **No appointment is necessary.**



DON'T LET SHINGLES

stop you from doing what you love

If you're 50 or older, get vaccinated.

Your risk of Shingles increases with age.

With Winter approaching the risk for CO poisoning increases.

Sweet Potato's are a Super Food!



Shingles

from Kathy Doss, RN, Director of Nurses

An estimated one million Americans a year develop shingles. If you have ever had chickenpox, the varicella zoster virus remains dormant in your body and can become reactivated later in the form of shingles. Your risk of shingles increases as you get older. Symptoms of Shingles can include a painful rash with blisters, fever and headache.

Complications from shingles can also occur. The most common complication is long term nerve pain. This nerve pain can often times interfere with your daily activities.

A vaccine is available to provide protection against shingles. The vaccine is recommended for all adults age 50 and over and those 19 years and over with compromised immune systems.

For the 50 and older age group, the vaccine is more than ninety percent effective. The shingles vaccine is given in two doses separated by two to six months. Howell County Health Department offers the Shingrix (shingles) vaccine. If you would like more information or want to schedule an appointment, contact our clinic at 417-256-7078.

Carbon Monoxide Poisoning

from cdc.gov

When winter temperatures plummet and home heating systems run for hours the risk of carbon monoxide (CO) poisoning increases. Every year, at least 430 people die in the U.S. from accidental CO poisoning. Approximately 50,000 people in the U.S. visit the emergency department each year due to accidental CO poisoning. There are steps you can take to

help protect yourself and your household from CO poisoning.

CO is found in fumes produced by furnaces, kerosene heaters, vehicles "warmed up" in garages, stoves, lanterns, and gas ranges, portable generators, or by burning charcoal and wood. CO from these sources can build up in enclosed or partially enclosed spaces. People and animals in these spaces

can be poisoned and can die from breathing CO.

How to Recognize CO Poisoning: The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. People who are sleeping or who have been drinking alcohol can die from CO poisoning before ever having symptoms.

November is Sweet Potato Month

from April Bridges, WIC Nutritionist

Did you know that November is Sweet Potato awareness month? Who knew there was such a thing! But, sweet potatoes are considered a SUPER FOOD, and a great way to get in a long list of vitamins and minerals into your diet. Sweet potatoes have less calories and carbohydrates than regular

potatoes, and are lower on glycemic index, which is helpful if you are watching out for blood sugar spikes. Sweet potatoes are known for being high in beta carotene, but also they are a great source of fiber, and contain vitamins and minerals like iron, seleni-

um and Vitamin A, C, and B. You can purchase sweet potatoes and many other fruits and vegetables on WIC! Call today to see if you or your child could qualify for WIC. 417-256-7078.



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.

Howell County Health Department Staff & Email

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