



September/October 2006  
Volume 1, Issue 3

## COMMUNITY WELLNESS

### Asthma affects the whole community!

According to the Centers for Disease Control and Prevention, asthma is one of the most common long-term diseases of children and is a major public health problem of increasing concern in the United States.

Asthma accounts for 14 million lost days of school missed annually and is the third leading cause of hospitalization among those younger than 15 years of age. This impacts our teachers, our ER staff, parents and their employers. Low-income populations, minorities, and children living in inner cities experience disproportionately higher morbidity and mortality due to asthma.

Asthma can be controlled by following a medical management plan and by avoiding contact with environmental "triggers," such as cockroaches, dust mites, furry pets, mold, tobacco smoke, and odors & sprays.

**Steps to a Healthier Hillsborough** is starting an Asthma Coalition. If you are interested in joining this great cause, please contact Dottie Groover at (813) 932-9019 or [takecharge@mindspring.com](mailto:takecharge@mindspring.com).

To learn more about the Steps to a Healthier Hillsborough please go to [www.mysteps.org](http://www.mysteps.org).



#### Contents

Hot Topic - Asthma	1
Hot Topic - Breast Cancer	1
Day of Pampering, Oct. 21	2
Event Registration Form	3
Preparedness for Diabetics	4
Here's to Your Health	5
Carbon Monoxide Poisoning	5
Guest Columnist	6
Community Calendar	6
Links of Interest	6
The FLU and You	7
Contact us	8
Director's Desk	8



### October is Breast Cancer Awareness Month by Clarence Gyden

Breast Cancer is the third leading cause of death in America and the No. 1 cause of death in African American females. The Florida Breast and Cervical Cancer Early Detection Program along with the Hillsborough County Health Department will be hosting a community event entitled: **"A Day of Pampering, Increasing Women's Health Awareness"** Forum. This event will take place on Saturday, October 21, 2006 at the University Area Community Center Complex.

This joint effort and support of state and local governments along with private sector companies and agencies will raise awareness of not only the importance of early detection of breast and cervical cancer but those other health issues that have been associated with breast cancer, like overweight/obesity and a lack of physical activity.

This event is open to women between the ages of 18 - 64 years of age with the focus on breast self examinations, healthy lifestyles and healthy cooking demonstrations. Those women who attend will also receive a fantastic gift bag along with very informative literature, plus a chance to be pampered by getting their choice of a chair massage or make over by a Mary Kay representative.

For more information, please see the attached flyer and application located on pages 2 and 3 of the newsletter or call (813) 307-8015 ext.3502.



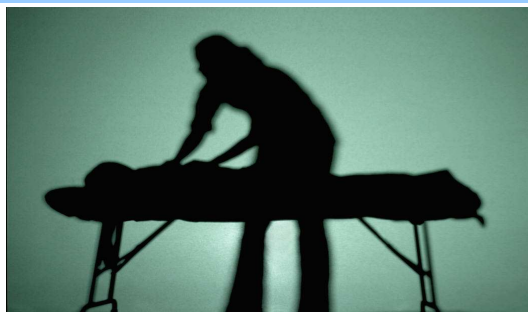
Have a comment,  
question or suggestion?  
Let us know!  
Want to receive our  
newsletter by E-mail?

Visit our website:  
[www.hillscountyhealth.org/](http://www.hillscountyhealth.org/)

Or

Call (813) 307-8071  
Fax (813) 307-8094

## "A Day of Pampering, Increasing Women's Health Awareness"



Saturday, October 21, 2006

8:30AM to 3:00PM

University Area Community Center Complex (UACCC)

14013 N. 22<sup>nd</sup> Street, Tampa, FL 33613

**SPACE IS LIMITED – PRE-REGISTRATION RECOMMENDED**

**FREE** gift for the first 150 women to register

Call (813) 307-8015 Ext. 3502

*Free of Charge*

*Free Lunch Provided*

### FREE SCREENINGS

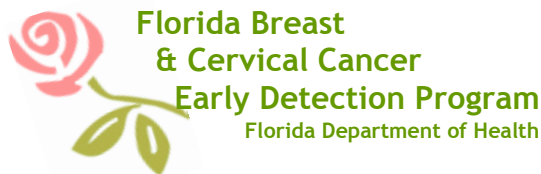
- Cholesterol
- Blood Pressure
- Glucose
- Pap Tests-**Must Meet Qualifications**
- Mammography-**Must Meet Qualifications**  
**Appointment Required**  
**(813) 979-6769**

**FREE  
Fashion Show  
Massages**

### WORKSHOPS & INFORMATION

- Breast Self Exam
- Cancer Prevention
- Healthy Lifestyles
- Healthy Eating Demonstration

Sponsored by:



**Other Sponsors:**

- Community Health Advocacy Partnership (CHAP)
- H. Lee Moffitt Cancer Center & Research Institute
- University Community Health (UCH) Hospital
- USF Health Center
- AstraZeneca Pharmaceutical
- Delta Sigma Theta, Inc.
- Sweetbay Supermarkets
- Wal-Mart Super Center

Saturday, October 21, 2006 8:30 a.m. to 3:00 p.m.



A Day of Pampering Women's Health Awareness REGISTRATION FORM Please complete and mail your registration. PLEASE PRINT

Please check ( ) one:

- I will attend the Forum Only
I will attend the Forum and want to be tested for: (Choose all that apply)
Diabetes Blood Pressure Cholesterol Bone Density Screening
Clinical Breast Examination (CBE)\* Pap Smear\* Mammography\*

\*Free to those who qualify and limited times available, please register early.

Name: \_\_\_\_\_ DOB: \_\_\_\_\_
Address: \_\_\_\_\_
City: \_\_\_\_\_ State: FL Zip Code: \_\_\_\_\_
Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_
E-Mail: \_\_\_\_\_

\* Umbrellas to first 150 women to register.

Please check ( ) one:

- I am a cancer survivor or I support the fight against cancer

How did you hear about this Forum? (Choose all that apply)

- Radio Newspaper
Health Department Health Care Professional
Friend/Relative Flyers/Brochure/Posters
Church Other \_\_\_\_\_

To register by Telephone: (813) 307-8015 Ext. 3502
Deadline: 10/16/2006 (813) 426-5420 (Creole speaking only)
(813) 877-6644 (Spanish speaking only)

To Register by Mail: Hillsborough County Health Department
Deadline: 10/6/2006 4951-B East Adamo Drive, Suite 228
Tampa, Florida 33613

Important Notice for FREE\* Mammography Screening ONLY
Limited space available. Call (813) 745-6769 to schedule your mammography.
\* FREE to those who qualify. (Please call for details)

## DISASTER PREPARATIONS FOR DIABETICS

Everyone needs to be prepared to deal with emergencies and disasters, but people with diabetes have some extra special needs that require good planning. Medical supplies and medication, as well as food, are all very important for keeping that blood sugar level under control.

As we get ready for hurricane season, use these lists to help prepare for emergencies and check with your medical provider to see if there are other supplies you need to maintain your health for at least 2 weeks.

### Medical supplies may include, but not be limited to:

- insulin
- lancets and lancing device/ syringes/ sharps container
- alcohol swabs/ cotton balls/ tissues
- meter to measure blood sugar (glucometer), control solution & instruction booklet
- meter strips/ meter batteries
- urine ketone strips (primarily if Type 1)
- pen and a small notebook to record blood sugars
- **Glucagon Emergency Kit** (counteracts severe hypoglycemia that causes loss of consciousness). In the United States, it is dispensed by **prescription only**.
- glucose tablets, soda with sugar, orange juice and hard candies
- an empty hard plastic container to dispose of lancets and needles
- blood pressure medicine, cholesterol, and other regular medicine
- over-the-counter medicines for aches & pains, nausea & vomiting, and diarrhea
- antiseptic wipes/ hand sanitizer
- body lotion for dry skin (should not contain alcohol)
- pill box/ pill box cutter (if needed)
- eye drops (Artificial Tears for dry eyes)/ extra pair of glasses (if you wear glasses)
- hearing aids supplies (if needed)
- First Aid Kit

### Insulin

- Keep insulin at less than 86 degrees Fahrenheit. Insulin can be stored at room temperature for up to 28 days. Follow the manufacturer's instructions on when it should be discarded.
- Do not freeze insulin. Do not keep insulin cool with dry ice.
- **Unopened Lantus** should be stored in the refrigerator. If there is no refrigeration, avoid direct light and heat.
- Use a small cooler or cool pack to store insulin if no refrigeration

**Frio Cool Pack** – Keep insulin bottles and pens cool without refrigeration. Stays cool up to 45 hours each time it is re-activated with just tap water.

[www.medicool.com/diabetes/diabetestravel\\_frio.php](http://www.medicool.com/diabetes/diabetestravel_frio.php)

List courtesy of the Polk County Health Department

### Insulin pump supplies, including

- batteries for pump and remote control
- reservoirs or pre-filled cartridges
- infusion sets
- insertion devices
- insulin for pump

### Important information to have on hand

Keep all important documents, medicines and supplies together in a location close to you. This will allow you to collect and take them with you on short notice. Have a water proof container nearby to easily transport these items. Remember to make copies of important documents such as:

- Health Insurance or Medicare card
- List of all medications and dosages, including insulin and over-the-counter medicines.
- List of your doctors and their phone numbers and your pharmacy phone number.
- List of important names, addresses, phone numbers, accounts numbers, policy numbers, insurance agents (health, flood, auto, home), lawyer, family and friends.

Do not forget to have **cash** available.

### Food supplies to have on hand

Non- perishable items such as:

- 1 gallon of water per person per day for at least 2 weeks
- Granola bars
- Crackers
- Peanut butter
- Nuts
- Milk that does not require refrigeration
- Unsweetened dry cereal
- Packages/cans of tuna, salmon, chicken
- 7 cans of fruits not packed in sugar
- 7 cans of soda with sugar
- 7 cans of soda without sugar
- Manual can opener
- Disposable cups, plates, forks, knives, spoons and plastic bags

### Additional Tips

Let people around you know that you have diabetes and what can they do to help. Wear a diabetes identification bracelet or necklace. Wear shoes at all times and examine your feet often, as people with diabetes are at greater risk of developing infections. If you have a foot wound, seek medical attention immediately.

For additional information log on to:

[www.ready.gov](http://www.ready.gov) or [www.floridadisaster.org](http://www.floridadisaster.org)



## HERE'S TO YOUR HEALTH!

**Crunchy Veggie Wrap**

¼ cup reduced-fat mayonnaise\*  
 1 Tbsp. fresh lime juice  
 1 tsp. grated lime peel  
 4 8-inch whole-wheat flour tortillas  
 2 cups fresh spinach leaves, washed and well dried with stems removed  
 1 small ripe avocado, peeled, pitted and cut into slices  
 1 medium red bell pepper, seeded and cut into strips  
 1 medium carrot, cut into strips

Servings	4
Calories	198
Total Fat	10g
Saturated fat	2g
Sodium	323mg
Carbohydrates	31g
Dietary Fiber	7g
Protein	5g

In a small bowl, combine the mayonnaise, lime juice and lime peel. Heat the tortillas in the microwave for 15-20 seconds on high to make it easier for you to roll them. Spread each tortilla evenly with the mayonnaise mixture. Arrange the spinach leaves on top of each tortilla, then the avocado slices, bell pepper and carrots. Roll the tortillas up tightly. Place the seam side down on the serving plates.

\*Note: As an alternative to the mayonnaise lime mixture, use a prepared hummus, yogurt-cucumber dip, low fat flavored cream cheese, salsa, baba ganoush or mustard.

Other options: Try arugula instead of spinach. Add any type of bean, grated zucchini, tomatoes, shredded cabbage, onions, mushrooms and/or chopped cucumbers.

Source: AICR's Weekly Health e-Recipe <http://www.aicr.org>

**CARBON MONOXIDE – IT'S A KILLER.**

CARBON MONOXIDE interferes with delivery of oxygen to the body which can cause serious health consequences and even death. It's not surprising that emergency room visits for carbon monoxide poisoning jump during hurricanes and heavy tropical weather when generators are purchased and used for prolonged electrical power outages.

**Q. What Are the Major Sources of CO?**

**A.** Carbon monoxide is produced as a result of incomplete burning of fuels including coal, wood, charcoal, natural gas, gasoline, diesel, kerosene, and heating oil. It can be produced by portable generators, small gasoline engines, charcoal grills, gas stoves, automobile exhaust from attached garages, and smoking tobacco. Portable generators and charcoal grills are major sources of CO and should never be operated inside enclosed or partially enclosed building or near doors, windows and openings to the house.

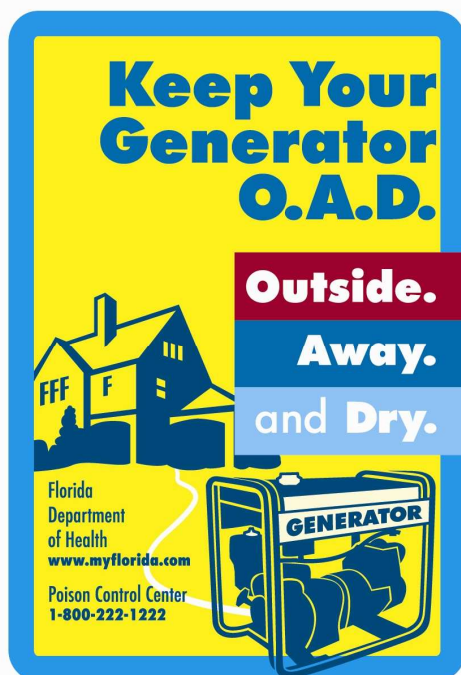
**Q. What Are the Symptoms of Carbon Monoxide Poisoning?**

**A.** Depending on the level of exposure, CO may cause fatigue, weakness, chest pains for those with heart disease, shortness of breath upon exertion, nausea, vomiting, headaches, confusion, lack of coordination, impaired vision, loss of consciousness, and in severe cases, death.

**Q. What Should You Do If You Think You Have CO Poisoning?**

**A.** If you think you are suffering from carbon monoxide (CO) poisoning, you should get fresh air immediately. Turn off all combustion appliances and leave the house. Go to an emergency room. Be sure to tell the physician that you suspect CO poisoning. Don't ignore symptoms, especially if more than one person is feeling them. In cases of severe CO poisoning, call 911 emergency services or the Poison Information Center at 1-800-222-1222.

Florida Department of Health.



**GUEST COLUMNIST – Dianna King, Cultural Health Initiatives Director, American Heart Association****Let's Just Play!**

**The Alliance for a Healthier Generation**, a joint initiative of the **American Heart Association** and the **William J. Clinton Foundation** has launched a new website. The site provides up-to date news and tools for kids, parents, teachers and healthcare professionals to help fight childhood obesity and to enable all kids to live healthier lives.

The website is the place to join our Healthy Schools Program, to learn about how to make your school and home healthier. The media center contains comprehensive information on the Alliance's recent beverage agreement and other Alliance news. The Alliance for a Healthier Generation is here to help. And our website is the place to start. So check it out – [www.HealthierGeneration.org](http://www.HealthierGeneration.org)

The **Let's Just Play Go Healthy Challenge** is inviting kids across America to take the lead in making their generation the healthiest ever! How? By making small changes in every day life that add up to BIG changes for kids across the country. Kids can be a part of the Let's Just Play Go Healthy Challenge when they **Join the Challenge** at [www.nick.com/letsjustplay](http://www.nick.com/letsjustplay)

**COMMUNITY CALENDAR**

Please check our website, [http://24.173.147.140/community/community\\_calendar.htm](http://24.173.147.140/community/community_calendar.htm), for more complete event details.

**September 2006**

- 9/2 – South Fla Baptist Hospital – CPR and Basic Life Support classes, call 757-8511
- 9/4 – Health Department CLOSED
- 9/9 through 10/28 – Training clinic for Health Heart Women's Classic – Al Lopez Park  
Call 870-4747 for more information or visit [www.Stjosephswomens.com](http://www.Stjosephswomens.com)
- 9/15 – Understanding Girls Emotional Health Tampa Convention Center, call 514-9555 Extension 224, Ophelia Project/YMCA Continuing Education Units available
- 9/30 – **Family Health & Fitness Day – Al Lopez Park**  
8:30 AM – 12 Noon, registration at 8:30 AM

EVERY TUESDAY – South Florida Baptist Hospital Main lobby - Blood pressure checks 1 – 2 pm  
EVERY 4th THURSDAY – South Florida Baptist Hospital Main lobby - Cholesterol screenings 1 -3 pm

**November 2006**

- 11/4 - Heart Walk – 9 am St. Pete Times forum, American Heart Assoc. & Tampa General Hospital
- 11/5 - Bike Fest – St. Pete Times Forum – 11 AM – 5 PM, Bike for fitness, wellness information
- 11/11 – Healthy Heart Women's Classic 5K run, 1 mile walk – call 870-4747  
Tampa Bay Runners and St. Joseph's Women's Hospital
- 11/11 – Alafia Challenge Canoe & Kayak Race – 7AM, call 975-2160 for more information.

**October 2006 – HEALTH LITERACY MONTH**

- 10/7 – Children's Health Fair – Strawberry Festival Grounds  
10 AM – 2 PM
- 10/14 – Family Health Fair – Macfarlane Park 9 AM – 3 PM
- 10/21 – **Day of Pampering – Breast & Cervical Cancer Awareness event for women. Call 307-8015 Ext 3502 University Community Development Center**
- 10/27 – Influenza immunization clinic – free while supplies last U. of South Florida and Hillsborough Co. Health Dept. College of Public Health – call 307-8015 ext. 7715 USF campus, Bruce B. Downs Avenue, Tampa

**LINKS OF INTEREST**

<http://socom.mil/hurricane/maps/hur-map-hills.pdf>

[www.yourdiseaserisk.harvard.edu/](http://www.yourdiseaserisk.harvard.edu/)

[www.cdc.gov/flu/avian/gen-info/facts.htm](http://www.cdc.gov/flu/avian/gen-info/facts.htm)

[www.nutritiondata.com](http://www.nutritiondata.com)

<http://www.srh.noaa.gov/tbw/html/tbw/> (Nat'l Weather)

[www.diabetes.org](http://www.diabetes.org)

[www.hcswat.org](http://www.hcswat.org)

[www.cdc.gov](http://www.cdc.gov)

[www.hillsboroughcounty.org](http://www.hillsboroughcounty.org)

[www.morehealthinc.org](http://www.morehealthinc.org)

[www.lungfla.org](http://www.lungfla.org)

[www.mypyramid.gov](http://www.mypyramid.gov)

[hillsboroughfcs.ifas.ufl.edu](http://hillsboroughfcs.ifas.ufl.edu)

[www.nhc.noaa.gov](http://www.nhc.noaa.gov)

[www.americanheart.org/](http://www.americanheart.org/)

[chap@chapnet.org](mailto:chap@chapnet.org)

[www.pip-inc.net](http://www.pip-inc.net)

[www.aafaflorida.org](http://www.aafaflorida.org)

[www.MoffittCancerCenter.org](http://www.MoffittCancerCenter.org)

[www.sjbhealth.org](http://www.sjbhealth.org)

[www.nhc.noaa.gov](http://www.nhc.noaa.gov)

[www.hcada.com](http://www.hcada.com)

[www.tampaymca.org/](http://www.tampaymca.org/)

[http:// www.floridadisaster.org/](http://www.floridadisaster.org/)

## The FLU and You

by Kimberly Fraser

Every year thousands of people are infected with the same virus. And unlike some other illnesses, getting sick from this virus can be prevented. This virus is called Influenza. So, what can we do to help protect ourselves and our families from getting and spreading Influenza? Plenty! Contained in the article below is helpful information on what Influenza is, how Influenza virus is spread, and how receiving your Influenza vaccine can help stop the spread of Influenza virus.

Influenza, otherwise known as the Flu, is a respiratory illness caused by the influenza virus. Flu is spread through respiratory droplets that are coughed and sneezed, and sometimes through touching things that people with the flu have touched, like doorknobs, tissues and Kleenex's. People who have the Flu exhibit several symptoms which include: Fever (usually high), Headache, Tiredness (can be extreme), Cough, Sore throat, Runny or stuffy nose, Body aches, Diarrhea and Vomiting (more common among children than adults). The flu virus can cause mild to severe illness, and at times can lead to death. The best way to prevent this illness is by getting a flu vaccination each fall.

The flu shot (Flu Vaccine) is an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions. Another form of the flu vaccine is the nasal spray. The nasal spray flu vaccine (sometimes called LAIV for "live attenuated influenza vaccine") is a nasally inhaled vaccine made with live, weakened flu viruses that do not cause the flu. LAIV is approved for use in healthy people 5 years to 49 years of age who are not pregnant.

Flu shots are usually given in the month of October or November, but getting vaccinated in December or even later can still be beneficial. Flu season can begin as early as October and last as late as May. If you are unable to receive the flu vaccine, below are some precautions you can take to reduce your chance of getting sick with the flu.

- **Cover your nose and mouth** with a tissue when you cough or sneeze—throw the tissue away after you use it.
- **Wash your hands often with soap and water**, especially after you cough or sneeze. If you are not near water, use an alcohol-based hand cleaner.
- **Avoid close contact with people who are sick.** When you are sick, keep your distance from others to protect them from getting sick too.
- **If you get the flu, stay home from work, school, and social gatherings.** In this way you will help prevent others from catching your illness.
- **Try not to touch your eyes, nose, or mouth.** Germs often spread this way.

Although the best way to prevent the flu is to receive a flu vaccination, practicing good health habits, such as those mentioned above, can help reduce your chances of getting and spreading the flu.

For more information on seasonal influenza check out [www.cdc.gov/flu/](http://www.cdc.gov/flu/) and [http://www.doh.state.fl.us/Disease\\_ctrl/epi/htopics/flu/index.htm](http://www.doh.state.fl.us/Disease_ctrl/epi/htopics/flu/index.htm)



## CONTACT US

Epidemiology	(813) 307-8010
Health Promotion and Education	(813) 307-8071
Public Health Preparedness	(813) 307-8071
STEPS Program	(813) 307-8066
Breast & Cervical Cancer Screening	(813) 307-8071
Florida KIDCARE	(813) 307-8071
Insulin Program	(813) 307-8071
Lead Prevention	(813) 307-8071
School Health	(813) 307-8017
Sterilizations	(813) 307-8071

## VISIT US ON THE WEB

[www.hillscountyhealth.org](http://www.hillscountyhealth.org)  
[www.mysteps.org](http://www.mysteps.org)



Community Health (71)  
Hillsborough County Health Department  
Post Office Box 5135  
Tampa, Florida 33675-5135



## DIRECTOR'S DESK by Leslene Gordon, PhD, RD, LD/N

### ***Raising Awareness and Saving Lives***

The goal of "A Day of Pampering" is to raise awareness about an essential issue, early breast cancer detection to prevent deaths. Too many women still die from breast cancer because detection is delayed. Breast cancer is 2nd only to lung cancer as a cause of death among women and cervical cancer is the 10<sup>th</sup> most common cancer among women. There are also significant racial disparities in breast and cervical cancer incidence and mortality. While the breast cancer rate is higher in Caucasian women, African Americans and Hispanics are typically diagnosed at later stages and Black women are more likely to die of these diseases.

Achieving the Healthy People 2010 objectives for increased cancer screening is a major public health challenge. Studies have assisted in understanding and identifying characteristics and approaches that increase cancer screening behavior, but information on cancer screening use among minority women has been limited. Having a usual source of care is one of the strongest single predictors of breast and cervical cancer screening across race/ethnic groups according to some researchers. Recent findings indicate women who report having a usual source of care are 4 or more times more likely to report a recent mammogram or Pap test. However, in light of the number of minority women who don't have access to care and a usual provider, this is most troubling.

Public health efforts to target medically underserved women and women who do not have a usual source of care is crucial. Working with our community partners in this upcoming October event is one of many steps that this local health department is taking to empower communities and reach women who are medically underserved. Access to health services is a dilemma; however, we don't have to wait for all the answers. There are approaches we can take now that can lead to early screening and early detection which ultimately saves lives. Tell someone about "***A Day of Pampering, Increasing Women's Health Awareness***" scheduled for Saturday, October 21<sup>st</sup> at the University Area Community Center Complex.