

Edgecombe County
Health Department
2909 Main Street
Tarboro, NC 27886
252-641-7511

Health Connections

www.edgecombecountync.gov/health/health.aspx

OCTOBER 2010

Protecting Yourself from the FLU

THE FLU
ENDS WITH



www.flu.gov

ON THE MENU

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Each year, thousands of people in North America are affected by the influenza virus (aka "the flu"). Flu season begins in October and runs through May. It's important that you know how to protect yourself and prevent the flu from affecting your life this flu season. Here are a few easy steps to get you started:

Step 1) Flu shot- Getting your annual flu shot is the best way to prevent the flu. It strengthens the immune system by producing antibodies that can effectively fight off the flu virus. The flu vaccine is available at the Edgecombe County Health Department on a walk-in basis Monday-Friday 8:00am until 5:00pm. The cost is \$25.

Step 2) Hygiene- Washing your hands is your best external defense against contracting the flu virus. Wash your hands often and correctly to increase your chances of preventing the flu. Remember, the rule of thumb is to rub your hands with soap for 20 seconds before rinsing them. That's about how long it would take to sing happy birthday twice.

Step 3) Rest- Getting proper rest can keep your immune system at peak performance to keep you healthy. It is recommended that you try to get 7-8 hours of sleep each night. If you do contract the virus, resting is extremely important as it will help your body to recover and kill the virus much more quickly.

Step 4) Nutrition- Finally, vitamin-packed fruits and vegetables will boost your immune system and give you that extra kick that will help you fend off the flu this season. Pay special attention to foods that are good sources of Vitamin C or E, such as oranges or broccoli.

Take these simple steps to keep yourself healthy and well this flu season. You can do it!

Rocky Mount Office:
155 Atlantic Avenue
Rocky Mount, NC 27801
252-985-4100

October 2010

National Breast Cancer Awareness Month

Celebrating 25 Years of Awareness, Education, and Empowerment

Early detection of breast cancer is key. An early sign of breast cancer abnormality can show up on a mammogram before it can be felt. Common signs of breast cancer are: a lump in the breast; change in the shape or color of the breast; or abnormal thickening of the breast. Additional signs of breast cancer include:

- * Dimpling or puckering of the skin
- * Swelling, redness or warmth that does not go away
- * Pulling in the nipple
- * Pain in one spot that does not vary with your monthly cycle
- * Nipple discharge that starts suddenly & appears only in one breast
- * An itchy, sore, or scaling area on one nipple

If you think you are experiencing any of these signs, please contact a health care provider. The Edgecombe County Health Department offers two breast health programs:

1. The Edgecombe Breast Health Initiative which is funded by a grant from Susan G. Komen for the Cure, NC Triangle Affiliate, that provides funding for screening mammograms for uninsured and underinsured women, as well as breast health education.
2. The NC Breast and Cervical Cancer Control Program (BCCCP), which provides free or low-cost breast and cervical cancer screening and follow-up services to eligible women in North Carolina. Services offered through the BCCCP program are: clinical breast exams, mammograms, pelvic exams and Pap test, ultrasounds, colposcopies, breast and cervical biopsies, and medical consultations.

To see if you qualify for one of these programs, please call the Edgecombe County Health Department at 252-641-7511 to schedule an appointment. To schedule breast health education, please call 252-641-7990.

QUIT TOBACCO. Join The Great American Smokeout
make everyone proud 18 November 2010

Join the Great American Smokeout on November 18, 2010, and give up smoking and chewing tobacco or support others in their efforts to quit tobacco. Check out <http://www.ucanquit2.org/facts/gaso/default.aspx> to help you quit tobacco for good:

1. Create your own [Quit Plan](#), [Quit Calendar](#), and [Quit Blog](#).
2. [Chat one-on-one](#) with a trained Cessation Coach.
3. [Share your story](#) about quitting tobacco.
4. Calculate your [savings](#).
5. [Locate support](#) and find information about different kinds of [medicine to help you quit smoking](#).



I am living my rights.
 Stop AIDS. Keep the promise.

World AIDS Day
December 1, 2010



The theme for World AIDS Day 2010 (December 1st) is Universal Access and Human Rights. Due to the world wide economic struggle taking place, the World AIDS Campaign has decided to dedicate this years AIDS day to Universal Access in the hopes of raising awareness to the importance of necessary medical care across the world in regards to HIV and AIDS care. There have been cuts to funding in regard to HIV/AIDS treatment in the past two years throughout the world, this is seen as a violation of human rights as seen by the World AIDS Campaign. The general stance on HIV/AIDS testing, prevention, and care is that they are a necessary and universal right to everyone. The campaign is working hard to make these issues known on a global scale with events at various multinational proceedings. You can learn more about the World AIDS Campaign at www.worldaidscampaign.org.

The Edgecombe County Health Department offers FREE HIV testing at both the Tarboro and Rocky Mount offices. Walk-ins are accepted on Thursday evenings from 5pm to 7pm, 1st and 3rd Thursdays at the Tarboro office and 2nd and 4th Thursdays at the Rocky Mount office OR call to schedule an appointment between the hours of 8am to 5pm Monday through Friday. We are also in the process of beginning a new program to test inmates at the county jail twice a week for HIV and Syphilis. For more information on testing, please call 252-641-7511 or 252-985-4100. For community education, please call 252-641-7530.

Three Cranberry Relish

Ingredients

1 pound cranberries
1 (12 oz) can frozen cranberry juice concentrate
1 1/2 cups sweetened-dried cranberries
1/4 cup orange juice
2/3 cup white sugar
1 tablespoon orange zest

Nutritional Information

Serving size 10
Calories 222
Total Fat 0.1g
Cholesterol 0mg
Sodium 3mg
Carbohydrate 57g
Fiber 1.6g
Protein 0.3g

Preparation Instructions

Combine all ingredients in a 3 quart sauce pan and cook over medium heat until cranberries pop. Serve warm or cold. As the relish sits it thickens up.

www.allrecipes.com

Edgecombe County Health Department
2909 Main Street
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10 EATING TIPS FOR A HEALTHY HOLIDAY SEASON



Food during the holidays is an important part of our culture. Many special occasions are centered around food. Between Thanksgiving and New Year's, many people gain a little (or a lot) of weight. Tempting treats, pressure from family, friends, and co-workers, and emotional eating are a few contributing factors to weight gain during the holidays. Regardless of the reasons, don't avoid holiday gatherings in an attempt to maintain your weight. Consider these 10 tips for a healthy holiday season!



1. Eat a light snack before going to your holiday party.



* You are more likely to overeat if you show up at a party hungry.



2. Focus on maintaining your weight vs. losing weight during the holidays.



* Holidays are not the time for trying to "lose" weight. Make realistic goals for yourself.



3. Be physically active every day.



* Brisk walking, jogging, bicycling.



4. Plan on NOT dieting after the New Year.



* Anxiety of restricting food can cause binge-type eating over the holidays.



5. Before your gathering, make a plan for social eating.



* Think about the setting, type of foods, and people that will be there.



6. Reduce the fat in your holiday recipes.



* Try using applesauce in place of oil or egg substitutes.



7. Take steps to avoid recreational eating.



* Avoid eating beyond your hunger.



8. Make wise beverage choices.



* Alcohol has a lot of calories.



9. Enjoy the time with friends and family.



* Don't focus on "food."



10. Maintain perspective.

* If you over-indulge on a holiday meal, move on and go back to your eating plan.





American Diabetes Month November 2010

November is American Diabetes Month, a time to bring even greater awareness and attention to the seriousness of diabetes, its deadly complications and the importance of proper diabetes control. This year, the American Diabetes Association is asking: How will you Stop Diabetes? The future is in your hands.

One out of every three people with diabetes is unaware they have this chronic condition (approximately 8 million Americans). In 2008, North Carolina ranked 17th highest for adult diabetes among all states in the U.S. An estimated 643,000 North Carolinians were diagnosed with diabetes; 232,000 were estimated to have undiagnosed diabetes; and 376,000 adults were estimated having prediabetes. Risk factors for diabetes include: age, genetics, family history, disease of the pancreas, obesity or being overweight, lack of physical activity, poor diet and smoking to name a few.

The Edgecombe County Health Department has a well established Diabetes Education Program offering diabetes education, exercise and nutritional counseling. Throughout the month of November, the Diabetes Education Program will participate and host different activities to bring awareness to this deadly disease. On November 6th, the Diabetes Education Program will host a walk to raise money for their medication fund, which provides assistance to program participants that have trouble paying for their medications. Health screenings and educational information will also be available. In collaboration with Nash County Health Department, a diabetic cooking demonstration will take place on November 17th (more information to come).

Please join our efforts in raising awareness about diabetes in our community. For more information about American Diabetes Month or the Diabetes Education Program, please call 252-641-7525.

National HomeCare & Hospice Month November 2010



Edgecombe HomeCare and Hospice, a division of the Edgecombe County Health Department, is celebrating National HomeCare and Hospice month in November. Established in 1973 and approved by the Accreditation Commission for Health Care, Inc., our agency is licensed to provide Home Health, Hospice, and CAP (Community Alternative Program) services for the citizens of Edgecombe County and surrounding areas.

Home care is health care brought to your home to maintain or restore your health and well-being. Services can include, but are not limited to, skilled nursing; physical, occupational, or speech therapy; medical social work; and aide services.

Hospice provides specialized care for individuals facing a life-limiting illness. The hospice focus is on managing symptoms and providing support by addressing the physical, spiritual, and psychosocial needs of the patient and family as opposed to seeking a cure.

CAP is a Medicaid program designed to offer elderly, disabled adults, and medically high-risk children, home and community-based programs to ensure their health and well-being in the home. This prevents institutional placement of these individuals.

For more information about these and other services offered by Edgecombe HomeCare and Hospice, please call 252-641-7518.