

The Scoop

A healthy serving of health news!



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Colorectal Cancer Awareness

Colorectal Cancer is cancer of the colon or rectum and with regular screenings it can be prevented or detected early. Men and women are at equal risk for developing colorectal cancer and screenings should start at the age of 50. Other risk factors include:

- People with a family history of colorectal cancer
- People with personal or family history of inflammatory bowel disease, such as Crohn's disease or ulcerative colitis
- People who use tobacco, are obese or are sedentary

You can reduce your risk of colorectal cancer by doing the following:

- Lead an active lifestyle with a healthy diet high in fiber, low in red meats and high in calcium rich foods
- Maintain a healthy weight
- Don't smoke or drink alcohol

Since there are no early warning signs for colorectal cancer it is even more important to get your colonoscopy every 10 years starting at age 50.

Advanced colorectal cancer can cause:

- Blood in the stool
- unexpected weight loss
- Stomach discomfort
- constant fatigue
- Diarrhea or constipation
- vomiting

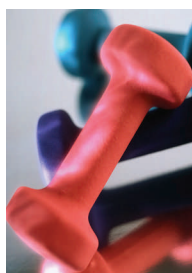
National Public Health Week

April 5th through the 11th is National Public Health Week. The U.S. ranks 37th out of all the countries in the world in health care. Imagine the United States as being an icon for health care, where everyone has access to health care and services, and where we embrace healthy lifestyles. We can make it happen through continually bettering our services to the county. Even the small steps to a healthy community count! Let's continue our education and promotion of healthy lifestyles in our community, while improving areas that are in need. Our accomplishments can have a ripple effect and improve communities outside of Delaware County as well.



A Plan For A Healthier You!

The National Center for Physical Activity and Disability has come out with a 14 week fitness program. You can sign up for the program at www.ncpad.org/14weeks/. By signing up you will gain access to exercise and nutrition experts, as well as weekly tips. These weekly tips will include video clips, exercise tips you can do at your home, innovative ways to increase your activity, motivational tools, and healthy recipes. You will also be able to log your progress and gain access to healthy ideas to reward yourself. Tell your friends and family to join. Remember your 14 weeks begins on **March 21st**, so sign up ahead of time.



Garlic Basil Shrimp

Ingredients

- 2 tablespoons olive oil
- 1 1/4 pounds large shrimp, peeled and deveined
- 3 garlic cloves, minced
- 1/8 teaspoon dried hot pepper flakes
- 3/4 cup dry white wine
- 1/4 cup finely chopped basil leaves
- 1 1/2 cup grape tomatoes, halved

Calories 260

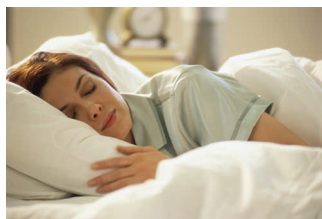
Source: foodnetwork.com

Directions

Heat the oil in a large heavy skillet over moderately high heat until hot but not smoking, then sauté shrimp, turning over once, until just cooked through, about 2 minutes. Transfer with a slotted spoon to a large bowl. Add garlic and red pepper flakes to the oil remaining in skillet and cook until fragrant, 30 seconds. Add wine and cook over high heat, stirring occasionally, for 3 minutes. Stir in basil and tomatoes and season the sauce with salt and freshly ground black pepper, to taste. Return the shrimp to pan and cook just until heated through.



Do you get enough sleep?



A lack of sleep can not only effect your productivity and ability to do things, but it can have serious health consequences and cause unsafe situations. If you do not get enough sleep it can lead to an increase risk of motor vehicle accidents, increase

risk of diabetes and heart disease, increase risk of depression and a decrease in your ability to pay attention, remember information and react to important signals. Although the amount of time each individual needs in order to get the proper amount of sleep is different, below are the averages for different age groups.

Age	Sleep Needs
1-2 months	10.5-18 hours
3-11 months	9-12 hours during the night; 30 min. naps two times a day
1-3 years	12-14 hours
3-5 years	11-13 hours
5-12 years	10-11 hours
11-17 years	8.5-9.25 hours
Adults	7-9 hours
Older Adults	7-9 hours

Sleeping habits need to be a lifestyle change. Here are some things that you can do in order to help your sleeping habits:

- Establish a consistent sleep and wake schedule, even on the weekends
- Create a regular, relaxing bedtime routine, and start an hour before you expect to fall asleep
- Sleep on a mattress and pillow that you find comfortable
- Use your bedroom only for sleep, avoid watching TV in bed.
- Don't eat 2-3 hours before your bedtime.
- Exercise regularly during the day
- Avoid caffeine and alcohol products close to bedtime

Source: National Sleep Foundation

Spring into Fabulous Feet

The winter months can do some damage to your feet but luckily with a little at home pampering they will be ready for sandal weather. Get the spring season started off on the right foot with these ten do-it-yourself tips.

1. Soak your feet in warm water for at least 10 minutes. Add Epson salt, herbal soaks, or oils for added relaxation.
2. Remove thickened, dead skin build up (calluses) around the presoaked heels, balls and sides of your feet with a pumice stone or foot file. **DO NOT** use a razor.
3. Use an exfoliating scrub on the soles, sides and tops of feet to eliminate dry, flaky skin.
4. Apply and massage emollient-enriched skin lotion all over your feet to hydrate the skin and increase circulation. Remove excess lotion from toenails and between the toes because it creates a basin for bacteria.
5. Clip toenails with a straight edge toenail clipper, to avoid rounded corners of the nails.
6. Before bed, **very lightly** wrap cellophane around your entire foot, which will lock in moisture.
7. Apply nail polish only if the nail is healthy. Remove polish regularly to let the nail bed breathe.
8. Wash your feet regularly with soap and water. Dry your feet, especially in between your toes.
9. If any skin or nail condition exists, see a podiatrist.
10. Inspect your sandals and flip flops from the previous year and discard any that look worn.



Source: APMA

Delaware County Public Health
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Upcoming Health Events

Free Rabies Clinics
For dogs, cats and ferrets on:

Friday March 12th, 2010
Delhi Town Garage
3 Depot St
Delhi, NY
4pm-6pm

Friday March 19th, 2010
Treadwell Fire Station
9209 Cty Hwy 16
Treadwell, NY
5pm-7pm



Car Seat Fittings

The fourth Wednesday of the month
 At Delaware Opportunities
 Call 746-1700 for an appointment

Local Early Intervention Coordinating Council Meeting

March 23, 2010
1:30pm-3:30pm

At Delaware Opportunities in Hamden

