

# The Scoop

*A healthy serving of health news!*



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## Seasonal Flu and H1N1

### How to reduce the chances of getting or Spreading H1N1?

- Everyone should get vaccinated against seasonal flu, which is expected to circulate along with the new H1N1 flu.
- Get the new H1N1 vaccine as soon as it is available to you.

Wash your hands often with soap and warm water or use alcohol-based hand sanitizer.

**What are the signs and symptoms of H1N1?** The symptoms of this H1N1 flu in people are similar to the symptoms of regular (seasonal) flu and include:

- Fever greater than 100°F,
- Cough,
- Sore throat,
- Body aches,
- Headache,
- Chills and fatigue.
- Some people have also reported diarrhea and vomiting.



Unlike a cold, with symptoms that come on gradually, flu usually hits all at once.

### Think you may have the flu?

Don't go to the Emergency Room unless you have severe or worsening symptoms. These may include: Trouble breathing, Pain or pressure in chest or stomach, bluish skin, dizziness or confusion, vomiting that won't stop, or a worsening fever or cough.

## Healthy Halloween

If you are in search of some Halloween treat alternatives, try the non-food route. Recent research shows that, given a choice between treats and toys, kids will often prefer the toys.

Here's a list of Halloween toy ideas:

- Temporary tattoos
- Stickers
- Small plastic spider rings
- Super balls
- Plastic or wax fangs
- Bracelets and rings
- Hair accessories like barrettes, hair ties and bows
- Spinning tops
- Plastic animals and characters
- Colored shoelaces
- Coloring books
- Key rings
- Marbles
- Party favors like slide puzzles
- Magnets
- Whistles
- Bubbles
- Noisemakers like kazoos
- Jacks
- Yo-yos.

Source: American Dietetic Association



## Pumpkin Pudding

All the good flavors of pumpkin pie without the additional work or calories of a crust!

**Prep Time: 15 minutes**

**Cook time: 45 minutes**

**Container: 8" square or 10" round baking dish**

**Servings: 8**

### Directions

Preheat oven to 350 Degrees

Mix all ingredients together, making sure there are no lumps of pumpkin.

Pour into an oiled or buttered baking dish.

Bake just until set— a knife inserted near the center will come clean— About 45 minutes.

Cool. Serve with topping of your choice.

### Ingredients:

2 cups cooked, pureed pumpkin, or use canned

2 cups of 1% milk, 2 eggs

3/4 cup sugar, 1 tablespoon molasses (optional)

3/4 teaspoon salt, 1 teaspoon cinnamon

1/2 teaspoon ginger

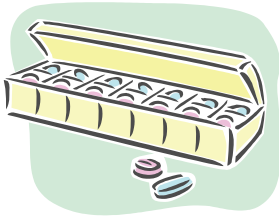
1/4 teaspoon cloves

Whipped cream, ice cream or whipped topping (optional)

**Calories per serving: 143**

**Total Fat: 1.9 grams**





## Medication Mistakes!

The numbers are simply staggering: Every year 1.5 million people are sickened or severely injured by medication mistakes, and 100,000 die. And yet all of those deaths are preventable. What's

the answer? We have to protect ourselves. Here are the medication mistakes experts say are most likely to kill or cause serious harm.

### 1. Confusing two medications with similar sounding names.

**How to avoid it:** When you get a new prescription, ask your doctor to write down what it's for as well as the name and dosage. If the prescription reads "depression" but is meant for stomach acid, that should be a red flag for the pharmacist.

### 2. Taking two or more drugs that magnify each other's potential side effects

**How to avoid it:** Ask your doctor or a pharmacist about potential side effects when you get a new prescription, and make sure the pharmacy gives you written printouts about the medication to review later.

### 3. Overdosing by combining more than one medication with similar properties

**How to avoid it:** Pay attention to the warnings on the packaging of over-the-counter medications, and the risks listed in the documentation for prescriptions. Key words are sleepy, drowsy, dizzy, sedation, and their equivalents.

### 4. Getting the dosage wrong

**How to avoid it:** Make sure your doctor's writing is clear on the original prescription; if you can't read the dosage indicated, chances are the nurse and pharmacist will have difficulty as well. When you pick up the prescription from the pharmacy, ask the pharmacist to check the dosage to make sure it's within the range that's typical for that medication.

### 5. Mixing alcohol with medications

**How to avoid it:** When you get a new prescription, ask your doctor or a pharmacist if the medication is safe to take while drinking alcohol.

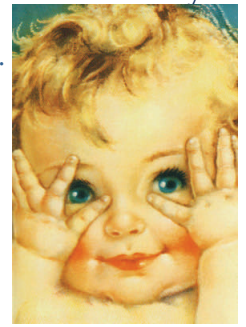
## Even Infants Need Physical Activity

An infant needs to be active but can't exactly get up, go out and move around. However, parents can do much to help their babies stay active.

Physical activity is important to infants' normal maturation process. Infants who are sedentary tend to roll over, crawl and walk later than babies who receive physical stimulation.

Help your child be active by playing pat-a-cake and peek-a-boo. Giving infants freedom of movement also encourages them to search their environments and learn about their surroundings.

Playpens and infant seats have their place, but — always under supervision — let your infant move around freely. And playing with babies helps them see you value physical activity as well.



## Lose 10%

Lowering body weight can reverse or prevent diabetes; lower blood pressure, cholesterol, and triglyceride levels; and improve sleep

apnea and other sleep problems -- along with helping you feel better about yourself.

Lifestyle changes that include healthier diets, regular physical activity, and weight loss of 7%-10% have shown phenomenal health benefits that can be more effective than medications.

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# Upcoming Health Events

## Free Rabies Vaccination Clinics

Every dog and cat must be vaccinated against rabies by 4 months of age. Cats and dogs are eligible for their first rabies vaccine at 3 months of age, for vaccine that is good for 3 years you must bring proof of a previous vaccine.

10/23/09 4:00-6:00pm Delhi Town Garage

## No Cost HIV/STD Testing

No cost confidential STD and no cost Anonymous HIV testing available at Planned Parenthood's of Oneonta (607)-432-2250, Sidney (607)-563-4363, Walton (607)-865-6579. Call for an appointment.

**You may be eligible for no cost cancer screenings.** The Cancer Screening Services of Delaware, Otsego, and Schoharie counties provides cancer screenings for: cervical, breast, and colorectal cancer. For more information call 1-888-345-0225.