

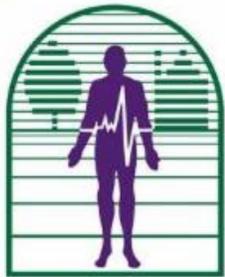
Having trouble viewing this email? [Click here](#)

Please use the social media buttons below to share this email.

You may [unsubscribe](#) if you no longer wish to receive our emails.



February 2018



Cerro Gordo County Department of Public Health

Communicator

All You Need Is LOVE!

February is American Heart Health month and we at the Health Department want to help you LOVE your heart! We have many services that can assist you with bettering not only your heart health, but your overall health: fitness programs, nutrition services, tobacco cessation, and senior health & blood pressure clinics.

The Health Department also wants you to LOVE your living environment! Last month was Radon Action Month and we saw a surge in people testing their homes for radon. YAY! We sell test kits year-round for \$6 each. If you have a private water well, we also do FREE water testing to ensure you have safe, clean water for all users.

Our department offers over 50 services to help you live a happy, healthy life! LOVE yourself and LOVE your life!

Upcoming Happenings:

- February is American Heart Health Month
- February is Teen Dating Violence Awareness Month
- March is National Colorectal Cancer Awareness Month
- March is National Nutrition Month
- March 10: National Women and Girls HIV/AIDS Awareness Day
- March 18-24: National Poison Prevention Week

Department Quick Links



Visit us on Facebook!



Follow us on Twitter!

- March 20: National Native American HIV/AIDS Awareness Day
- March 24: World Tuberculosis Day
- March 27: American Diabetes Alert Day

Like us on Facebook or follow us on Twitter to stay up-to-date on all Cerro Gordo County Department of Public Health information. Visit our website at www.cghealth.com

For more information about our services, visit our website at cghealth.com.

Take care,



Kara Ruge, CPH, IOM
Marketing & Public Information Officer
Cerro Gordo County Department of Public Health

February is Heart Health Month

The Cerro Gordo County Department of Public Health is recognizing Heart Health Month during February.

Heart Disease is the leading cause of death in the United States for both men and women. Every year, 1 in 4 deaths are caused by heart disease. However, it's also one of the most preventable. By making simple lifestyle changes, knowing the signs and symptoms of heart attack and/or stroke, and having regular check-ups are all ways you can lower your risk for a serious and sometimes fatal heart incident.



Throughout the month of February, we have focused on different ways you can better your heart health. Visit our Facebook page and watch our videos from the recent weeks. We have one more coming up next Tuesday (February 27th) at 11AM on fitness! Tune in!

For more information on how to improve your health, visit our [website](#).



Scan this QR code with your smartphone for a direct link to our website.

Senior Health & Blood Pressure Clinics

The Health Department offers Senior Health Clinics to county residents aged 55 and older. There is no charge; however, contributions are accepted.

**The clinic is an annual health screening and does not replace a physician's care.*

To make an appointment, call the Health Department at 641-421-9316. Below is the schedule of upcoming Senior Health Clinics.

SENIOR HEALTH CLINICS

FEBRUARY 28 - Mason City
@ Trinity Lutheran Church

MARCH 5 - Mason City @
Mason City Senior Center

MARCH 14 - Mason City @
The Manor

MARCH 19 - Mason City @
The Manor



MARCH 26 - Clear Lake @
United Methodist Church

MARCH 28 - Mason City @
Pilgrim Place

BLOOD PRESSURE CLINIC

MARCH 8 (10:30-11:30AM)
@ Mason City Senior Center,
326 4th St NE, Mason City

Take time to get a flu vaccine.

- CDC recommends a yearly flu vaccine as the most important step in preventing influenza infection.
- Flu vaccines protect against 3 or 4 different flu viruses.
- So far during 2017-2018, H3N2 viruses have been most common; unfortunately flu vaccines usually do not work as well against H3N2 viruses. But the proportion of influenza B and H1N1 viruses is increasing and flu vaccines usually work better against those viruses.
- Even with reduced vaccine effectiveness, vaccination may still prevent some flu illnesses, medical visits and hospitalizations.
- Also, there is some data to suggest that even if someone gets sick after vaccination, their illness may be milder.
- The CDC continues to recommend that people get vaccinated as long as influenza viruses are circulating.
- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.
- People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to them.
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for infants should be vaccinated instead.

Take everyday preventive actions to stop the spread of germs.

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

The Dangers of Raw Milk



If you're thinking about drinking raw milk because you believe it has health benefits, consider other options. Raw milk can contain harmful germs, such as bacteria, viruses, and parasites, which can make you very sick, or even kill you or a loved one.

Developing a healthy lifestyle involves making many decisions about what you eat and drink. Raw milk is milk from any animal that has not been pasteurized (heated to a specific temperature for a set amount of time) to kill harmful germs that may be in it. Because these germs usually don't change the look, taste, or smell of milk, pasteurization is the best way to make sure your milk is safe.

Take flu antiviral drugs if your doctor prescribes them.

- If you get the flu, antiviral drugs can be used to treat your illness.
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.
- Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.
- The CDC recommends rapid antiviral treatment in people who are very sick with flu or people who are at high risk of serious flu complications who develop flu symptoms.
- For people with high-risk factors, treatment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay.
- Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick, but starting them later can still be helpful, especially if the sick person has a high-risk health condition or is very sick from the flu. Follow your doctor's instructions for taking this drug.
- Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

Join Our Team!

Position: Public Health / Home Care Nurse

The Cerro Gordo County Department of Public Health is looking for a compassionate and independent professional nurse to provide skilled care in the home setting. The nurse will serve patients in the home; determine patient and family needs; develop health care plans; provide nursing services and treatments; and coordinate care amongst a multidisciplinary team.

Regular working hours include Monday-Friday with incentive pay for occasional weekend and holiday on-call rotation. Comprehensive and competitive benefit package includes paid health and life insurance, vacation and holiday pay, and retirement benefits.

Please submit resume and county application to Valerie Conklin, at 22 North Georgia, Suite 300, Mason City, Iowa 50401 or vconklin@cghealth.com.

[Click here for application!](#)



Can raw milk hurt me or my family?

Yes. Raw milk can carry harmful germs that can make you very sick or even kill you. These germs include Brucella, Campylobacter, Cryptosporidium, E.coli, Listeria, and Salmonella.

Are raw or natural foods better than processed foods?

Many people believe that foods with little or no processing are better for their health. However, some types of processing are needed to protect your health. We make raw meat, poultry, and fish safe to eat by cooking. We make milk safe by pasteurizing it - heating it just long enough to kill disease-causing germs. Most nutrients remain in milk after it is pasteurized.

What are good sources of beneficial bacteria?

If you're thinking about drinking raw milk because you believe it is a good source of beneficial bacteria, you need to know that you may instead get sick from drinking it. Consider choosing pasteurized fermented foods, such as kombucha, yogurt, and kefir, that contain beneficial bacteria without the risk of illness linked to germs in raw milk.

Can I get sick from raw milk products if the animals are healthy, clean, and grass-fed, or if the dairy is especially careful and clean when collecting the milk?

Yes. Healthy animals may carry germs that can make



WELLNESS CORNER

Oh, HONEY!

Raw, Regular... What's the difference?

Raw honey is best described as honey "as it exists in the beehive." It is made by extracting honey from the honeycombs of the hive and pouring it over a mesh or nylon cloth to separate the honey from impurities like beeswax and dead bees. Once strained, raw honey is bottled and ready to be enjoyed.



On the other hand, the production of regular honey involves several more steps before it is bottled - such as pasteurization and filtration. Pasteurization is a process that destroys the yeast found in honey by applying high heat. This helps extend the shelf life and makes it smoother. Filtration further removes impurities like debris and air bubbles so that the honey stays as a clear liquid for longer. This is aesthetically appealing to many consumers. Some commercial honeys are additionally processed by undergoing ultrafiltration. This process further refines it to make it more transparent and smooth, but it can also remove beneficial nutrients like pollen, enzymes and antioxidants. Moreover, some manufacturers may add sugar or sweeteners to honey to reduce costs.

What Are the Main Differences Between Raw and Regular Honey?

Raw honey is more nutritious.

- Raw honey contains a wide variety of nutrients.
- It has approximately 22 amino acids, 31 different minerals and a wide range of vitamins and enzymes. However, the nutrients are only present in trace amounts.
- What's most impressive about raw honey is that it contains nearly 30 types of bioactive plant compounds. These are called polyphenols, and they act as antioxidants.
- Many studies have linked these antioxidants with impressive health benefits, including reduced inflammation and a lower risk of heart disease and certain cancers. Conversely, commercial honeys may contain fewer antioxidants due to processing methods.

people sick. Following good hygiene during milking can reduce the chance of contamination but does not eliminate it. When milk is not pasteurized to kill germs that may have gotten into it during collection, transport, storage, or processing, it can make people sick. Methods for safely collecting milk have improved over the years but cannot be relied on to make milk safe.

Likewise, raw milk from certified, organic, or local farms and dairies is not guaranteed to be safe. Only pasteurization can make milk safe. Many small farms and dairies offer pasteurized organic milk and products made from it.

Who is most affected by raw milk and raw milk product outbreaks?

Many raw milk and raw milk product outbreaks involve children.

What can I do to lower my chances of getting sick from milk and milk products?

Choose pasteurized milk and milk products. Look for the word "pasteurized" on the label. If in doubt, don't buy it! If you eat soft cheeses make sure they are made from pasteurized milk. Soft cheeses include queso fresco, queso blanco, panela (queso panela), brie, Camembert, blue-veined, and feta.

Protect yourself and your loved ones. Avoid raw-milk - it's just not worth the risk.

Most Regular Honey Doesn't Contain Any Pollen

Join Our Mailing List!

- Bees travel from flower to flower collecting nectar and pollen. Bee pollen is surprisingly nutritious and contains over 250 substances, including vitamins, amino acids, essential fatty acids, micronutrients and antioxidants. In fact, the German Federal Ministry of Health recognizes bee pollen as a medicine.
- Bee pollen has been linked to many impressive health benefits. Studies have found that it may help fight inflammation and improve liver function. It also has properties that may help fight against heart disease and stroke. Unfortunately, processing methods like heat treatment and ultra-filtration can remove bee pollen. For example, one unofficial study analyzed 60 samples of commercial honey brands in the US and discovered that over 75% of all samples contained no pollen.

The Bottom Line:

Raw and regular honey differ mainly in how they are processed. Raw honey contains pollen, may be more nutritious and does not have any added sugars or sweeteners, both of which may be present in commercial honeys.

Help Us Promote Public Health Services

**Forward this electronic newsletter to your friends, family, co-workers, and associates.
Have them click the "Join Our Mailing List" button!**

Our Mission Statement:

The Cerro Gordo County Department of Public Health works to optimize the health of all people in Cerro Gordo County.

Our Vision Statement:

We will be the leader in making Cerro Gordo County the healthiest county in Iowa.

Our Value Statement

We believe in human dignity, respect for individual choices, promotion for wellness and personal safety, protection of the environment, prevention of disease and access to quality health services.



22 N. Georgia Ave., Suite 300, Mason City, IA 50401

Phone: 641-421-9300 www.cghealth.com

Cerro Gordo County Dept. of Public Health, 22 N. Georgia Ave. Suite 300, Mason City, IA 50401

[SafeUnsubscribe™ {recipient's email}](#)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by kruge@cghealth.com in collaboration with



Try it free today