

DJS Healthbeat Monthly Circular

DJS

Knowledge Is Power: Tobacco Cessation.

Quitting smoking or smoke cessation has been one of the long standing resolutions for New Year's, and in keeping with that tradition in 2012, it remains one of the top 10.

Cigarette smoking is the greatest preventable cause of premature death in the United States, so why is it so hard to quit when we know the harm that it is causing ourselves, not to mention to others around us? Nicotine. Nicotine is an addictive drug, which when inhaled in cigarette smoke reaches the brain faster than drugs that enter the body intravenously. Smokers not only become physically addicted to nicotine, they have linked smoking with many social activities, thus making it even more difficult to break the habit.

Cigarettes contain over 4,800 chemicals, 69 of which are

known to cause cancer. In fact, cigarette smoking accounts for 1 out of every 5 U.S. deaths, 87% of lung cancer deaths, and at least 30% of all cancer deaths each year.

In 2009, an estimated 46.6 million, or 20.6% of adults were current smokers. The annual prevalence of smoking declined more than 50% between 1965 and 2009.

Quitting smoking often requires several attempts. However, instead of going "cold turkey" there are many things we can use now to help with cravings and relapses. Nicotine replacement products such as the patch, gum or inhaler can help relieve withdrawal symptoms. There are now seven medications that can help to aid in quitting smoking as well like Chantix or Zyban.

Along with these medications

and remembering that smoking is also a behavior, there are counselors

that can help support you by addressing psychological and behavioral addictions and giving you strategies and resources for coping with the urges to smoke.

If you are looking to quit smoking and are interested in getting help, visit the following:

1/800-QUITNOW, or www.smokingstopshere.com, for free counseling, support, and tobacco cessation medication like the patch or gum,, or www.smokefree.gov.

Good luck from all of us here at DJS!



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Special points of interest:

- *Hypertension.*
- *Ringworm.*
- *Top 10 Health Threats for Men.*
- *Women's Health, Part IV.*
- *Top 10 Resolutions 2012.*
- *Baked Oatmeal Recipe.*
- *6 Snacks Under 100 Calories.*
- *Gym vs. Home Workout.*

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January Is National Cervical Cancer Awareness Month.



Cervical cancer is cancer that starts in the cervix, the lower part of the uterus (womb) that opens at the top of the vagina. Worldwide, cervical cancer is the third most common type of cancer in women. It usually develops very slowly. In the early stages it is detectable through a pap smear and is 100%

treatable.

Most women diagnosed with cervical cancer today have not had regular pap smears or they have not followed up on abnormal pap smear results.

Almost all cervical cancers are caused by HPV (human papilloma virus). HPV is a common virus that is spread through sexual intercourse. There are many different types of HPV. Some

strains lead to cervical cancer.

The HPV vaccine is now recommended for boys and girls ages 9-26 to help prevent the spread of HPV and prevent several types of cancers. Make this vaccine a routine part of your child's healthcare.

Start the new year off right, by taking care of yourself and scheduling an appointment with your healthcare provider.

Vital Signs: Hypertension, A Silent Killer!

Hypertension is a term used for high blood pressure. Blood pressure is a measurement of the force against the walls of your arteries as your heart pumps blood through your body.

Many factors can affect your blood pressure including how much salt and water you have in your body, the condition of your kidneys, nervous system and blood vessels and the levels of different hormones in your body. There are risk factors that are genetic such as being African American, or having a family history of high blood pressure. There are risk factors, however, that we can control and

these should be the ones that we focus on like being overweight, drinking too much alcohol, eating too much salt in your diet and smoking.

There goal of any treatment is to reduce blood pressure so that you have a lower risk of complications. The following is a list of things that you can do to help control your blood pressure:

- Eat a heart-healthy diet, including potassium and fiber and drink plenty of water.
- Exercise regularly—at least 30 minutes of aerobic exercise every day.

- Quit smoking.

- Limit how much alcohol you drink.

- Limit the amount of sodium (salt) in your diet. Aim for less than 1,500 mg per day.

- Reduce your daily stress.

- Stay at a healthy body weight.



Common Sense: The Number 1 Mobil Search Term for 2011. Ringworm, You Asked For It.



Although the name seems funny, ringworm is not caused by a worm, but rather a fungus. The kinds of fungi that cause ringworm live and spread on the top layer of the skin and on the hair. They grow best in warm, moist areas, such as locker rooms and swimming pools, and even skin folds.

Ringworm is contagious. It spreads when you have skin-to-skin contact with another person or animal that has it. It can also spread when

you share things like towels, clothing and sports gear.

It usually causes a very itchy rash and often makes the pattern of a ring on the skin. Jock itch is a form of ringworm that occurs in the skin folds of the groin. It may also spread to the inner thighs and the buttocks.

Most ring worm infections of the skin can be treated at home with creams that you can buy without a prescription. Your rash may clear up soon after you start treatment, but it's important just like an antibiotic to keep using the cream for as long as the label or your doctor

says. This will help keep the infection from coming back. If the cream doesn't work, your doctor can prescribe pills that will kill the fungus.

To prevent ringworm take the following precautions:

- Don't share clothing, sports gear, towels or sheets.
- Wear sandals or shower shoes in locker rooms and pool bathrooms
- Shower and shampoo well after any sport that includes skin-to-skin contact.

Ask A Nurse: What Are the Top 10 Health Threats for Men?

Every man should know what he's up against.

1. Heart Attack and Cardiac Arrest. A heart attack injures the tissue, which reduces the heart's ability to pump and can lead to further problems.
2. High Blood Pressure. Until hypertension's daily pounding of your arteries damages your body, you won't notice a thing.
3. High Cholesterol. Everyone with high cholesterol requires treatment, even if it is only diet and exercise.
4. Strokes. A stroke occurs when a blood vessel in the brain is blocked or bursts. Without blood and the oxygen it carries,
5. Diabetes. Is a lifelong (chronic) disease in which there are high levels of sugar in the blood.
6. Lung Cancer. Rather than cells developing into normal lung tissue, abnormal cells continue dividing and form lumps or masses called tumors. These interfere with the main function of the lung, which is to provide the bloodstream with oxygen to carry to the entire body.
7. Colorectal Cancer. This is abnormal cells that continue to divide in the colon causing blockages and can easily spread to other organs.
8. Prostate Disease. For men under 50, the most common prostate problem is prostatitis, meaning that the prostate gland is either inflamed or irritated. For men over 50, the most common prostate problem is prostate enlargement.
9. Testicular Disease. It includes conditions such as testicular cancer, torsion, infections and inflammations of the testicular area.
10. Depression. More than 6 million men in the U.S. have depression each year.

We will be discussing each in more detail in upcoming issues of the DJS Healthbeat.

Special Feature: Women's Health Part IV, In Your 50's.

Being proactive about your health at any age requires staying on top of the necessary screenings and health care visits. The following schedule is a general guideline for routine screenings. Talk with your doctor for specific personal guidance. More frequent screenings may be recommended based on your personal and family health histories.

- Physical exam every 2-3 years.
- Blood pressure check in the office at least every 2 years.
- Cholesterol/lipid and Thyroid test every 5 years.
- Blood glucose test for diabetes every 3 years.
- Dental checkup 1-2 times per year.

- Mole and skin exam every year by a provider and monthly self-exam.
- Eye and vision test every 2-4 years.
- Hearing test every 3 years.
- Mammogram every year.
- Colonoscopy or other colorectal cancer screen every 10 years.
- Cervical cancer screen (Pap smear and pelvic exam) every 2-3 years after 3 consecutive normal tests.
- Influenza vaccine every year.
- Tetanus (Td) every 10 years, discuss Tdap with your provider.

Heart disease is the #1 killer of women.

Symptoms of heart disease include:

- Pain or discomfort in the center of your chest.
- Pain or discomfort in arms, back, neck, jaw, or stomach.
- Shortness of breath.
- Nausea or vomiting.
- Heartburn.
- Feeling faint or woozy.
- Cold sweats or chills.
- Unusual weakness or fatigue

Women tend to have many of the other less common symptoms listed above, such as pain in arms, back, neck and jaw.

Top 10 New Year's Resolutions for 2012.

1. Lose weight. Start by checking with your doctor to see what type of diet would be safe for you.
2. Quit smoking. 1/800-QUITNOW or Smokefree.gov offers great support and resources if this is on your list.
3. Put myself and my family on a budget, and manage my debt. Talk with a financial counselor or take a debt reduction class.
4. Join a gym. Or get a friend to workout at your home or go walking with you a few times a week. Keep it fun!
5. Spend more time with family and friends. Make time for phone calls, emails and visits with family and friends, it feels good to know that you're cared about.
6. Further my education. Take a class and learn something new, start with something fun or really outside the box that you are just interested in.
7. Manage stress better. Relax. Read up on time management and put some of those newly learned techniques to work.
8. Take time out for myself. Pamper yourself. Put it on the calendar so that your

family knows that that time is for you, because you deserve it.



9. Take a family vacation. Plan a trip. Even just going to a local hotel, make sure there's a pool if you have kids!
10. Volunteer my time. Get the family involved. Start small, taking on too much can be discouraging.

Good Luck With Your List

Healthy Recipe: January's Food of the Month is Oatmeal.



The great thing about oatmeal is there are so many different things you can do with it!

Baked Oatmeal

Ingredients:

- 1/2c vegetable oil.
- 3/4c white sugar.

- 2 eggs.
- 1c milk.
- 1/2 tsp. salt.
- 1 tbsp. baking powder.
- 3c quick cooking oats.
- 1/2c raisins.
- 2 tbsp. brown sugar.
- 1/2 tsp. ground cinnamon.

Directions:

1. Beat together oil and sugar. Mix in eggs, milk, salt, baking powder, oatmeal. Beat well, then stir in raisins. Pour into a lightly greased pie pan. Sprinkle with brown sugar.
2. Refrigerate.
3. The next morning, preheat oven to 350 F.
4. Bake in preheated oven until firm, about 35 minutes. Serve hot.

Yields 8 servings.

Food For Thought

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One Center Plaza
120 W. Fayette Street
Baltimore, Md. 21201

Www.djs.state.md.us
1-877-DJS-H1N1
E-mail: clarkt@djs.state.md.us



Maryland Department of
Juvenile Services
Treating • Supporting • Protecting

KEEP THE BEAT ALIVE!



6 Delicious Snacks, Under 100 Calories

1. *1/2 cup slow-churned ice cream. 100 calories. 2g Saturated fats and 45mg sodium.*
2. *6 cups microwave popcorn. 100 calories. 0.5g Saturated fat and 220mg sodium.*
3. *Mini quesadilla. Grated low-fat cheddar cheese on corn tortilla. 100 Calories. 1.3g Saturated fat and 182mg sodium.*
4. *Cottage cheese and cantaloupe. 100 calories. 0.7g saturated fat and 468mg sodium.*
5. *Three whole grain crackers and 1 slice low-fat cheese. 98 calories. 1.2g saturated fat and 397mg sodium.*
6. *Fourteen almonds. 98 calories. 0.63g saturated fat and 0 sodium.*

For other healthy recipes visit this new website:
www.dhmv.maryland.gov/chopchopmd/



About The Season: Gym Vs. Home Workout.



This is something we've probably all debated over at some point in our lives. It really just comes down to "What is better for you?" Both

are good, but which one you choose will come down to your needs and motivations. Below you will find some specific areas that I thought would be important when someone is trying to decide what they want to do:

- Privacy: Many people who are body conscious tend to not want to show off to a group of strangers.
- Gym hours: You will have to schedule your workout times around the gym's open hours.
- Pay as you go vs. memberships: Which will be less of a blow to your wallet?
- Workout time, no excuses: If your gym is in your home there should be "no excuses" why you couldn't workout, right? Think about it, T.V., kids, etc. On the other hand, if you've paid for a gym membership, you need to use it, don't just throw your money away. And it pushes your motivation and you tend to workout to your max.
- The weather: Will you travel to the gym in the winter frequently, or what if it's pouring down rain? Are you still going to go?
- Location: Is the gym far away from your home? Is it out of your way, if so, will you still do it before or after work?
- Looking for love: Some people use the gym like a bar or grocery store, they like to go and meet people.
- Space for a home gym: Do you have enough space in your home, where you won't get discouraged having to put all of your equipment away after each use?
- Roommates/housemates vs. strangers: who would you feel more comfortable working out in front of your family, boy or girl friend, or strangers at the gym?
- Home gym equipment: You will need to carefully select the best home gym equipment for you. Is it affordable? Can one piece of equipment allow you several different exercise options?

Each location has it's pros and it's cons, it will just come down to you, your needs, your motivation and your level of comfort.