



WARREN COUNTY HEALTH DISTRICT

Prevent-Promote-Protect



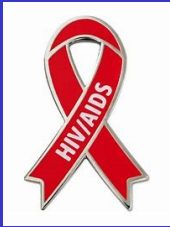
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NEWS & INFORMATION

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Health Commissioner

www.warrenhd.com

HAVE YOU BEEN TESTED?



There are many symptoms of HIV/AIDS, but you can not rely on them to know whether you have HIV. The only way to know for sure if you are infected is to get tested.

WCHD offers free, confidential HIV testing and counseling.

Call 513-695-1263 to schedule a confidential appointment today. Please do not wait.

For more testing site locations visit www.aids.gov
Or www.wchd.com

VITAMIN C

Vitamin C (ascorbic acid) is a nutrient your body needs to form blood vessels, cartilage, muscle and collagen in bones. Vitamin C is also vital to your body's healing process.

Vitamin C is an antioxidant that helps protect your cells against the effects of free radicals-molecules produced when your body breaks down food. Vitamin C also helps your body absorb and store iron.

Our body does not produce Vitamin C, you need to get it from your diet. Most of us get

enough Vitamin C, but deficiency is more likely in people who:

*Smoke or are exposed to secondhand smoke

*Gastrointestinal conditions or certain types of cancer

*Limited diet that does not include fruits and vegetables

Severe Vitamin C deficiency can lead to a disease call scurvy,

which causes anemia, bleeding gums, bruising and poor wound healing.

If you take Vitamin C for its antioxidant properties, keep in

mind that the supplement might

not offer the same benefits as naturally occurring antioxidants in food.

For the recommended daily amount of Vitamin C speak with your family physician. Talk with your physician before having any medical tests done.

High levels of Vitamin C might interfere with the results of certain test, such as stool tests for occult blood or glucose screening tests.

For more information, please visit

www.mayoclinic.org/drugs-supplements-vitamin-c/art-20363932



COLON CANCER AWARENESS MONTH

March is Colorectal Cancer Awareness Month and the perfect time to get screened if you are over the age of 50. Results and family history will determine what follow-up is needed. Among cancers that affect both men and women, colorectal cancer is the second leading cause of cancer deaths in the United States.

Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it. But this disease is highly preventable, by getting screened beginning at age 50.

Getting tested can literally prevent cancer before it starts. Testing can identify problems and find

growths before they become cancer. And if colon cancer is found early, you have a good chance of beating it with treatment.

You can reduce your risk of colorectal cancer by eating a healthy diet, maintaining an appropriate body weight, limiting consumption of alcohol and high-fat foods, and becoming more physically active. But of course, don't forget to get tested for colon cancer!



If you are 50 or older, talk to your doctor about getting tested. For more information, contact the American Cancer Society at 1-800-ACS-2345 or visit www.cancer.org.

SAVE YOUR VISION MONTH

1. Feed you eyes—they will thank you.
2. Try O-Mega 3 to improve your vision.
3. Safe computer use.
4. Use eye protection for dangerous tasks.
5. Sunglasses in the summer & winter.
6. Special care for applying eye makeup.
7. Stop smoking.

For more information:
www.rebuildyourvision.com

5 KEY MESSAGES FROM CDC ON COVID-19 VACCINE

1. You can help stop the pandemic by getting the Covid-19 vaccine. The Covid-19 vaccination will help protect you from getting Covid-19. You may have some side effects, which is normal signs that your body is building protection.
2. Covid-19 vaccines are safe and effective.
3. Covid-19 vaccines are free to you. The WCHD does not bill you or



4. After receiving the Covid-19 vaccine, you may have some side effects....this is normal signs that your body is building protection. Slight pain or swelling at the site and fever, chills, tiredness, and headache. Once again, your body doing what it's suppose to do.
5. You will still need to wear a mask and social distance after getting the Covid-19 vaccine. It takes your body time to build up protection after receiving a vaccination. After receiving your second Covid-19

vaccine, it take about two weeks for your body to have immunity to the virus.

Please remember it is important for everyone to continue to wear your mask when around others, stay at least 6 feet away from each other, avoid large crowds, avoid poorly ventilated spaces, and to wash your hands often. We need all of these tools to help stop this pandemic as we learn how the Covid-19 vaccines work.

For more information visit:
www.cdc.gov/coronavirus/2019-ncov/index.html

SHAKEN BABY SYNDROME

Shaken Baby Syndrome (SBS) is a range of brain injuries that occurs when an infant or young child is violently shaken. SBS happens most often when an adult becomes frustrated with caring for a crying baby.

SBS occurs when an infant or young child is violently shaken. This happens most often when an adult become upset when caring for a crying baby. When the baby or small child is shak-



en, the neck muscles are too weak to support the head and brain moves within the skull resulting in bruising, swelling and bleeding from ruptured blood vessels. SBS causes damage that can lead to:

- *Blindness
- *Deafness
- *Epilepsy
- *Cerebral Palsy
- *Learning Problems
- *Behavior Problems
- *Poor Coordination
- *Death

During the years of 2005-2209, 160 deaths from child abuse and neglect were studied. The majority of these deaths reviewed were violent deaths, with 114 resulting from physical abuse, including 26 indicating the child had been shaken.

SBS deaths and injuries can be prevented by helping adults understand normal crying, practice methods to soothe crying babies and learn how to safely relieve the stress of caring for you children.

There is a program that was developed in response to Claire's Law which was singed into Ohio law by Gov. Strickland in November of 2007.

The purpose of the program is to develop educational materials regarding SBS and make them available to families. It talks about the normalcy of infant crying and soothing and calming techniques for both child and adult. The most important element of SBS is a prevention plan of a consistent, strong message to parents on

repeated occasions: during pregnancy, at birth and after the baby is born Help Me Grow is an additional program to help families with in home help.

For more information, please visit
odh.ohio.gov/wps/portal/gov/odh/know-our-programs/shaken-baby/shaken-baby

Don't Forget

March 14th

Daylight Savings Time

When you move your clocks forward this year, don't forget to change the batteries in your smoke and carbon monoxide detectors

