



# WARREN COUNTY HEALTH DISTRICT

Prevent-Promote-Protect



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## NEWS & INFORMATION

[www.warrenhd.com](http://www.warrenhd.com)

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### HEART DISEASE & STROKE & SECONDHAND SMOKE

**WHAT IS HEART DISEASE AND STROKE?** Heart disease and stroke are cardiovascular diseases (CVDs). There are several types of heart conditions with heart disease. Coronary heart disease is the most common in the United States, this is a narrowing of the blood vessels that carry blood to the heart. A stroke occurs when the blood supply to the brain is blocked or when a blood vessel in the brain bursts. Stroke can cause disability or death.

**HOW IS SMOKING RELATED TO HEART DISEASE AND STROKE?** Smoking is a major cause of CVD and causes one of every four deaths from CVD. Smoking can raise triglycerides, lower “good” cholesterol, make blood sticky and more likely to clot, damages the cells that line our blood vessels, increase the buildup of plaque, and cause a thickening and narrowing of blood vessels.



**HOW IS BREATHING SECONDHAND SMOKE RELATED TO HEART DISEASE AND STROKE?** Breathing secondhand smoke can harm your health. It can cause coronary heart disease, including heart attack and stroke. Secondhand smoke causes nearly 34,000 deaths from coronary heart disease each year in the US among nonsmokers. Secondhand smoke exposures cause more than 8,000 deaths from stroke. Breathing secondhand smoke interferes with the normal functions of the heart, blood, and vascular systems that increase your risk of having a heart attack.

**HOW CAN HEART DISEASE AND STROKE BE PREVENTED?** Heart disease and stroke are major causes of death and disability in the US. The good news is that many risk factors for heart disease and stroke can be prevent-

ed or controlled. It’s important to know these risk and take action to reduce them the risk. A good place to start is the ABC’s of heart health. **A—Aspirin:** an aspirin may help reduce your risk for heart disease and stroke. Do not take an aspirin if you think you are having a stroke. Before taking an aspirin, speak with you doctor. **B—Blood Pressure:** control your blood pressure. **C—Cholesterol:** manage your cholesterol. **S—Smoking:** quit smoking or don’t start.

In addition to the ABC’s, several lifestyle choices can help protect you and your heart. Avoid breathing secondhand smoke, eat a low-fat, low-salt diet, exercise, limit alcohol, and keep other health conditions under control.

For more information, visit [www.cdc.gov/tobacco/campaign/tips/diseases/heart-disease-stroke.html](http://www.cdc.gov/tobacco/campaign/tips/diseases/heart-disease-stroke.html)

The offices of WCHD will be closed Monday, February 21st in observance of Presidents Day



### DENTAL HEALTH

February is Dental Health Month. Your oral health is important for your overall health. There are 9 ways to care for your oral health.

1. Brush twice a day with fluoride toothpaste. Keeping your teeth and gums clean can prevent cavities and gum disease.
2. Visit the dentist regularly. Checkups can find tooth decay, gum disease, and other problems before they lead to more serious issues.



3. Drink fluoridated water. This keeps your teeth strong and reduces cavities.
4. Avoid all tobacco products and limit alcohol. People who smoke have twice the risk of gum disease compared to those who don’t smoke.
5. Limit sugary snacks and drinks. These snacks and drinks can lead to cavities and other health problems, like diabetes.
6. If you have diabetes, talk with your doctor about your A1C levels. High blood sugar is associated with gum

- disease.
7. Talk to your dentist about applying dental sealants.
8. Floss your teeth daily. Remove the plaque between your teeth.
9. It is safe to get regular dental care while pregnant. During pregnancy you may be more prone to gum disease and cavities.

For more information visit, [www.cdc.gov/oral health](http://www.cdc.gov/oral health).

# VALENTINE'S DAY 101

Whether you plan to celebrate on your own or with someone special, use these tips to give a gift of health to you or someone you love on Valentine's Day and all year long.



**BE HEART HEALTHY**—Make a date with your heart! February is American Heart Month, and Valentine's day is a great time to start taking steps to be heart-healthy

- ◆ Prevent & Control - blood pressure, high cholesterol, & diabetes
- ◆ Avoid smoking
- ◆ Limit alcohol use

**BE FOOD CONSCIOUS**—Make a healthy meal for Valentine's Day. Serve food lower in salt and fat content, with more fruits & veggies.

- ◆ Less sodium
- ◆ Healthy recipes

**SPREAD LOVE NOT GERMS**—Protect yourself and the ones you love from the cold & flu

- ◆ Wash hands often
- ◆ Get the flu vaccine
- ◆ Avoid contact when someone is sick

**GO EASY ON THE BUBBLY**—If you drink alcohol, do so in moderation.

- ◆ Don't drink & drive
- ◆ Women who are pregnant or trying to get pregnant should not drink

**BE SENSITIVE**—Consider your valentine may have allergies, asthma, diabetes, or other health conditions. Ask questions.

- ◆ Asthma & Allergies
- ◆ Take charge of your health
- ◆ Healthy pets, Healthy people

For more information on healthy tips for the holidays, please visit: [www.cdc.gov/family/valentine/](http://www.cdc.gov/family/valentine/)

## WASH THOSE HANDS !

One of the most important things we can do!!

1. Wet your hands with running water.
2. Lather hands with soap and scrub for 20 seconds.  
Need a timer? Sing your ABC's once or Happy Birthday twice.
3. Thoroughly wash your palms, knuckles, fingers, in between fingers, and wrists.
4. Rinse hands well with clean, running water.
5. Dry your hands, using a clean towel.
6. Dispose paper towel in a trash can.



## TEEN DATING VIOLENCE MONTH

Relationships between teenagers are incredibly complicated. The undertaking of a relationship requires more maturity than most teens have developed. Communication, jealousy, and selfishness are a few of the problems we see in these relationships.

As a result, teenagers are more likely to be involved in relationships that are unhealthy, violent, and/or abusive. If you are a teenager or have a teen at home that is involved in a relationship it is so important to know these behaviors that may point to an unhealthy relationship.

**RED FLAGS IN RELATIONSHIPS.** Unhealthy or abusive relationships take on many forms, and remember there is not one specific behavior that causes a relationship to be labeled as such. There are certain behaviors that should be cause for concern.

The behaviors that should raise the red flag include:

- \*Pressuring a partner into unwanted sexual activity
- \*Blaming you for problems
- \*Controlling tendencies
- \*Explosive temper
- \*Constantly monitoring your whereabouts and checking in to see what you are doing

and who you are with

- \*Falsely accusing you of things
- \*Taunting or bullying you
- \*Threatening or causing physical violence

If you have a partner that frequently engages in these behaviors, please talk with someone you trust. There are other things you can do. Trust your gut—if you think you are in danger or in an unhealthy relationship, consider these options:

- \*Reach out to a trusted friend, teacher, parent, or mentor
- \*Spending more time with individual with whom you are comfortable
- \*Getting involved in activities you enjoy that will put you with positive people
- \*Seek the guidance of a school counselor or therapist
- \*Call the National Domestic Violence Hotline at 800-799-SAFE (7233)

Studies have found that negative behaviors in unhealthy relationships are more likely to only increase over time. Abuse escalates as the relationship progresses. If you think you are in an unhealthy relationship do not hesitate to ask for help. Teen dating violence is more common than you

know: YOU ARE NOT ALONE

For more information , visit [www.teendvmonth.org](http://www.teendvmonth.org)

