



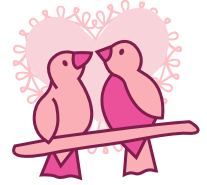
Warren County Health District

News and Information
warrenchd.com

Duane Stansbury, M.P.H
Health Commissioner

NO. 439
February 2023

Healthy Relationships



Healthy relationships bring out the best in you and make you feel good about yourself. A healthy relationship does not mean a “perfect” relationship, and no one is healthy 100% of the time, but the signs below are behaviors you should strive for in all of your relationships.

Healthy relationships manifest themselves as healthy communication; another important part of a healthy relationship is loving yourself. Here are some characteristics and behaviors of a healthy relationship.

- 1- The relationship progresses at a speed that feels comfortable for each person.
- 2- There is mutual trust in the relationship. Both you and your partner trust the other to not do something that intentionally hurts one another.
- 3- You can be truthful and candid with your partner without fearing how the other person will respond.
- 4- You and your partner have the space to be yourself outside of the relationship.
- 5- You and your partner value one another's beliefs and opinions, and love one another for who you are as a person.

- 6- You and your partner put equal effort towards the success of the relationship.
- 7- You and your partner are caring and empathetic to one another, and provide comfort and support
- 8- You and your partner take responsibility for individual actions and words, avoid placing blame, and are able to admit when a mistake is made.
- 9- You and your partner can openly and respectfully discuss issues and confront disagreements non-judgmentally.
- 10- You and your partner enjoy spending time together and bring out the best in one another.

There are signs of an unhealthy relationship as well. To learn more about the signs of an unhealthy relationship, visit <https://www.joinonelove.org/signs-unhealthy-relationship/>.

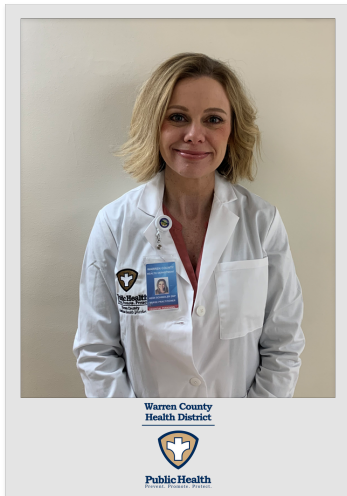
Winter Hydration Tips

As temperatures drop it can become harder to keep hydration up. It's not uncommon to feel less thirsty in cold weather and many people are unaware that cold-weather dehydration exists. Dehydration occurs when the body doesn't have enough fluid to function properly. Regardless of the temps outside, staying hydrated is important all year round.

Signs and symptoms of dehydration can include dark colored urine, constipation, dry mouth or chapped lips and skin, headaches, difficulty concentrating, irritability, feeling faint or dizzy and a rapid heart rate. Some steps that you can take to increase your hydration levels are to drink warm fluids, such as warm water, non-caffeinated herbal teas, and some broths. Additional steps that you can take during the winter are to carry a water bottle with you as often as possible, making a daily goal for water and fluid intake, and to limit your caffeine intake.



Meet Dr. Heidi!



Dr. Heidi says...

"I'm Dr. Heidi Schindler, DNP, Adult Gerontology Acute Care Nurse Practitioner. I graduated with my Doctorate in Nursing Practice from Maryville University in St. Louis Missouri. While my education took me away from the area, my home roots are here in Warren County. I look forward to serving the teen and adult population in our Family Clinic as well as those in our Tuberculosis Clinic.

Fun Fact! I enjoy boxing as a hobby and recently competed in my first competitive match."

For an appointment with Dr. Heidi, be sure to call 513-695-1229.

WCHD will be
closed on
**Monday,
February 20th**
in observance
of **President's
Day**

**Where will WCHD be
this month?**

Feb.11- Countryside
YMCA's Family Day,
10:00AM-1:00PM

Heart Health

Heart disease is a leading cause of death in the United States, claiming the lives of more than 650,000 people each year. February is observed as American Heart Month. There are many steps that someone can take to reduce their risk of heart disease, including, but not limited to:

1- Increasing Physical Activity. If you're inactive, you're nearly twice as likely to develop heart disease than if you're active so for major health benefits aim for at least 150 minutes (2½ hours) each week.

2- Eat a heart healthy diet. A healthy diet that is low in sodium and saturated fat is key to heart disease prevention.

Try the highly rated Dietary Approaches to Stop Hypertension (DASH) eating plan.

It recommends:

- Eating vegetables, fruits, and whole grains
- Eating fish, poultry, beans, nuts, vegetable oils, and fat-free or low-fat dairy products
- Limiting foods that are high in saturated fat and sodium
- Limiting sugar and other sweeteners

3- Get Quality Sleep and Reduce Stress. Stress can contribute to high blood pressure and other heart risks. Not getting enough sleep or regularly getting poor quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions. Most adults need 7 to 9 hours of sleep a night.

To learn more about the steps you can take to prevent heart disease, be sure to visit
<https://www.nhlbi.nih.gov/education/heart-truth/lets-work-together-prevent-heart-disease>

