

Fellow Iowan,

Public health is working hard to keep people from getting both seasonal influenza and novel influenza A (H1N1). While lots of activity is being done by public health at the local, state and national level to keep you and your community healthy - YOUR ACTIONS will have the biggest impact on keeping your family, friends, and other Iowans healthy.

I encourage you to get the seasonal influenza vaccine, and when appropriate, be vaccinated for the novel influenza A (H1N1) virus. Most importantly, remember the three C's:

- Clean your hands frequently;
- Cover your coughs and sneezes with a tissue or your sleeve; and
- Contain germs by staying home when ill.

Thanks for doing your part to keep all of us healthy this fall and winter.

Information and resources concerning H1N1 can be found at www.flu.gov

10 Ways to Lower Your Blood Pressure

1. Lose weight. Get your BMI (body mass index, a measurement of weight in relation to height) into the range of 18.5-24.9, and you will be doing your heart and blood pressure a favor. Think of it this way: Extra weight you carry around is like bricks in a backpack, putting pressure on every part of your body.

2. Eat plenty of whole grains. Have seven to eight servings per day of grains and grain products (these can include breakfast cereal, whole grain bread, rice, pasta, etc.)

3. Eat plenty of fruits and vegetables. Having at least eight to 10 servings of a variety of colorful fruits and vegetables will ensure you get all the healthy antioxidants, vitamins, minerals, and fiber you need.

4. Dairy up. Consuming two



Simple lifestyle changes make a difference!

to three servings daily of low-fat or nonfat dairy foods will also help build strong bones and teeth, and enhance weight loss.

5. Limit meat, fish, and poultry to two servings a day. Move the meat off the center of your plate, and enjoy more grains and produce. When you do have meats, fish, and poultry, always chose lean varieties.

6. Go nuts. Incorporate four to five servings a week of nuts, seeds, and legumes into your diet. They provide plenty of protein and healthful fats.

7. Limit fats and oil to

two to three servings per day. Fats are the most concentrated source of calories. Limiting them will help you control your weight.

8. Hold the salt. Limit your sodium intake to approximately 2,400 milligrams a day (a moderate level). This means eating fewer canned and processed foods, and more fresh foods.

9. Get off the couch. Exercising at least 30 minutes per day can significantly reduce blood pressure. Any form of physical activity, done most days of the week, will do the trick.

10. Drink in moderation. If you do it at all limit yourself to two drinks per day.

From WebMD.com By Kathleen M. Zelman, MPH, RD, LD

Sore Throats and Kids

When a child gets a sore throat, the first thing many parents think it's strep throat. Strep is a common infection however there are many other things that can cause your child to have a sore throat: viral infections, colds, allergies, post nasal drip and even reflux.

It can help to uncover what might be causing your child's sore throat if you first understand some of the

medical terms related to sore throats, including:

Tonsillitis - an inflammation or infection of the tonsils, which can be caused by strep and many viral infections. So while strep throat is a form of tonsillitis, so is mono and other viral infections.

- **Pharyngitis** - an inflammation or infection of

the pharynx, the area of the mouth near the tonsils. While most people use the terms tonsillitis and pharyngitis to mean the same thing, with pharyngitis, the inflammation isn't limited to the tonsils. Like tonsillitis, both strep and viruses can cause pharyngitis.

(continued)

QUICK HAMBURGER SOUP

Servings : 12

Carbs per Serving: 10
grams

- 8 ounces extra-lean ground beef
- 8 ounces uncooked ground turkey breast
- 1-1/2 cups finely chopped onion
- 2 carrots, coarsely shredded
- 2 stalks celery, sliced
- 2 cloves garlic, minced
- 6 cups lower-sodium beef broth
- 2 14-1/2-ounce cans diced tomatoes, undrained
- 1 tablespoon snipped fresh sage or 1 teaspoon dried sage, crushed
- 2 teaspoons snipped fresh thyme or 1 teaspoon dried thyme, crushed
- 1 teaspoon snipped fresh rosemary or 1/2 teaspoon dried rosemary, crushed
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 medium potatoes, chopped (2 cups)

1. In a Dutch oven, cook beef, turkey, onion, carrot, celery, and garlic until meat is brown and onion is tender. Drain off fat.

2. Add beef broth, undrained tomatoes, sage, thyme, rosemary, salt and pepper. Bring to boiling; stir in potatoes. reduce heat. Cover; simmer 10 to 15 minutes or until vegetables are tender. If desired, garnish with additional sage. makes 12 (1-cup) servings.

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Sore Throats and Kids (continued)

- **Post-nasal drip** - drainage down the back of your throat from a cold, sinus infection, or allergies and which can cause a sore throat without tonsillitis or pharyngitis.

Recognizing any other symptoms that your child has can also help you determine what might be causing your child's sore throat. For example, with strep throat, children will often have classic symptoms that can include:

- sore throat (pain on swallowing)
- fever
- red tonsils that might have a thick white exudate (pus) on them
- swollen lymph nodes (glands) that can be tender
- the sandpaper like rash of scarlet fever
- other associated symptoms, like a headache, abdominal pain, nausea, vomiting

On the other hand, children who have a virus that is causing their sore throat will often have a cough, diarrhea, pink eye, mouth ulcers, hoarse voice or runny nose.



**Not every
sore
throat
needs an
antibiotic!**

When Your Child Has a Sore Throat

Recognizing what might be causing your child's sore throat can be difficult, even after a visit to your pediatrician. That is why your pediatrician will often do a strep test when your child complains of a sore throat. This is especially important when you consider that strep throat is one of the few causes of a sore throat that you can treat with antibiotics. Most other infections will not be helped by antibiotics or need other types of treatments all together, such as antihistamines for allergies or acid reducers for reflux.

Symptomatic Sore Throat Treatments

Ideally, your pediatrician will be able to treat the underlying cause of your child's sore throat, whether it is strep throat, sinusitis, or allergies. Unfortunately, especially when your child has a viral infection, such as mono, the sore throat will have to get better on its own. There are often some things that you can do until then to help your child feel better though, including:

- giving your child a pain reliever, such as acetaminophen (Tylenol) or ibuprofen (Motrin)
- encouraging your child to drink cool drinks, eat popsicles, and avoid acidic drinks (orange juice, lemonade, etc.), which can irritate a sore throat
- offering hard candy, throat lozenges, or lollipops for older kids (remember that these are a choking hazard for younger toddlers and preschool age children though)
- encouraging your child to gargle with warm salt water (most kids don't like to do this though)
- using a sore throat spray, such as Chloraseptic Sore Throat Spray For Kids, which can be given to kids as young as age two years (most kids don't like to use throat sprays either)
- asking your pediatrician about a prescription of benadryl, maalox, and viscous lidocaine, a mixture that can be used as a 'swish and spit' in your child's mouth to help ease more severe throat pain

From About.com in the Pediatrics section by Vincent Iannelli, M.D.