



Men Show Strength By Being Smart With Their Health

In June, we celebrate Men's Health Month to heighten the awareness of preventable health problems and encourage men to seek regular medical advice or early treatment for disease and injury. Far too many men don't see a doctor unless there's something seriously wrong or their partner or spouse makes the appointment. Studies show that men are half as likely to visit a doctor for a check-up as women, and there are over seven million American men who haven't seen a doctor in over 10 years.

So why don't men take better care of themselves?

Part of the reason is the way men are raised. As little boys, males are taught not to complain or show any signs of weakness. They ignore aches and pains and play through their injuries. In their 20s, most men think they are indestructible and see a trip to the doctor as a waste of time and money. In their 30s, they are too busy with their careers and families, and by the time they're in their 40s, they do not go because they are afraid of what they may find out.

Being tough may have some advantages, but also can kill. Most life-threatening illnesses — including cancer, heart disease and

diabetes — can be treated or cured if they're caught early. However, a recent study found that two-thirds of men wouldn't even go to the doctor if they were experiencing chest pain or shortness of breath, two early warning signs of a heart attack.



- Regular doctor visits and screenings are important for men's health. Here are some additional healthy tips for men:
- Limit cholesterol intake and avoid saturated fats.
- Exercise for 30 minutes five times a week.
- Protect yourself from the sun.
- Maintain a healthy weight.
- Drink at least eight, 8-ounce glasses of water per day.
- Manage stress and get help if needed.
- Don't smoke and minimize exposure to secondhand smoke.
- Get a baseline PSA test (prostate exam) and continue scheduled screenings.

If you can't remember the last time you had a complete physical, pick up the phone and make an appointment. (You wouldn't let 10 years go between oil changes, would you?) The time to consult with your doctor isn't when you're hooked up to life support; it's now, when you're feeling healthy.

As important as it is for you to take charge of your own health, you can't do it all. Getting regular checkups and age-appropriate screenings are proven to improve health and reduce premature death or disability.

For more men's health tips, click [HERE](#).

From the Director



Gil Copley

This month, in recognition of June being National Dairy Month, we have an article on the nutritional value of including dairy products in the diet. Dairy products offer concentrated nutrition in a moderate sized serving and taste good, but, what about the safety of dairy products? For almost nine years, I was privileged to serve as a member of the Missouri State Milk Board. The Milk Board website states the following: The "State Milk Board (SMB) was created in 1972 to encourage orderly and sanitary production, transportation, processing and grading of fluid milk and processed milk products for consumption intrastate as well as interstate."

This came about in 1972 because of the Interstate Milk Shippers Agreement. Prior to the agreement, every state and many jurisdictions with large populations and health departments inspected dairy farms and dairy plants where milk was produced and processed. For example, prior to the agreement the City of St. Louis inspected dairy farms and milk plants in Wisconsin, Illinois, Missouri and other states. It didn't stop there. Other health departments — St. Louis County for example — did the same. That was an expensive way to ensure the safety of milk and dairy products, and it was a nuisance for the dairy farmers and the dairy plant managers.

To continue reading this article, click on [From the Director](#)



Get Cheesy During National Dairy Month

June is National Dairy Month, which recognizes the nutritional and economic value of products like milk, butter, cheese, yogurt, and ice cream.

The benefits of eating dairy go far beyond just making your bones and teeth stronger. With chronic health conditions like osteoporosis, hypertension, and obesity on the rise, it is important to know that eating three servings of low-fat or fat-free, nutrient-rich dairy foods every day plays a crucial role in helping to promote bone health, healthy blood pressure and a healthy weight. To make sure you're getting what you need, remember that one serving of dairy equals one cup of milk or yogurt, 1 ½ ounces of cheese or two small scoops of ice cream.

There is more than one way to enjoy your favorite dairy products: lattes,

warm milk, and hot chocolate drinks; natural cheeses such as cheddar, Parmesan, and swiss; cold beverages such as smoothies and milk shakes; or cereal and milk (hot or cold). These foods and beverages contain significant sources of calcium, potassium, phosphorus, protein, vitamins A, D, and B12, riboflavin, and niacin. All these tasty options and excellent health benefits makes getting your 3-A-Day both easy and nutritious.

When it comes to nutrition, one size doesn't fit all. The new food guide pyramid or 'MyPyramid' can be personalized based upon your age, gender, height, weight and level of physical activity. To find out more about nutrition, talk with your doctor or create a personalized eating plan by clicking [HERE](#).



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HEALTHY RECIPES

Each month, we'll take a traditional recipe and offer a healthy alternative. Here's a dish to bring to your next picnic or cookout...

Dijon Potato Salad

Recipe makes six (1/2 cup) servings. One serving contains 97 calories (17 calories from fat), two grams of fat (0 g saturated fat), three mg of cholesterol, 103 mg of sodium, 18 grams of carbohydrates, and two grams of protein.

Salad

1 lb red potatoes (unpeeled and cubed)
1/2 cup diagonally sliced celery
1/4 cup sliced scallions
2 Tbsp chopped shallots

Dressing

1/2 cup reduced-fat buttermilk
2 Tbsp reduced-fat mayonnaise
1 Tbsp Dijon mustard
1 Tbsp tarragon vinegar

Steps:

1. In a medium-sized pot, cover the cubed potatoes with water. Bring to a boil. Reduce heat to medium, and cook until potatoes are tender, yet firm (about 15 minutes).
2. Toss cooked potatoes with celery, scallions and shallots.
3. In a small bowl, combine the dressing ingredients.
4. Add dressing mixture to the salad and mix well.
5. Refrigerate and keep cold until ready to serve.

(Recipe courtesy of *Diabetic Meals in 30 Minutes - or Less!* by Robyn Webb)

SEND US YOUR THOUGHTS

We're trying to better serve our readers. We'd love to receive your stories, your photos, your healthy recipes, and your suggestions on ways to make the Health E-News more enjoyable for you. Please forward your ideas or comments to the [EDITOR](#).

Helpful Phone Numbers

Division of Public Health (636) 949-7400	WIC (636) 949-7402
Immunizations (636) 949-1857	Recycle Works Central (636) 949-1800
Vital Records (636) 949-7558	Recycle Works West (636) 949-1800
Health Education and STD Clinic (636) 949-7401	Division of Humane Services Pet Adoption Center (636) 949-7387
Division of Environmental Health and Protection (636) 949-1800	Animal Control (636) 949-7347

Fight the Bite By Controlling Mosquitoes This Summer

Although April showers bring May flowers, spring rains and warmer temperatures also create perfect conditions for the return of pesky mosquitoes to our area. Mosquitoes can develop from eggs to adults in seven to 14 days when conditions are favorable.

To help reduce the adult mosquito population, the Division of Environmental Health and Protection staff has developed plans to inspect problem areas and apply control chemicals where needed. In completing these plans, inspectors examine standing water on public property and apply insect-control chemicals where necessary.

As a part of the examinations, staff injects larvicide in pools of standing water where mosquitoes hatch to control the population before it develops. Ultimately, when mosquito populations grow to the level of annoyance, spray trucks using small amounts of insecticide will be deployed to attempt to reduce the number of adult mosquitoes. Residents who are concerned about mosquito populations in their area are encouraged to call 636-949-1800 or click [HERE](#).

Dr. Barry McCauley, vector control coordinator for St. Charles County, suggests that residents can do their part to help. "Eliminating mosquito breeding areas makes our control efforts more effective," McCauley said. "We depend upon the public to control backyard mosquitoes in their neighborhoods and alert us to larger problems. Among the things residents can do is to eliminate standing water in their yards and to clean clogged gutters."



Without control efforts, mosquitoes can ruin summertime fun.

In addition, McCauley says residents can discourage mosquitoes from biting by using an insect repellent when outdoors. Consumers should look for a product that contains DEET, picaridin, IR3535, or oil of lemon eucalyptus. Products containing these active ingredients provide reasonably long lasting protection, according to the Centers for Disease Control and Prevention (CDC). The repellent should be applied to exposed skin and clothing according to package instructions. In addition, the CDC advises wearing long-sleeved shirts and long pants when the weather permits.

SHINGLES VACCINE NOW AVAILABLE

According to the Centers for Disease Control and Prevention (CDC), one in three Americans will develop [SHINGLES](#). To help reduce the risk that this painful disease will develop in our community, on June 1, 2011, the Division of Public Health's Immunization Clinic began offering the vaccine Zostavax® through its office at 1650 Boone's Lick Road in St. Charles. The cost for the vaccine and consultation with clinic nurses is \$170.

For more information or to make an appointment, please call (636) 949-1857.

Fill Your Home With a Friendly Feline

If it seems like you're seeing more cats than normal during the spring months, it's because this is the time of year when they typically produce their first litter. Cats produce up to three litters a year, with an average of six kittens per litter. As finding homes for these new cats is often a problem, shelters like the County's Pet Adoption Center become filled in May and June.

To draw attention to the large number of cuddly adult cats and cute kittens available, Adopt-A-Shelter Cat month is celebrated each June. Located at 4850 Mid Rivers Mall Drive, the Pet Adoption Center offers adult cats for \$30 and kittens for \$40. These adoption fees include spaying or neutering, microchipping, vaccinations, and a vet exam — services that are not always included when adopting elsewhere. For information on how to bring a Pet Adoption Center cat into your home or to view some of the pets available, please click [HERE](#).



Since January 2010, more than 1,000 cats have been adopted through the County's Pet Adoption Center.

Although exciting, bringing home a new pet is a big adjustment, and there are many things to consider. First is that cats are particular and should be introduced to a new home slowly. Giving him or her a small, quiet area to be alone will make this transition easier. Second is to arrange set places for the litter box, food and water bowls, and scratching post to give your cat a routine. A third step is to "cat proof" your home by removing potential dangers and areas of curiosity. Lastly, set ground rules for your family for the care and treatment

of your new pet.

In addition to providing a loving home for a shelter cat, another way to help control the overpopulation is to spay or neuter your cat. And, if you have wild cats on or near your property, the County's Operation Sterile Feral Program will spay or neuter unowned cats. For information on how you can support or participate in this program, please call 636-949-PETS.

Gradual Return to Activity Reduces Injury

With schools letting out and temperatures heating up, many of us are crawling out of hibernation and getting back into outdoor physical activity. The American College of Sports Medicine recommends adults participate in at least 30 minutes of moderate intensity cardiovascular activity five times per week or complete 20 minutes of vigorous intensity cardiovascular activity three days per week.

Although these physical activity levels are ideal, it is important to ease into a new fitness routine. Whether running or biking through the park, lifting heavy boxes, or planting a garden full of flowers, it is important to warm up the major muscle groups used in the activity.

Before completing the 36-hole golf marathon or participate in the weekend-long softball tournament, it is best to initially return to these favorite activities at a slower pace or for a shorter period of time and gradually work up to a higher level of activity. Always listen to your body and stop at the onset of pain. Ignoring signs and symptoms of injury or exhaustion may prolong the healing process and cause even more pain.

Practicing proper technique and posture is especially important when participating in physical activity. Many weekend warriors fail to take the correct precautions and find themselves dealing with the consequence of back pain or other ailments. When participating in lengthy activities, plan breaks and hydration into your schedule. As always,

end your activity with a cool down and a stretching routine.

While preparing your body for the rigors of your favorite sport or outdoor activity, it's

also important to remember to protect your skin from sun damage. Even when skies are cloudy a person can be at risk, so wearing clothing like wide-brimmed hats, long-sleeved shirts and long pants will cover skin to add protection. Using a sunscreen with a sun protection factor (SPF) of 15 or higher on all exposed areas will protect from UVA and UVB rays, but this sunscreen must be continually re-applied — especially after excessive sweating or time in the pool. Sunglasses that block UVA and UVB rays are necessary to protect your eyes from the potentially damaging effects of UV rays.

With the right practices, techniques and precautions, weekend warriors can fight those household conquests safely throughout the summer months. For more ways to be a safe sport, please click [HERE](#).



Splish-Splash Your Way to Water Safety

Spending an afternoon in a backyard or community pool or on a boat in the area's many lakes, rivers and streams are rites of summer for many families. Although swimming and other water activities are a great way to enjoy relaxing fun, it's important to be aware of the many dangers associated with these activities.

Statistics show that approximately 10 people die from unintentional drowning each day, and that this is the leading cause of death in children aged 1 to 14. There are several ways you can prevent water-related injuries but the first is to teach children how to swim at an early age. Another key factor is to always swim with a buddy and to have a responsible adult supervising children around water at all times. A third prevention tip is to recognize that "water wings" and foam noodles do not replace life jackets as personal flotation devices designed to keep you safe. A final reminder is to avoid alcohol when swimming, boating, or waterskiing (or when supervising children who are swimming).



In addition to keeping your family and yourself safe while swimming, you will also need to follow regulations and safety prevention guidelines.

Most municipal and public pools in St. Charles County are monitored regularly by staff from the Division of Environmental Public Health and Prevention, who check conditions and issue aquatic licenses. Managers interested in checking County

ordinances related to pools and other aquatic areas like hot tubs and spas, should click [HERE](#).

For private owners, there are many things you can do to increase safety and security of those who swim in your backyard pool. First, all backyard pools should be surrounded with a four-sided isolation fence that has self-closing and self-latching gates to keep children away. Keeping balanced pH levels (typically between 7.2 and 7.8 to be effective without harming swimmers) will help to kill some harmful bacteria, but pool owners must be diligent in fighting all germs that cause recreational water illnesses.

Firework Safety

Fireworks are often an integral part of Fourth of July celebrations, but they can also be dangerous. Every year, nearly 6,000 people end up in a hospital emergency room during the Independence Day holiday season with fireworks-related injuries.

If consumer fireworks are legal where you live and you decide to set them off on your own, be sure to follow these important safety tips from the U.S. Consumer Product Safety Commission:

- Never allow children to play with or ignite fireworks
- Read and follow all warnings and instructions
- Be sure other people and animals are out of range before lighting fireworks
- Only light fireworks on a smooth, flat surface away from buildings, dry leaves, and other flammable materials
- Never try to relight fireworks that have not fully functioned
- Keep a bucket of water on hand in case of a malfunction or fire

The 4th For Your Pet

Independence Day is fun for humans, but not always a treat for pets. The loud bangs and booms can frighten them, causing them to run away.

- Keep your pet secured indoors. Even the best behaved dog will jump fences when scared, and cats will run away to hide. In their panic, normally friendly animals may try to bite.
- Put your animal in a pet crate and put them in a dark room with the door closed. Panicky animals may hurt themselves or damage property when not securely confined.
- If your dog is normally kept outside, bring them indoors or into a well-ventilated garage with plenty of cool water.
- Don't assume your pet won't react because you haven't had problems in the past. Many animals develop sensitivity to loud noises later in life.
- Make sure your pets are wearing an identification tag and a microchip. Cats can safely wear an ID tag when it is attached to a break-away collar.