



February

2024

American Heart Association.





# American Heart Health Month



Heart disease is the leading cause of death in the United States.

According to the CDC, for women, it is of particular concern:

- 44%+ of American women (about 60 million women) are living with heart disease.
- 20% of women with heart disease will die from heart disease.
- Women are particularly susceptible to developing coronary heart disease, arrhythmias and heart failure.
- About 13% of pregnant women in the US develop high Blood Pressure in pregnancy.



TRPHD goes red for women! Since 2004, the American Heart Association's signature women's initiative, Go Red for Women, has addressed the awareness and clinical care gaps of women's greatest health threat, cardiovascular disease (CVD). We are prepared to meet the evolving needs of women now, and at every age, every stage and every season of their lives as their trusted, relevant source for credible, equitable health solutions.

Women who developed high Blood Pressure during pregnancy are more than twice as likely to develop heart disease later in life compared to women who did not have high Blood Pressure.





## Heart Healthy Foods!



### What you shouldn't eat:

- Foods high in saturated and trans fats like:
  - Fried foods
  - Commercially baked goods
  - Nondairy creamer
- Foods High in cholesterol
  - Eggs
  - Red meats
  - Butter\Full fat dairy
- Limit your salt and sugar intake
  - Limiting salt will help keep your blood pressure under control
  - Limiting sugar lowers your chances of diabetes
  - Limit alcohol consumption
    - This will also help keep your blood pressure under control

### Foods you can use to substitute:

- Looking for something sweet:
  - Fruit
  - Banana chips
  - Dehydrated mangos
  - Fruit popsicles
- Looking for something salty
  - Nuts
  - Veggie Straws
- Even switching to healthier options
  - Yogurt instead of ice cream
  - Baked chips instead of fried chips
  - Sweet potato fries instead of regular French fries
  - Cauliflower crust instead of flour crusts



### Foods you should eat:

- Foods high in fiber
  - Celery
  - Oatmeal
  - Broccoli
  - Even Popcorn

## Respiratory Season



- 20 Influenza related deaths in Nebraska with TRPHD seeing 2 deaths in the district.
- TRPHD saw an increase in respiratory disease through the 'respiratory illness season' (October – April), with an increase in all 3 viral infections Influenza, Respiratory Syncytial Virus, COVID.
- RSV and COVID cases began to rise dramatically in mid-December, and peaked in mid-December.
- Flu and RSV rates are higher than usual and contribute to higher respiratory disease rate in TRPHD in February.

*New Location for Vaccine Clinic in Lexington!*



TRPHD had a total of 10 vaccine clinics that offered COVID and Flu vaccines, 5 in office clinics and 5 vaccine clinics in our communities.

TRPHD has moved our Lexington clinic from El Tropic to the Dawson County annex building from 3 PM - 5 PM. Call to make an appointment at 888-669-7154.



# National Children's Dental Health Month

## Healthy Teeth - Healthy Body

Your mouth is the gateway to your respiratory and digestive tracks. Everything you ingest and inhale goes through the mouth including bacteria that can cause infections.

Poor dental health has been connected to infections in the heart, diabetic complications, and behavioral problems in children, including missing school due to dental pain, and potential procedures. Preventative care is the best way to lower risks of infection and future procedures needed.



Remember to follow the 2-2-2 rule to lower your chances of poor dental health. Brush your teeth for 2 minutes. Brush and Floss at least twice a day. And visit your Dentist at least twice a year for screenings and cleanings!



## TRPHD has a Fire Drill



TRPHD' fire drill experience:

State regulations state office spaces of a certain size must have fire drills. To practice office safety and TRPHD's fire protocol, and to ensure all staff is up to date on policy and procedures TRPHD has fire drills 2-3 times a year.

In this instance we learned chain of command, when the Director is out.



Fire Safety Checklist!

- Keep matches and lighters out of the sight of children
- Be careful with smoking materials
- Space heaters need space
- Install smoke alarms
- Keep fire extinguishers easily accessible



Why Fire Drill's are important!

The purpose of a fire drill is to familiarize and re enforce proper evacuation routes and practices. The goal is to have the proper actions be an automatic response whenever fire alarms sound, so that everyone safely evacuates the area in an orderly manner.



# Fun Health Fact of the Month.



Your heart pumps 2,000 gallons of blood a day.

That blood travels about 12,000 miles through your body each day, which is four times the size of the U.S. from coast to coast. During your lifetime, you pump about one million barrels of blood.

