Surviving the Summer

Summer officially starts on June 21. This day, also known as the summer solstice, has more daylight than any other day of the year because the sun reaches its greatest distance above the equator.

Summer is a great time to get outdoors and be active. However, along with the fun and sun, there are a number of irritations that we have to contend with. This month NOAH looks at how to survive this summer - Heatstroke to poison ivy.

Dehydration and Heatstroke

Keeping cool can be a real challenge during the dog days of summer. When your body temperature rises, tiny muscles surrounding sweat glands contract, literally squeezing out perspiration through pores on the skin’s surface. As the sweat evaporates, it removes heat from the skin, helping to keep you cool. The perspiration consists primarily of water and tiny amounts of minerals like potassium and sodium. Sodium helps maintain the water balance in your cells and both minerals keep your muscles and nerves functioning properly.

If you’re out in the sun and only replace your electrolyte-packed body fluids with water, you’re at risk for dehydration and heatstroke. If you are outside and sweating, you should be drinking at least a 50-50 mix of Gatorade and water, which has potassium and sodium. Be sure to drink a minimum of one small liter bottle every hour. Other sports drinks should be fine as long as they contain similar amounts of potassium and sodium.

Symptoms of dehydration can run from thirst and general fatigue to headaches, nausea and confusion. Heatstroke symptoms are also headache and confusion, but include delirium and even hallucinations. Mild dehydration can be treated by rehydration. However, heatstroke is more serious and you should go to the emergency room.

Swimmer’s Ear

When your ear is exposed to excess moisture, water can get trapped in your ear canal. Swimmer’s ear is an itchy and painful infection that can develop. Symptoms can include:

- Itching of the outer ear
- Pain or discomfort in or around one ear
- Extreme pain when you move your outer ear or push on the cartilage bump in front of your ear
- Feeling of stuffiness in your ear
- Pus draining from your ear

(Continued on page 11)
Comprehensive sex education may cut teen pregnancies
By Amy Norton

NEW YORK (Reuters Health) - Comprehensive sex education that includes discussion of birth control may help reduce teen pregnancies, while abstinence-only programs seem to fall short, the results of a U.S. survey suggest.

Using data from a 2002 national survey, researchers found that among more than 1,700 unmarried, heterosexual teens between 15 and 19 years old, those who'd received comprehensive sex education in school were 60 percent less likely to have been pregnant or gotten someone pregnant than teens who'd had no formal sex education.

Meanwhile, there was no clear benefit from abstinence-only education in preventing pregnancy or delaying sexual intercourse, the researchers report in the Journal of Adolescent Health.

The study found that teens who'd been through abstinence-only programs were less likely than those who'd received no sex education to have been pregnant. However, the difference was not significant in statistical terms, which means the finding could have been due to chance.

In addition, there was no evidence that comprehensive sex education increased the likelihood of teen sex or boosted rates of sexually transmitted diseases (STDs) -- a concern of people who oppose teaching birth control in schools.

While comprehensive sex education did not clearly reduce the STD risk, there was a modest, but statistically insignificant reduced risk of engaging in sex. The abstinence-only approach had no effect on either factor, the researchers found.

"The bottom line is that there is strong evidence that comprehensive sex education is more effective than abstinence-only education at preventing teen pregnancies," said lead researcher Pamela K. Kohler, of the Center for AIDS and STD at the University of Washington in Seattle.

She told Reuters Health the study "also solidly debunks the myth that teens who learn about birth control are more likely to have sex."

Currently, the federal government champions the abstinence-only approach, giving around $170 million each year to states and community groups to teach kids to say no to sex.

This funding precludes mention of birth control and condoms, unless it is to emphasize their failure rates.

Critics have long pointed out that studies have failed to show that abstinence-only education delays sex or lowers rates of teen pregnancy.

The current study is the first to compare the effects of comprehensive sex education and abstinence-only education in a national survey, Kohler noted. Of the teens in the study, two thirds said they had received comprehensive sex education, while about one quarter had had abstinence-only courses. Just under 10 percent said they'd received no formal sex education.

There is now a body of evidence showing that the comprehensive approach may cut the odds of teen pregnancy, without increasing the likelihood of teens having sex, according to Kohler.

However, she added, "there seems to be a gap
What is Community-Based Research?

This shared approach incorporates community participation into conducting research with four common features. Investigators:

- Address social, political, cultural, and economic systems to change health behaviors and outcomes;
- Engage community members in choosing research topics, developing projects, collecting data, and interpreting and disseminating results;
- Utilize both qualitative and quantitative research methods; and
- Place a high priority on converting findings into new practices and policies.

Advocates argue that a community-based approach to medical research has benefits for both the community and medical science.

Community-based research is grounded in the power of interdisciplinary and interprofessional collaborations—both within and outside of the academy—that target health care disparities due to differences in quality of care based on race, ethnicity, or socioeconomic status. Through novel partnerships, community health researchers and community leaders, such as public health personnel, social workers, grassroots advocates, religious leaders, educators, and business people, are finding measurable improvements in the well being of community members.

### Diabetic Class and Support Group

This is a monthly combination of class and support group. A free meal is served each month and topics of diabetic education and interest are presented by a healthcare professional.

Support Group/Class 1 hour each month

Classes/support groups are FREE, and open to all in the community. For more information or to enroll please call 595-1458

UNMC Center for Reducing Health Disparities—North Omaha Office

### Free Screening Clinic

Wednesday 5:00-7:00 PM

5050 Ames Ave.

Call 559-3813 for Quick and Confidential Screening for:

- Men
  - Prostate Exam
  - Clinical Breast Exam
  - Pap Smear

- All
  - Hypertension
  - Diabetes
  - Cholesterol
  - HIV
HAND WASHING

is the single most important action
that one can take to
prevent the onset of illness.

Wash your hands frequently, especially after
using the bathroom and before eating or drinking.

1. Wash hands under warm running water.
2. Apply soap and lather well for 15-20 seconds.
   Time yourself.
3. Rinse.
4. Use a paper towel to turn off the water and
   open the door.

Have medical questions?
Go Local
Nebraska has the answers.
http://medlineplus.gov/nebraska
UNMC Summer Youth Internship program

Shelea Cotton

When I think of a day at the dentist, I imagine myself in the chair trying not to let the pain get to me. Never would have imagined myself doing the work. On Thursday, June 18th, the UNMC Summer Interns, including me, made a trip to the Creighton University School of Dentistry where we explored the profession of dentistry. Personally have a phobia of dentists and went into this experience kind of shaky from reminiscing the times when I felt those drills on my teeth.

We started out watching a PowerPoint that taught us about dental caries which is the medical term for tooth decay. We learned that tooth decay or dental caries is an infectious disease of the teeth and is the most common childhood disease in the United States and it is on the rise again. What happens with dental caries is that the acid from plaque built up on a tooth begins to decay the enamel of the tooth and creates a hole called a cavity. According to Gary H. Westerman, DDS, MS, Operative Dentistry has three goals; 1. Diagnose the disease, 2. Prevent the disease and 3. Treat the disease.

After the PowerPoint, we transformed into dentists ourselves as we were about to treat a cavity by filling it. But of course we weren’t operating on actual people; we used souvenir wisdom teeth that the school saves for practicing purposes. First we cut and prepared the tooth for the filling using the hand pieces the patients know as the “DRILL” by going around the curves of where the cavity was and making it flat and open. This was the most creepy and difficult part for me because when I go to the dentist, the drill is the scariest part. Next we had to restore the tooth by filling it with dental amalgam which is a mixture of mercury and silver, tin, and copper powders. After the components were mixed into a soft shiny silver ball, we compressed and condensed it into the tooth. Finally to finish the operation, we carved and finished the filling as it hardened.

By the end of the operation I didn’t feel as scared and nervous as I did walking into the school. I speak for all the interns when I say we gained a greater appreciation for dentists and the entire practice of dentistry. Later that day we had lunch at the hospital. To end the day we had a tour of the Creighton Pathology Lab which was very bloody but interesting. We also heard some great words of wisdom from Mr. Frank Peak, PhD, MPA, and Mr. Channing Bunch, MBA about African American history in education and the health field, and also some tips on college and the various opportunities available to us. We don’t hear too much about African American doctors and inventors and other success stories in school and it is very important for our community to get inspiration from these stories to know that we can do and be whatever we put their hearts and minds to. Now that there is a rise on STD’s, violence and other issues, there is a great need for education in our community.

In August I will be attending Nebraska Methodist College in pursuit of a Bachelors Degree in Nursing which will allow me to help educate the African American community on various health issues. The UNMC Summer Youth Internship has taught me a lot about community health and that there is a great need for improvement. As I move further in my personal and educational development I will always remember how experiences such as this taught me to about the importance of community, education and health.

Written by Shalea Cotton UNMC Youth Summer Intern
Preventing the 2009 H1N1 Flu
Good Health Habits Can Help Stop Germs

1. Avoid close contact.
   Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.
   Stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

3. Cover your mouth and nose.
   Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.
   Washing your hands often will help protect you from germs. Alcohol-based hand cleaners also work.

5. Avoid touching your eyes, nose or mouth.
   Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.
   Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
African-Americans should become more active in research and participate whenever and wherever possible. There are several reasons why participation is so critical.

First of all, African-Americans are at the bottom rung of almost every health demographic there is. From diabetes and infant mortality to high blood pressure and sexually transmitted diseases, African Americans are disproportionately represented in these areas. For these reasons alone, we must become more willing to be actively and aggressively involved in studies that are aimed and oriented toward finding results, relief and cures for some of the medical conditions mentioned above.

Secondly, we must be counted in the process of our development. No longer can we rely on “others” to “assume” what we need and when. If we don’t participate, we don’t have input into the cures; we are on the outside looking in, and there are those who would say that we had nothing to do with our own progress. We must become unified and become involved in research because divided processes will distort the results. In other words, “to divide the process is to deform the product.”

Third, we must become participants in research because it is our duty. We have an obligation to stand up for and defend the elderly, the disabled and our children.

Fourth, sacrifice is a part of our tradition, as a people. Our concept of, “each one, reach one” begins and ends in our willingness to act in regard to a more beneficial future.

Fifth and finally, African-Americans must become more active in research because we may have no other choice. It is apparent that with technological advances come changes in lifestyle and all of these impacts on us. If we are not actively working to combating the reasons for health disparities, then we may well deserve the fate that befalls us. For more information on the benefits of research, and research projects that the University of Nebraska Medical Center is participating in to improve the health and lives in our community call:

Center for Reducing Health Disparities
Community Liaison Nurse Coordinator
Ira Combs RN BS at: 595-1458
Center for Reducing Health Disparities
Research Nurse Coordinator
Jackie Hill APRN MS at: 595-3807
You may visit our office at 5050 Ames Ave Omaha Nebraska 68104

Why Should I Get Involved in Research?
Health Tips

You don’t have to stop eating chocolate cake or start running marathons to improve your health. Making small but steady changes in your eating and physical activity habits — over time — may help you lose weight if you need to, feel better, and improve your health. The information below can help you start to change your physical activity and eating habits. When you make changes to improve your health, you may also move your friends and family to do the same.

But the health benefits of getting fit and eating well are clear. Once you decide to lose weight, your loved ones may want to join you on your journey to better health.

Am I risking my health by being overweight?

Being overweight can be dangerous to your health. If you are overweight or obese, you are more likely to develop:

⇒ type 2 diabetes
⇒ high blood pressure
⇒ heart disease
⇒ certain forms of cancer.

You can help lower your risk for many health problems by losing weight. Losing 5 to 10 percent of your body weight can help improve your health. For example, if you weigh 200 pounds, losing 10 to 20 pounds may help lower your blood pressure and cholesterol level. Slow and steady weight loss of 1/2 to 2 pounds per week is the safest way to lose weight.

How do I start to lose weight and improve my health?

To start towards a healthy weight and improve your health, try to:

⇒ Be more physically active
⇒ Eat healthier.
⇒ Be more physically active

Regular moderate-intensity physical activity can be fun and help you feel great. When you share physical activity with your friends and family, it can also be a social event.

Make it your goal to try to do at least 30 minutes of moderate-intensity physical activity on most, or better yet, all days of the week. You may need to be physically active for more than 30 minutes a day to help you lose and keep off extra weight.

What is moderate-intensity activity?

⇒ walking 2 miles in 30 minutes
⇒ bicycling 5 miles in 30 minutes
⇒ dancing fast for 30 minutes

Sometimes starting and sticking with a physical activity program can be a challenge. Figuring out how to beat your physical activity roadblocks may make it easier for you to get and stay active.

Note: If you are a man and over age 40 or a woman and over age 50, or have chronic health problems such as heart disease, high blood pressure, diabetes, osteoporosis, or obesity, talk to your health care provider before starting a vigorous physical activity program.

Beat your physical activity roadblocks!

If you do not have child care, try sharing physical activities such as walking, biking, or playing tag with your child each day.

If you do not have time or are too busy to be physically active, try doing 10 minutes of moderate-intensity physical activity three times a day, or putting more energy than normal into activities like housework, yard work, and playing with the kids.

If you do not like, or do not want to exercise, know that doing something you enjoy such as dancing to the radio, or planning active outings with a friend, family member or group all count!

If you do not feel safe being physically active in your neighborhood, form a group of people to walk, jog, or bike together, working out with videos in your home, or walking in a shopping mall.
**Eat healthier**

When you begin to change your eating habits to improve your health, try to:

- Make healthier food choices
- Eat just enough food for you.
- Make healthier food choices

A healthy eating plan includes a wide variety of foods from five food groups. Let the Food Guide Pyramid help guide your food choices. Use the Food Guide Pyramid to guide the number of daily servings you eat from each food group. A range of serving numbers is given for each Pyramid food group.

Improving your eating plan may take time. Changing favorite foods may be one of the most difficult parts. To enjoy tasty, lower-fat versions of some favorite foods, try the suggestions listed in this publication.

Children, teenagers, and adults under age 25 should choose 3 daily servings from the milk, yogurt, and cheese group to meet nutritional needs.

**Eat just enough for you.**

To lose weight, learn to eat fewer calories. Do this by selecting foods that are lower in fat and calories from each food group.

A healthy eating plan calls for making healthy food choices and eating just enough for you.

Larger servings of food have more calories. Eating more calories than your body needs leads to weight gain.

Learning about the serving sizes of foods can help you eat just enough for you.

Try to measure your food for a few days. This can help you learn to recognize what one serving of a food, such as 1/2 cup of rice, looks like on your plate. See also:

- To lose weight, learn to eat fewer calories.

Do this by selecting foods that are lower in fat and calories from each food group. For example, choose low-fat cheese and extra lean meat. Also, choose plenty of vegetables. They are lower in calories and fat than other foods and can help you feel full.

**Lower fat versions of favorite foods**

- Instead of fried chicken, try baked, roasted, broiled, grilled, or oven-fried chicken with the skin removed.
- Instead of ham hocks, salt pork or fatback to flavor vegetables, try onions, garlic, low-sodium chicken broth or bouillon, smoked turkey, turkey bacon, or turkey ham. (These meats are high in salt, so use just a little bit.)
- Instead of regular ground beef, try extra lean ground beef or lean ground turkey breast.
- Instead of french fries, try mashed potatoes made with nonfat milk, a baked potato topped with a vegetable or fruit salsa, or a salad.
- Instead of sour cream, try low fat or nonfat sour cream or plain yogurt, or low fat cream cheese.
- Instead of salt, try spices, herbs, lemon, lime, or vinegar. (Salt is not fattening, but it may contribute to high blood pressure in some people).

**Do I need to drink milk?**

A healthy eating plan includes a variety of foods that provides all of the nutrients the body needs. Milk is a good source of calcium. If you cannot digest lactose (the sugar found in milk), there are many ways you can get the calcium that milk offers, without drinking regular milk.

- Drink low-fat or nonfat "lactose-reduced" milk or calcium-fortified soy-based beverages or orange juice
- Choose low-fat yogurt or reduced fat hard cheeses like low-fat cheddar

**Keeping your new habits**

The path to improving your eating and physical activity habits is not easy. But don't give up. Remember, sensible eating and physical activity habits, followed over time, are key to a healthy body, mind, and spirit!
HELP IS ON THE LINE

The U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES works to protect the health of all Americans and provides essential human services, especially for those who are least able to help themselves.

If you are one of the millions of Americans who need the benefits and services we provide, you can call on us.

**Mental Health** 1-800-273-TALK (1-800-273-8255)

**Head Start Services** 1-866-763-6481

**Temporary Assistance for Needy Families (TANF)**

**Medicare** Nebraska - 1-800-685-5456

**Elder Care** 1-800-MEDICARE (1-800-633-4227)

**Medicaid** 1-800-677-1116

**State Children’s Health Insurance Program (SCHIP)**

**Other**

www.hhs.gov

Please tear out this page and post it at your church or at your workplace.
• Diminished or muffled hearing
• Red outer ear with scaly or flakey skin
Low-grade fever

One of the easiest ways to help prevent swimmer’s ear is to keep your ear canals dry when you’re not swimming. Tilt your head to one side and tug on your earlobe, pulling it in different directions to help remove water from your ear. If you do get swimmer’s ear, you’ll need to see your doctor. In the meantime, heat helps; place a warm heating pad over your ear to help reduce the pain. Additionally, over-the-counter anti-inflammatory medications may ease your discomfort. Be sure to keep your ear dry while it’s healing. Don’t swim or clean your ears until the infection clears up.

Mosquito Bites
Mosquitoes are nocturnal, meaning they typically come out at dawn and dusk. During the day, mosquitoes take refuge from the heat and wait for evening. Be sure to wear lightweight, light-colored and loose-fitting clothing (to stay comfortable) that covers as much skin as possible. Although insect repellents that contain DEET have been shown to provide prolonged complete protection from mosquito bites, DEET-based repellents aren’t just hazardous to mosquitoes. DEET is a registered pesticide and studies in rats suggest that DEET exposure induces significant neurobehavioral deficits and neuronal degeneration in the brain (in other words...It’s not good for your brain cells).

If you’ve already been bitten, don’t scratch. Scratching makes the bite swell and itch even more. Instead, take an antihistamine (Benadryl) and apply one percent hydrocortisone cream or calamine lotion to the bites. If the area still itches, a cold compress or an ice pack may provide some relief.

Poison Ivy
Remember, “Leaves of three, let them be”. Yes there is poison Ivy in the city, especially around large trees and shady areas. Poison ivy is a three-leafed plant, usually with a little yellow and purple, and it tends to be anywhere with shrubbery, hiding out amongst other plants. When hiking through the woods, it’s best to stay out of shrub areas and wear high socks or boots to protect yourself. However, even if you are covered, you can still get poison ivy. It’s easy to transfer oil from the plant to your clothes to other parts of your body. If you are exposed to poison ivy, avoid touching the exposed area. Wash the exposed skin with soap and water immediately to remove the allergen in the plant’s oil. If you wash quickly enough after exposure, you may avoid a rash. Make sure you wash the clothes you were wearing.

A poison ivy rash normally appears 24-36 hours after exposure, and may not show for up to 7-10 days. Use hydrocortisone cream or calamine lotion to control the rash. You should also take an antihistamine (Claritin or Benadryl). If the swelling and itching get worse, you’ll need to see a doctor for topical or oral steroids.

Go outside have fun, but be careful.
"Restoring Health to Our Neighborhood"
Community Health Fair

Saturday, July 25, 2009
9am to 1pm

Located at:
World Fellowship Christian Center
3020 Huntington Ave
(2 Blocks North of Miller Park)

Health Screenings:
HIV, Accu checks, BMI (Body Mass Index)
PSA (Prostate Screening), Blood Sugar, Blood Pressure
Cholesterol Checks (fast after mid-night)

Health Education:
Nutrition Enlightenment, Diabetes, Exercise, The Heart

Talk to the Experts About:
Health Care, Health/Life Insurance, Children with Disabilities

Fun Activities for the Children:
Prevention Man, Face Painting, Balloons & more
Free Food!!!!

And Much More!

For more information call Lillian Rogers, R.N. at 397-5727 Office or 812-1359 Direct
or go to www.4worldfellowship.org