A Safe and Spooktacular Halloween

From the candy to the costumes, Halloween is a fun-filled time for kids and parents alike. But it's also a holiday that can pose dangers to young revelers. To help make this year's festivity a trick-free treat, follow these simple safety tips:

Adorning Your Little Ghouls

- Choose a light-colored costume or add glow-in-the-dark tape to the front and back of the costume so your kids can be easily seen.
- Don't buy a costume unless it's labeled "flame-retardant." This means the material won't burn.
- Make sure wigs and beards don't cover your kids' eyes, noses, or mouths.
- Don't let your children wear masks — they can make it difficult for kids to see and breathe. Instead, use nontoxic face paint or makeup. Have younger children draw pictures of what they want to look like. Older kids will have fun putting the makeup on themselves.
- Put a name tag — with your phone number — on your children's costumes.
- Avoid oversized and high-heeled shoes that could cause kids to trip.
- Avoid long or baggy skirts, pants, or shirtsleeves that could catch on something and cause falls.

Make sure that any props your kids carry, such as wands or swords, are flexible.

Pumpkin-Carving Precautions

- Don't let kids handle knives. Have them draw their designs on the face of the pumpkin with a black marker — then you do the carving. And make sure you're using a sharp knife or a mini-saw that's pointed away from your body.
- Keep kids at a safe distance while you're carving the pumpkin so that they don't distract you or get in the way of sharp objects.
- Remove pumpkin guts safely. If your children beg to remove the guts of the pumpkin — as many kids do — don't hand over a knife to do it. Instead, let your little ones get messy by scooping out pumpkin flesh with their hands or an ice cream scoop.
- Clean up your mess. Pumpkin flesh is slippery and can cause falls and injuries when dropped on the floor. Layer newspaper or old cloths under your carving workspace and clean up spills right away so no one slips or trips.
Skip the candles. A burning candle in a pumpkin may become a blazing fire if left unattended. Instead, use a glow stick (available in many colors) to safely illuminate your jack-o'-lantern.

**Trouble-Free Trick-or-Treating**

- Accompany young children (under age 10) on their rounds. But make sure they know their home phone number, the cell phone numbers of parents and any other trusted adult who’s supervising, and how to call 9-1-1 in case they get lost.
- For older kids who are trick-or-treating on their own, make sure you approve of the route they’ll be taking and know when they’ll be coming home. Also be sure that they:
  - carry a cell phone, if possible
  - go in a group and stay together
  - only go to houses with porch lights on and walk on sidewalks on lit streets (never walk through alleys or across lawns)
  - know to never go into strangers’ homes or cars
  - cross the street at crosswalks and never assume that vehicles will stop
  - Give kids flashlights with new batteries.
  - Limit trick-or-treating to your neighborhood and the homes of people you and your children know.
- When your kids get home, check all treats to make sure they’re safely sealed and there are no signs of tampering, such as small pinholes, loose or torn packages, and packages that appear to have been taped or glued back together. Throw out loose candy, spoiled items, and any homemade treats that haven’t been made by someone you know.
- Don’t allow young children to have hard candy or gum that could cause choking.

**Make sure trick-or-treaters will be safe when visiting your home, too.** Remove lawn decorations, sprinklers, toys, bicycles, wet leaves, or anything that might obstruct your walkway. Provide a well-lit outside entrance to your home. Keep family pets away from trick-or-treaters, even if they seem harmless to you.

**Gobbling Down Halloween Goodies**

- Offer a filling meal before your kids head out to trick-or-treat so they won’t scarf down too much of their haul.
- Consider purchasing Halloween treats other than candy. Stickers, erasers, crayons, pencils, coloring books, and sealed packages of raisins and dried fruits are good choices.
- Know how much candy your kids have collected and store it somewhere other than their bedrooms. Having it so handy can be an irresistible temptation for many kids. Consider being somewhat lenient about candy eating on Halloween, within reason, and talk about how the rest of the candy will be handled. Kids who generally eat just a couple of pieces and save the rest might be trusted to decide how much to eat. But if your child tends to overdo it, consider setting limits.
- Once your trick-or-treaters have returned with their Halloween goodies, extend their bounty by letting them have a treat or two a day instead of leaving candy out in big bags or bowls for kids to sample at will.

**Take these quick and easy precautions to help your little ghosts and goblins have a hauntingly happy and safe Halloween.**
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:

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Cheap three-drug combination helps cut heart risks
By Julie Steenhuisen

CHICAGO (Reuters) - High-risk patients who took a combination of three older heart drugs -- a generic statin, a generic blood pressure pill and a low-dose aspirin -- cut their risk of a heart attack or stroke by as much as 80 percent, U.S. researchers said on Thursday.

They said their study offers a simple, effective and inexpensive way to help people with diabetes or heart disease avoid heart attacks and strokes.

"Even in people who took it less than half the time, they got over a 60 percent drop in heart attacks and strokes," said Dr. R. James Dudl of Kaiser Permanente in California, whose study was published in the American Journal of Managed Care.

"Those who took it more than half the time -- they got more like an 80 percent drop," Dudl said in a telephone interview.

The study set out to offer a uniform approach to preventing heart attacks and strokes in people with heart disease or diabetes. Adults with diabetes are two to four times more likely to have heart disease or suffer a stroke than people without diabetes, according to the American Heart Association.

Several recent large studies found that aggressive efforts to control blood sugar do little to prevent heart attacks and strokes in diabetics.

Researchers at Kaiser Permanente followed 68,560 people with diabetes or heart disease who each day took the drug combination, consisting of 40 milligrams of the cholesterol fighter lovastatin and 20 milligrams of the blood pressure pill lisinopril for two years. People were also encouraged to take a low-dose aspirin.

The treatment prevented 1,271 heart attacks and strokes in the first year of follow up, Dudl said.

By checking prescription records, they were able to see which patients took their drugs most frequently. They found that even when people took their medications only 22 percent of the time, they had a 60 percent drop in heart attacks and strokes.

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It also suggests that people do not need to take a name-brand statin drug -- which Dudl said costs up to eight times more than a generic -- to achieve a major reduction in risks.

Although in the study the team used lovastatin, the generic name for Merck's Mevacor, Dudl said the team now recommends Merck's Zocor, or simvastatin -- which has been shown to be a more effective statin -- as part of the three-drug regimen.
World Health Organization (WHO) says H1N1 vaccine safe, urges mass take-up

GENEVA (Reuters) - The World Health Organization (WHO) restated its confidence in the H1N1 flu vaccine on Tuesday, calling it the most important tool against the pandemic. Mild adverse side effects such as muscle cramps or headache are to be expected in some cases, but everyone who has access to the vaccine should be inoculated, it said.

Mass vaccination campaigns against the swine flu virus are underway in China and Australia and will be starting soon in the United States and parts of Europe, WHO spokesman Gregory Hartl said. "It is important to remember that the vaccines, which have already been approved, have been used for years and years and years in their seasonal vaccine formulation and have been shown to be among the safest vaccines that exist," he told a news briefing.

Hartl, asked whether WHO was concerned by reports that some people were reluctant to be injected with the new vaccine, said: "Certainly we have seen the reports. Again, we would restate that the most important tool that we have to fight this pandemic is the vaccine."

It was doubly important that healthcare workers be vaccinated, as it protects them as well as patients, he added. "We would hope that everyone who has a chance to get vaccinated does get vaccinated," Hartl told Reuters. The United Nations agency declared in June that the H1N1 virus was causing an influenza pandemic and its collaborating laboratories have provided seed virus to drug makers worldwide to develop vaccines.

GlaxoSmithKline won a further 22 government orders for its H1N1 swine flu vaccine in the last two months, taking the total number of doses ordered to 440 million worth some $3.5 billion. Rivals in flu vaccines include Sanofi-Aventis, Novartis, Baxter, AstraZeneca and CSL.
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.
Growing a Healthy Community
Family Fun Night & Trick or Treat EXTRAVAGANZA
FOOD
EDUCATION
TREATS
ACTIVITIES

Friday, October 31, 2008
5:00 - 7:00 p.m.

Parent with children/young adults with special needs may enter the Extravaganza as early as 4pm. Look for balloons and signs for accessible handicap parking

CHARLES DREW HEALTH CENTER
2915 Grant Street

For more information contact
Jacque Cook 457-1208

Sponsored by Charles Drew Health Center and Creighton University Medical Center Partnership in Health
**Am I in a Healthy Relationship?**

**It Feels Like Love - But Is It?**
Sometimes it feels impossible to find someone who's right for you and who thinks you're right for him or her! So when it happens, you're usually very psyched. It's totally normal to look at the world through rose-colored glasses in the early stages of a relationship. But for some people, those rose-colored glasses turn into blinders that keep them from seeing that a relationship isn't as healthy as it should be.

**What Makes a Healthy Relationship?**

Hopefully, you and your significant other are treating each other well. Not sure if that's the case? Take a step back from the dizzying sensation of being swept off your feet and think about whether your relationship has these seven qualities:

- **Mutual respect.** Does he or she get how cool you are and why? (Watch out if the answer to the first part is yes but only because you're acting like someone you're not!) The key is that your BF or GF is into you for who you are — for your great sense of humor, your love of reality TV, etc. Does your partner listen when you say you're not comfortable doing something and then back off right away? Respect in a relationship means that each person values who the other is and understands — and would never challenge — the other person's boundaries.

- **Trust.** You're talking with a guy from French class and your boyfriend walks by. Does he completely lose his cool or keep walking because he knows you'd never cheat on him? It's OK to get a little jealous sometimes — jealousy is a natural emotion. But how a person reacts when feeling jealous is what matters. There's no way you can have a healthy relationship if you don't trust each other.

- **Honesty.** This one goes hand-in-hand with trust because it's tough to trust someone when one of you isn't being honest. Have you ever caught your girlfriend in a major lie? Like she told you that she had to work on Friday night but it turned out she was at the movies with her friends? The next time she says she has to work, you'll have a lot more trouble believing her and the trust will be on shaky ground.

- **Support.** It's not just in bad times that your partner should support you. Some people are great when your whole world is falling apart but can't take being there when things are going right (and vice versa). In a healthy relationship, your significant other is there with a shoulder to cry on when you find out your parents are getting divorced and to celebrate with you when you get the lead in a play.

- **Fairness/equality.** You need to have give-and-take in your relationship, too. Do you take turns choosing which new movie to see? As a couple, do you hang out with your partner's friends as often as you hang out with yours? It's not like you have to keep a running count and make sure things are exactly even, of course. But you'll know if it isn't a pretty fair balance. Things get bad really fast when a relationship turns into a power struggle, with one person fighting to get his or her way all the time.

- **Separate identities.** In a healthy relationship, everyone needs to make compromises. But that doesn't mean you should feel like you're losing out on being yourself. When you started going out, you both had your own lives (families, friends, interests, hobbies, etc.) and that shouldn't change. Neither of you should have to pretend to like something you don't, or give up seeing your friends, or drop out of activities you love. And you also should feel free to keep developing new talents or interests, making new friends, and moving forward.

**Good communication.** You've probably heard lots of stuff about how men and women don't seem to speak the same language. We all know how many different meanings the little phrase "no, nothing's wrong" can have, depending on who's saying it! But what's important is to ask if you're not sure what he or she means, and speak honestly and openly so that the miscommunication is avoided in the first place. Never keep a feeling bottled up because you're afraid it's not what your BF (boy friend) or GF (girl friend) wants to hear or because you worry about sounding silly. And if you need some time to think something through before you're ready to talk about it, the right person will give you some space to do that if you ask for it.

**What's an Unhealthy Relationship?**
A relationship is unhealthy when it involves mean, disrespectful, controlling, or abusive behavior. Some people live in homes with parents who fight a lot or abuse each other — emotionally, verbally, or physically. For some people who have grown up around this kind of behavior it can almost seem normal or OK. It's not! Many of us learn from watching and imitating the people close to us. So someone who has lived around violent or disrespectful behavior may...
not have learned how to treat others with kindness and respect or how to expect the same treatment. Qualities like kindness and respect are absolute requirements for a healthy relationship. Someone who doesn't yet have this part down may need to work on it with a trained therapist before he or she is ready for a relationship. Meanwhile, even though you might feel bad or feel for someone who's been mistreated, you need to take care of yourself — it's not healthy to stay in a relationship that involves abusive behavior of any kind.

**Warning Signs**

When a boyfriend or girlfriend uses verbal insults, mean language, nasty putdowns, gets physical by hitting or slapping, or forces someone into sexual activity, it's an important warning sign of verbal, emotional, or physical abuse.

Ask yourself, does my boyfriend or girlfriend:

- get angry when I don't drop everything for him or her?
- criticize the way I look or dress, and say I'll never be able to find anyone else who would date me?
- keep me from seeing friends or from talking to any other guys or girls?
- want me to quit an activity, even though I love it?
- ever raise a hand when angry, like he or she is about to hit me?
- try to force me to go further sexually than I want to?

These aren't the only questions you can ask yourself. If you can think of any way in which your boyfriend or girlfriend is trying to control you, make you feel bad about yourself, isolate you from the rest of your world, or — this is a big one — harm you physically or sexually, then it's time to get out, fast. Let a trusted friend or family member know what's going on and make sure you're safe.

**Why Are Some Relationships So Difficult?**

Ever heard about how it's hard for someone to love you when you don't love yourself? It's a big relationship roadblock when one or both people struggle with self-esteem problems. Your girlfriend or boyfriend isn't there to make you feel good about yourself if you can't do that on your own. Focus on being happy with yourself, and don't take on the responsibility of worrying about someone else's happiness. What if you feel that your girlfriend or boyfriend needs too much from you? If the relationship feels like a burden or a drag instead of a joy, it might be time to think about whether it's a healthy match for you. Someone who's not happy or secure may have trouble being a healthy relationship partner.

Also, intense relationships can be hard for some teenagers. Some are so focused on their own developing feelings and responsibilities that they don't have the emotional energy it takes to respond to someone else's feelings and needs in a close relationship. Don't worry if you're just not ready yet. You will be, and you can take all the time you need. Ever notice that some teen relationships don't last very long? It's no wonder — you're still growing and changing every day, and it can be tough to put two people together whose identities are both still in the process of forming. You two might seem perfect for each other at first, but that can change. If you try to hold on to the relationship anyway, there's a good chance it will turn sour.

Better to part as friends than to stay in something that you've outgrown or that no longer feels right for one or both of you. Relationships can be one of the best — and most challenging — parts of your world. They can be full of fun, romance, excitement, intense feelings, and occasional heartache, too. Whether you're single or in a relationship, remember that it's good to be choosy about who you get close to. If you're still waiting, take your time and get to know plenty of people.

Think about the qualities you value in a friendship and see how they match up with the ingredients of a healthy relationship. Work on developing those good qualities in yourself — they make you a lot more attractive to others. And if you're already part of a pair, make sure the relationship
Five Steps to Safer Health Care

1. Ask questions if you have doubts or concerns.
   Ask questions and make sure you understand the answers. Choose a doctor you feel comfortable talking to. Take a relative or friend with you to help you ask questions and understand the answers.

2. Keep and bring a list of ALL the medicines you take.
   Give your doctor and pharmacist a list of all the medicines that you take, including non-prescription medicines. Tell them about any drug allergies you have. Ask about side effects and what to avoid while taking the medicine. Read the label when you get your medicine, including all warnings. Make sure your medicine is what your doctor ordered and know how to use it. Ask the pharmacist about your medicine if it looks different than you expected.

3. Get the results of any test or procedure.
   Ask when and how you will get the results of tests or procedures. Don't assume the results are fine if you do not get them when expected, be it in person, by phone, or by mail. Call your doctor and ask for your results. Ask what the results mean for your care.

4. Talk to your doctor about which hospital is best for your health needs.
   Ask your doctor about which hospital has the best care and results for your condition if you have more than one hospital to choose from. Be sure you understand the instructions you get about follow-up care when you leave the hospital.

5. Make sure you understand what will happen if you need surgery.
   Make sure you, your doctor, and your surgeon all agree on exactly what will be done during the operation. Ask your doctor, “Who will manage my care when I am in the hospital?” Ask your surgeon: Exactly what will you be doing? How long will it take? What will happen after the surgery? How can I expect to feel during recovery? Tell the surgeon, anesthesiologist, and nurses about any allergies, bad reaction to anesthesia, and any medications you are taking.
My name is Emily,
and in seven years
I'll be an alcoholic.

I'll start drinking in eighth grade,
and I'll do some things I don't really want to do.
So by the time my parents talk to me about it,
smoking won't be my only problem.

START TALKING BEFORE THEY START DRINKING
Kids who drink before age 15 are 5 times more likely to have alcohol problems when they're adults.
To learn more, go to www.myparentsbeaware.org or call 1.800.329.4606

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kills nearly
twice as many
American women
as breast cancer
each year.

KNOW
the signs
and symptoms
of this disease.

VISIT

Four out of five people wash their hands.* Let’s talk to the fifth guy.
8TH ANNUAL MEN’S HEALTH DAY

Free Health Screening and Health Information
October 24th Saturday
Urban League Family Resource Center
30th and Lake St.
10:00 a.m. - 2:00 p.m.

Health screening
-Free Blood pressure check
-Free Blood Sugar check
-Free Flu shots
-Free HIV Screening
-Free Prostate exam on site.

*Men bring your family,*
*families bring your men.*

For information call Ira Combs RN at 559-3813, or the Urban League at 451-1066