

RENO COUNTY  
HEALTH  
DEPARTMENT

MARCH

AT A GLANCE

FOOT CARE CLINICS

- **Thursday, March 4th**  
Mission Place Sr. Center  
9:00am – 11:30am
- **Thursday, March 11th**  
Haven Senior Center  
9:00am – 11:00am
- **Thursday, March 18th**  
Bethel AME Church  
9:30am—11:30am
- **Tuesday, March 23rd**  
9:30am—11:30am  
Washington Heights
- **Thursday, March 25th**  
Delos Smith Sr. Center  
9:00am-4:00pm

CHILD CARE CLASS

A class for prospective child care providers will be held on Thursday, March 4th at 3:15 pm.

For more information or to register, call Nancy Gay at 694-2900.

This class is for adults only and there is a \$20.00 registration fee

**March 14-20th** National  
Poison Prevention Week

For a poison emergency in  
the U.S. call:  
1-800-222-1222



# Health Flash

MARCH, 2010



## March is Colorectal Cancer Awareness Month!

**Colorectal cancer screening saves lives.** If everyone aged 50 years old or older were screened regularly, up to 60% of deaths from this cancer could be avoided.

Among cancers that affect both men and women, colorectal cancer—cancer of the colon or rectum—is the second leading cause of cancer related deaths in the United States. Colorectal cancer also is one of the most commonly diagnosed cancers in the United States.

The risk of developing colorectal cancer increases with advancing age. More than 90% of cases occur in people aged 50 or over.

### Reduce Your Risk

Many people who are at risk for colorectal cancer are not being screened according to national

guidelines. Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon and rectum. Screening tests can find precancerous polyps, so they can be removed before they turn into cancer. Screening tests also can find colorectal cancer early, when treatment works best.

Some studies have shown that increased physical activity and maintaining a healthy weight may decrease the risk for colorectal cancer.

### When Should You Begin To Get Screened?

You should begin screening for colorectal cancer soon after turning 50, then continue getting screened at regular intervals. However, you may need to be tested earlier or more often

than other people if:

1. You or a close relative have had colorectal polyps or colorectal cancer.
2. You have inflammatory bowel disease.

### What Are The Screening Tests For Colorectal Cancer?

- Colonoscopy (every 10 years)
- Fecal Occult Blood Test (every year) Available at the Reno County Health Department
- Flexible Sigmoidoscopy (every 5 years)
- Double-contrast Barium Enema (every 5 years)

### For More Information:

[www.cdc.gov/features/colorectalawareness](http://www.cdc.gov/features/colorectalawareness)

## Immunization Action Plan Clinics

Reno County Health Department will hold two Immunization Action Plan Clinics in March.

No appointments are necessary and services are available to all Reno County resi-

dents.

March dates and locations:

**Tuesday, March 23rd**

**Amish Community Building**

5917 W. Mills Ave

9:45am—11:00am

March dates and locations:

**Tuesday, March 23rd**

**Yoder**

2913 East Red Rock Road

1:30pm—3:30pm

Seasonal Flu  
& H1N1  
Vaccinations are  
still available at all  
locations!!



# Home Health Services



JoAnn Hager RN  
Home Health Coordinator

Home Health is a program of the Reno County Health Department to provide intermittent health care to individuals in their home.

Registered Nurses and Home Health Aides are available to provide services to Reno

County citizens with these qualifications:

1. Under the care of a physician for skilled services.
2. Living environment is adequate for safe and effective care.

3. Family member or a support person willing to cooperate with the agency in providing home care.

For more information, call JoAnn Hager, Home Health Coordinator, at: (620) 694-2900

## March 23rd is American Diabetes Alert Day

The American Diabetes Association Alert Day is a one-day “wake-up” call to inform the American public about the seriousness of diabetes. The American Diabetes Association encourages people to join the movement to stop diabetes by taking the *Diabetes Risk Test* and find out if they or their loved ones are at risk for developing type 2 diabetes. Studies have shown that type 2 diabetes can be delayed and even prevented by making simple changes in your lifestyle. Knowing your risk for type 2 diabetes is the 1st step to a healthier lifestyle. You can take the *Diabetes Risk Test* by calling 1-800-DIABETES (1-800-342-2383).

**WIC can help you  
get nutritious  
food for you and  
your family!**

## Women Infants & Children (WIC)

What is WIC?

WIC is a temporary assistance program for Women, Infants and young Children who have a nutritional need for the program.

WIC provides nutrition education (ideas to help improve eating habits) and supplemental foods (checks to buy specific foods for good health).

What are the requirements for WIC?

Women must be pregnant, breastfeeding, or have recently delivered a baby. Children must be under five years of age.

Clients must also:

- Be determined at nutritional risk by a health professional.
- Receive a health check up by WIC staff.
- Meet income guidelines.

- Live in the State of Kansas

WIC checks are used like checks, used to buy specific foods and are used at a WIC approved grocery store.

Some of the WIC supplemental foods are: juice, cereal, eggs, peanut butter, dried beans, milk, cheese, iron fortified infant formula and infant cereal.

For more information call: 694-2900 and ask for a WIC Representative.

## Caramelized Apple Parfaits

### Ingredients

2 C nonfat vanilla yogurt  
2/3 C sugar  
2 T water  
2 t butter  
4 large baking apples (i.e. Rome, Golden Delicious... peeled cored and thinly sliced)  
1 T lemon juice

### Directions

1. Line a colander or sieve with a coffee filter or cheesecloth and set it over a bowl. Spoon in yogurt and let drain for about 30 minutes.

2. Stir together sugar and water in medium heavy saucepan. Bring to boil, stirring to dissolve the sugar. Cook, without stirring, until the syrup turns deep amber, about 5 minutes. (Don't let syrup burn.) Remove the pan from the heat, add butter and swirl the pan until the butter has melted.
3. Add apples & lemon juice. Return to low heat, cover and cook for 5 minutes. Uncover, and cook,

stirring occasionally, until apples are tender and translucent and the juice has thickened slightly, 15-20 minutes. Let cool slightly, about 5 minutes.

4. Spoon alternating layers of the caramelized apples & drained yogurt into 4 parfait or wineglasses. Sprinkle walnuts over top, if desired.

