

PUBLIC HEALTH NEWS

FEBRUARY 2008



IMMUNIZATION CLINICS

Upper Sandusky

Mondays
(by appointment)

Tuesdays
4:30 to 6:00 PM

Fridays
9:00 to 11:00 AM

1:00 to 4:00 PM

Carey

February 11, 2008
2:00 to 6:00 PM

Sycamore

February 25, 2008
2:00 to 6:00 PM

Family Planning Clinics

February 21st, 28th,
2008

Teen & Family Clinic

February 14th, 2007

WIC Clinic

Tues-Wed-Thurs
8:30 to 4:30 PM

Call 419-294-3852
for information on other
clinics and services.

Lead Testing

(by appointment)

SUPER FUN!

Did your favorite team make it to the Super Bowl this year? If so, your plans on February 3rd might include a celebration! Tailgating? Give your fellow revelers a variety of healthy foods from which to choose. Limit chips and processed meats and cheeses which contain high amounts of fat and sodium. Include refreshing fruits and crunchy vegetables to snack on throughout the game.

If you will be serving alcohol, make sure

that everyone has a designated driver. Supply juice and water along with other carbonated beverages as an alternative to alcohol. Agree to stop serving alcohol after halftime of the game.

Skip the halftime show and schedule in a walk or a touch football game of your own if weather permits! Too cold outside? Stay in and exercise your mind with stimulating conversation about the upcoming presidential election or other world events.

Organize card or board games and have individuals and teams compete for super prizes.

Still looking for ways to have some super fun? Encourage everyone to show up dressed in their team colors. Award prizes for the "best in show"! Bake football shaped cookies or create names for the foods you will be serving that honor the two Super Bowl teams, like "Patriot Pie" or "Giant Subs". Have a super good time!

FAMILY PLANNING CLINIC

Between July 1 and December 31, 2007, the Wyandot County Health Department saw 193 clients for a total of 412 visits at the Family Planning Clinic. 17% of these clients were Hispanic, less than 17% were Asian or Black and the rest were White. 41% of the clients were between the ages of 20-24 years old, 19% were between the ages of 25-29 years, 14% were between 18-19 years, 13% were between the

ages of 15-17 years and clients under 15 years of age added up to less than 1% of the clients seen. Clinic clients render payment based on a sliding fee scale, according to income. 59% of clinic clients were considered "no pay" based on their income. 40% of the female clients seeking prescriptive contraception use Depo-Provera with the remaining 60% opting for birth control pills. Clients are offered con-

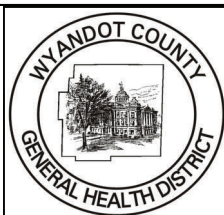
doms at every visit. 1% of the clients seen at the Family Planning Clinic stated that they practice abstinence. The clinic has confirmed 1 case of gonorrhea, 7 cases of chlamydia, and 8 abnormal pap results. The clinic serves residents of Wyandot and surrounding counties. No one is refused services due to inability to pay. Appointments are preferred, but walk-ins are accepted.

WYANDOT COUNTY HEALTH DEPARTMENT

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We're on the web!
www.wyandothealth.com



The Wyandot County Health Department is dedicated to the promotion and provision of equal access to affordable preventive health and safety services in order to positively impact the health and well-being of all citizens of

SHINGLES VACCINE

The Advisory Committee on Immunization Practices (ACIP) recommends a single dose of zoster vaccine for adults 60 years of age and older for the prevention of herpes zoster and post-herpetic neuralgia. The vaccine is recommended whether or not they report a previous episode of herpes zoster. Those with chronic medical conditions are able to receive the vaccine unless a contraindication or precaution exists for their condition. Studies have shown that persons receiving the shingles vaccine, Zostavax have a reduction of occurrence of herpes zoster (shingles) by about 50%. The vaccine showed the highest success rate in the 60-69 year age group (64%) with the rate decreasing with advancing age. Adults who were vaccinated with Zostavax, but still developed shingles reported a shorter duration of pain compared to persons who received a placebo. Side effect of the vaccine include: pain, tenderness, redness, or swelling at the injection site and/or headache. Please call Wyandot County Health Department to check on vaccine availability and price.

CHILDREN'S DENTAL HEALTH MONTH

By the time your child reaches their third birthday, they will have twenty teeth in their mouth. Teeth begin appearing in your child's mouth usually between the ages of 3 and 6 months with the appearance of four new teeth every four months. Pediatric dentistry should begin with the eruption of your child's first tooth. Parents can help their children maintain good dental health by practicing good oral care. A soft moist washcloth can be used to clean the gums and emerging teeth. A soft child's toothbrush with a pea sized amount of a fluoride or non fluoride based toothpaste can be used after the emergence of several teeth.

Fluoride supplements are encouraged for children over the age of 6 months to hinder the development of cavities. Children receive fluoride in drinking water and in some bottled water or toothpaste. If you live in an area where there is not fluoride added to your water or if you are unsure if your child is not receiving a proper amount of fluoride, consult your pediatric dentist or pediatrician about supplemental fluoride.

Children begin the process of shedding teeth around the ages of 6 to 7 years old. The shedding process usually ends around the ages of 11 or 12 years. Permanent teeth begin coming in around the age of 6

or 7 years continuing to appear until children receive their third set of molars also known as "wisdom teeth" typically between the ages of 17 and 22 years of age.

To help maintain good dental health, choose foods from the five major food groups. Remember, even healthy foods like fruit, milk, cereal, bread and some vegetables contain sugars and/or starches. Eat sweets and other "snack foods" in moderation. Opt for water instead of carbonated beverages or sugary juices.

Floss and brush teeth twice daily. Visit the dentist twice a year for cleanings and check-ups! Keep those teeth healthy!