



# FAMILY AND COMMUNITY HEALTH "CONNECTIONS" FOR LAMPASAS COUNTY



## PREVENTION

Recommended screenings can spot health problems early, when they are often easier to treat. Talk to your primary care provider about what screenings you need.

There are several tests that can spot health problems early. In fact, screenings can even help save your life. You can achieve this by talking to your primary care provider about screenings. He/she will help you decide which you should have and when and how often you should have them. These general recommendations from the American Health Association, the American Cancer Society and other health organizations can help you know what you might need.

**For Men and Women:**

**For Women:**  
*Breast Cancer*-Have mammograms regularly, starting at age 45. Talk to your provider about what's best for you based on your risk and screening history.  
*Cervical Cancer*-Get Pap tests starting at age 21. Talk to your provider about how often you should be screened.  
*Osteoporosis*-Get bone density tests beginning at age 65. Ask your provider about earlier screenings if you are younger than 65 but have other risk factors, such as family history of the disease.

**For Men:**  
*Prostate Cancer*-Discuss your risk of prostate cancer, as well as the risks or benefits of testing, with your provider.  
  
Have the conversation at age 45 if you are African American or if your father or brother had prostate cancer before the age of 65. Otherwise, have *the conversation at age 50*.  
  
*Abdominal Aortic Aneurysm*-Ask about getting tested once if you are age 65 to 75 and have ever smoked.

*Blood Pressure*-Get it checked at least every two years, starting at age 20.  
*Cholesterol*-Get screened every four to six years, starting at age 20. Ask your provider if you should be screened more often.  
*Diabetes*-Get tested if you are 45 or older. If you are overweight and have any other diabetes risk factors, get tested regardless of age.  
*Colorectal Cancer*-Start testing at age 45-earlier if you have certain risk factors. Talk to your doctor about which test is right for you.  
*Lung Cancer*-Ask your provider if screening is right for you if you are at least 55 years old, have a 30-pack-year smoking history, are a current smoker or have quit within the last 15 years.

Source: Shannon Health Beat Summer 2020

**Heart Attack Warning Signs**– You may not have the same symptoms with a repeat heart attack. That's why it is so important to review all the possible symptoms again-getting help quickly could save your life. Call 911 if you have:

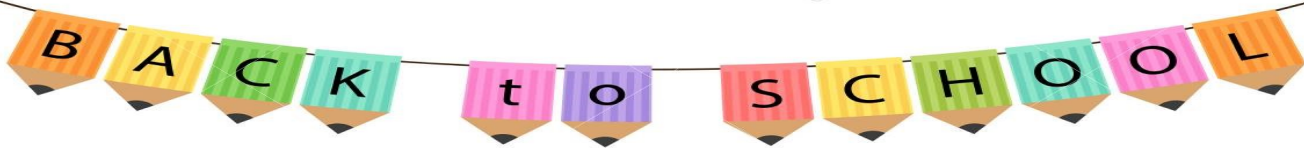
**Chest Pain or Discomfort**- This may last for more than a few minutes or go away and come back. It's the most common symptom in both men and women.

**Upper Body Discomfort**- You may feel it in one or both arms or your back, neck, jaw or stomach.

**Shortness of Breath**-With or Without Chest Discomfort: You may also break out into a cold sweat, vomit, feel unusually tired (sometimes for day ahead of time), or be nauseated or light-headed.

If you are a woman, you are somewhat more likely than a man to experience symptoms such as shortness of breath, nausea or vomiting, and back or jaw pain.

*Source: American Health Association; National Heart, Lung, and Blood Institute*



## Healthy Back to School Tips for Parents

**Eat Right Learn the ABCs** of saving calories and money when you shop for groceries to pack your kids' lunches.

**A**- Always use ads and store bonus cards, which may offer discounts on healthy foods like fruits and veggies.

**B**- Buy produce in season to cut costs. Fall is often the best time of year to find a wide range of local produce.

**C**- Compare brands and package sizes to find the best buy. Be sure to read the Nutrition Facts label on packaged food to choose products with lower numbers for calories, saturated and trans fats, sodium, and sugars.

**Get Active** Kicking off the school year can be a busy time, leaving little room for physical activity. These three steps can help you find time to be active as a family.

1. Keep track of how your family spends time for one week.
2. Start small. Find two 30-minute time slots when your family can be active together after school or on the weekends.
3. Get going take a walk or ride a bike after dinner

**Reduce Screen Time** Kids spend a big part of their day sitting in the classroom, so you can help your children spend less time in front of the TV, computer, and video games—and more time having fun as a family—with these tips

**Turn off the TV** during mealtime and talk with your children about what they learned in school that day. Families who eat together tend to eat healthier.

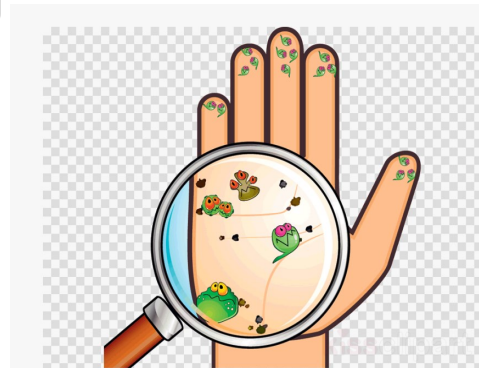
Source: National Heart, Lung, and Blood Institute

**Handwashing is one of the best ways to protect yourself and your family from getting sick.**

### Key Times to Wash Hands

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed or animal waste.
- **After** handling pet food and pet treats.
- **After** touching garbage



Source: <https://www.cdc.gov/handwashing/when-how-handwashing.html>

## Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

**Follow these five steps every time.**

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Source: Centers for Disease Control and Prevention/Handwashing When and How to Wash Your Hands



## Use Hand Sanitizer When You Can't Use Soap and Water

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

Sanitizers can quickly reduce the number of germs on hands in many situations. However,

- Sanitizers do not get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

### How to use hand sanitizer

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

**Caution! Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple of mouthfuls are swallowed. Keep it out of reach of young children and supervise their USE.** Source: Centers for Disease Control and Prevention/Handwashing When and How to Wash Your Hands

## Are Your Children Getting Their ZZZZZZZZZZZZ's?

### Sleep Time for Age Groups:

- a. Infants typically sleep 9-12 hours during the night and take two-hour naps, one to four times a day-fewer as they reach age one.
- b. Toddlers (1-2 years) need about 11-14 hours of sleep in a 24-hour period.
- c. Preschoolers (3-5 years) need typically 11-13 hours each night.
- d. School-age (6-13 years) need 9-11 hours of sleep.



Source: SleepFoundation.org

**Sleep is especially important for children as it directly impacts mental & physical development.**

## Creamy Avocado Veggie Dip

Servings: 6

Ingredients:

- \* 1 cup cucumber-seeded and chopped
- \* 1 green pepper-seeded and chopped
- \* 1 cup celery-chopped
- \* 4 green onions-chopped
- \* 3 teaspoons-fresh dill-minced
- \* 1/4 teaspoon black pepper
- \* 1/4 teaspoon paprika
- \* 1/3 cup fat-free sour cream
- \* 1/4 cup olive oil type mayonnaise
- \* 1/2 of an avocado



**Did you know that avocados can act as a “nutrient booster” by helping increase the absorption of fat-soluble nutrients such as vitamins A,D, and E?**

Instructions:

1. In a large bowl, combine vegetables.
2. Chill for at least an hour or longer to allow juices to accumulate.
3. Drain Well.
4. In a small bowl, combine fresh dill, seasonings, sour cream and mayonnaise.
5. Fold dressing mixture into the vegetables.
6. Cover and chill until ready to serve.

## Nutrition Facts

6 servings per container	
Serving size	1/2 cup (133g)
Amount per serving	
<b>Calories</b>	<b>60</b>
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 1mg	6%
Potassium 320mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Source: dinnertonight.tamu.edu

Karen DeZarn CEA FCH

Phone: 512-556-8271 Ext. 140

Texas A&M AgriLife Extension kjdezarn@ag.tamu.edu

409 S. Pecan St., Lampasas TX 76550

### Lampasas County News:

Lometa Community Garden—Aug. 25 at 9 AM behind the United Methodist Church, 100 S. 2nd St., Lometa.

Please “Like” my new FCH Facebook page @LampasasCountyFCH

Stay safe & for the latest Disaster Education and Coronavirus information check out AgriLife’s Disaster Education Network at <https://texashelp>

Karen

Family and Community Health “Connections” is provided by the following AgriLife Extension Family and Community Health Agents:

*Courtney Parrot, Brown County  
London Jones, Burnet County  
Vacant, Coleman County  
Milissa Wright, Coke/Concho/Menard and Sterling Counties  
Kelli Maberry, Jones County  
Karen DeZarn, Lampasas County  
Whitney Whitworth, Llano County  
Jacque Behrens, McCulloch County  
Staci Winders, Nolan County  
Kandice Everitt, Runnels County  
Kailey Miller, San Saba County  
Kim Miles, Taylor County  
Courtney Redman, Tom Green County  
Barbara Brown, BLT Regional Project Specialist  
Stacy Drury, D7 Regional Program Leader*