

News 4 @ Healthy Shelby County

DON'T HIBERNATE—STAY ACTIVE!

If you are like me, when the days get shorter and it is cold outside I just want to sit—and eat! This can be really bad for our body in so many ways. It has been proven time and again that a sedentary lifestyle leads to cardiovascular issues as well as diabetes and a number of other health issues. That is why we should all do our best to fight the hibernation factor in our own bodies and keep active this winter.

Regular exercise can also improve mood, increase energy level and help you sleep better at night as well. Though it is not as easy to find ways to exercise indoors, it just takes creativity to stay active when it is cold outside.

Here are a few ideas to get you started:

Walk at the mall– When you are out shopping make it a chance to get some exercise too. Take 30 minutes and just walk!

Join a health club—Close to home there is the YMCA in Macon and Fresh Start Fitness (formerly Key Club) in Shelbina.

Join a class or indoor team—There are numerous classes offered by the YMCA as well as Commit to Fit at the former Lutheran Church in Shelbyville by Emily Barrick. There may be other classes offered within your area. If not, start your own at your local church!

Find an indoor pool—There are

aquatic centers located in Kirksville and the Kroc Center located in Quincy. Take your family for a day of fun and exercise.

Create a home gym—Invest in some inexpensive free weights (you can probably even find them used) and other easy-to-use exercise equipment.

Everything counts—Even doing housework can be considered exercise. Just get up and move. Put on your mp3 player and dance around the house. That is great exercise and it is relaxing at the same time.

Outdoor Activities

Of course you can always get exercise outside as well. Ice skating, skiing, snow-shoeing and playing outdoors in the snow are just a few possibilities of what you can do to get exercise outside in the wintertime.

Proper attire—Just remember to dress in layers with the first layer being a wicking material to draw sweat away from your body. Then an insulating layer and finally a waterproof, breathable outer layer.

Remember to wear gloves and something on your head to hold in body heat. If you find that outdoor exercise makes your lungs burn, then you probably need to wear some type of muffler over your face as well to warm the air before you breath it in.

SPECIAL POINTS OF INTEREST:

- **Sedentary lifestyle can lead to cardiovascular issues as well as diabetes.**
- **Regular exercise improves mood and increases energy levels.**
- **Every kind of activity counts—even housework!**

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TRAUMATIC BRAIN INJURY

Katie's Korner

January is TBI Awareness Month

TBI stands for Traumatic Brain Injury which is common result of injuries that involve the head. Every year, there are approximately 1.7 million head injuries in the United States according to the American Physical Therapy Association. More importantly, about 52,000 people die every year due to TBI. TBI can be misdiagnosed which often causes complications or the death of the patient. It is important to spread knowledge of the symptoms among medical professionals and the public. These symptoms may be experienced immediately after the accident or days/weeks thereafter.



Physical: Nausea and vomiting, headache, fuzzy or blurry vision, dizziness, sensitivity to light or noise, balance problems, and feeling tired or having no energy.

Emotional and mood: easily upset or angered, sad, nervous or anxious, and more emotional.

Sleep: sleeping more than usual, sleeping less than usual, and having hard time falling asleep.

I think I may have suffered a concussion. What do I do now?

Safety tips:

Taking these ordinary safety precautions, as well as doing things like using handrails on staircase in case you lose balance, can reduce head injury greatly.

Always wear a seat belt while driving, and buckle your children into child seats to make sure they have buckled themselves in for a drive.

Never engage in physical activity while under the influence of any substance, even if you think you are “okay” to do so.

Make sure you and your family members wear helmets during activities that need one such as cycling, climbing, or skateboarding.

Always check water depth before swimming or driving.

Protect your children with safe and shock-absorbent playground materials such as hardwood, mulch, and sand.



Remove yourself from activities that could cause head trauma, stress your heart or strain your brain--- Resting immediately after concussion gives you the best chance of making a speedy recovery. Resting means not exerting yourself physically or cognitively, and ensuring you are safe from subsequent head impacts that could cause a second injury. Immediacy is critical. **playing out the rest of the game, or even finishing the period, adds an average of five days to recovery time.

Get Evaluated.—if you had any signs or symptoms of concussion, you should assume it was a concussion until you have a chance to be evaluated by appropriate medical professional. Even if you pass a sideline evaluation, no test is perfect and signs and symptoms can appear days after the impact.

Take it easy!—Rest your body and your brain. If it causes your symptoms to worsen, don't do it. This means no strenuous exercise, avoiding screens like television, computers, and your phone, and getting enough sleep. It may also mean taking time off from school or work, or avoiding situations with loud noise, bright lights, or crowds.

Monitor your symptoms carefully.—Take note of any symptoms you experience, when you experience them, and how severe they are. Are they consistent? Do they get worse in certain situations? All this information will be helpful when you talk with your doctor.

What are the symptoms?

It is not always easy to know if someone has a concussion. You don't have to pass out to have a concussion. Symptoms of concussion range from mild to severe and can last hours, days, weeks, or even months. If you notice any symptoms of a concussion, contact your doctor.

Thinking and remembering: not thinking clearly, feeling slowed down, not being able to concentrate, and not being able to remember new information.



RHEUMATOID ARTHRITIS

Rheumatoid arthritis (RA) is an autoimmune disease that causes pain, swelling, stiffness and loss of function in the joints. RA happens when the body's immune system turns and attacks the membrane lining the joints.

Rheumatoid arthritis usually occurs in a symmetrical pattern, meaning it affects the same joints on both sides of the body. It often affects the wrist joints and finger joints closest to the hand. RA can come and go—it can have periods of mild disease activity followed by flares where the disease gets worse. In some people, symptoms are constant.

Symptoms

- Tender, warm, swollen joints
- Symmetrical pattern of affected joints
- Wrist and finger joints closest to hand often affected
- Neck, shoulders, elbows, hips, knees, ankles and feet are sometimes affected
- Fatigue, occasional fevers, loss of energy
- Morning pain and stiffness lasting more than 30 minutes
- Symptoms last for many years
- Nodules sometimes form over bony areas such as elbows, ankles, or fingers. Can also form on organs such as lungs.
- Rashes are sometimes associated with RA. There are a wide range of different types of rashes that can occur with RA depending on your body's own autoimmune response.



Skin Disorders Related to Rheumatoid Arthritis

General skin changes associated with the disease may include thinning of skin, pale or translucent skin on back of hands, brittle nails that split and reddening of palms.

More specific changes that relate to RA include:

- *Subcutaneous nodules, neutrophilic dermatoses and interstitial granulomatous dermatitis*— These are just a few of the many possible skin disorders that can accompany rheumatoid arthritis.

Treatment

The goals when treating RA are to stop inflammation, relieve symptoms, prevent joint and organ damage, improve function, and reduce long-term complications for the patient. Doctors often take an early, aggressive treatment plan in order to achieve these goals.

Medications—Doctors will prescribe medications to both ease symptoms (NSAIDs) and to also inhibit damage to joints and organs.

- NSAIDs— include ibuprofen, ketoprofen, and naproxen sodium among others.
- Corticosteroids—these drugs, such as prednisone, are quick acting anti-inflammatories and help get damaging inflammation under control.
- DMARDs—(disease-modifying antirheumatic drugs) are drugs that work to modify the course of disease. These include methotrexate, hydroxychloroquine and sulfasalazine, just to name a few.
- Biologics—These are a subset of DMARDs and are injected or given by infusion. These target a specific step in the immune response. These can sometimes slow or stop the disease when other treatments cannot.
- JAK inhibitors—These are also a subset of DMARDs which block the Janus kinase or JAK, pathways, which are involved in the body's immune response. These can be taken by mouth, unlike biologics.



Surgery—Surgery may not be needed but can be an option for people with permanent damage to joints that limits daily activities and function.

We have your best interest at heart

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January Blood Pressure Clinics

3 *Shelbyville Senior Housing* 9:30-10 am
10 *Clarence Senior Citizens* 2-2:30 pm
18 *Shelbina Nutritions Site* 11-12 noon
19 *Bethel Fest Hall* 1:30-2 pm

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RECIPE OF THE MONTH

Ingredients:

4 to 5 chicken breasts fully cooked and diced
1 qt half & half
1 lb Mexican Velveeta
1 can chicken broth
1 can Mexicorn
1 lg (family size) can condensed cream of chicken soup
1 can chopped green chiles

Tortilla chips

Sour Cream

Directions:

Place broth, half & half, and Velveeta in crock pot. Stir occasionally until Velveeta is melted. Add remaining ingredients. Stir occasionally. Serve when heated through. Garnish with crumbled tortilla chips and sour cream as desired.

