

News 4 A Healthy Shelby County



Bleeding Disorders

March is National Bleeding Disorder Awareness Month. A bleeding disorder is any of a group of disorders that result when the blood fails to clot properly. Normally in the human body, platelets, a type of blood cell, stick together and form a plug at the site of injury to a vessel. Proteins in the blood then form a clot made of fibrin, or gel, which holds the platelets in place. This allows healing to occur and prevents blood from escaping from the vessel. The inability to form clots can be very dangerous and can result in excess bleeding.

Common Bleeding Disorders:

- Hemophilia
- Von Willebrand disease
- Hereditary hemorrhagic telangiectasia
- Sickle cell disease
- Thalassemia
- Vitamin K deficiency

Signs and Symptoms

These disorders are almost always inherited. Symptoms may include:

- Easy bruising
- Bleeding gums
- Heavy bleeding from small cuts or dental work
- Unexplained nosebleeds
- Heavy menstrual bleeding
- Bleeding into joints
- Excessive bleeding following surgery

Hemophilia—A rare, inherited bleeding disorder in which a defective gene on the X chromosome does not produce the clotting factor.

Von Willebrand Disease—An inherited disease caused when the blood lacks vital proteins that help in clotting. It is usually milder than hemophilia.

Hereditary hemorrhagic telangiectasia—A disorder caused when some blood vessels do not develop properly.

Sickle Cell Disease—A group of inherited red blood cell disorders.

Thalassemia—This is an inherited disease caused when the body does not produce a protein called hemoglobin.

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Many blood disorders are inherited.

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Walking & Biking On Roadways

Katie's Korner

As the weather starts to warm up everyone wants to get out and enjoy it. As a pedestrian you might want to know your rights while exercising on or along the roadway when there is not a sidewalk to travel on.

Bicyclist and pedestrian injuries and fatalities have steadily increased since 2009. The 5-year trend for bicyclist fatalities rose to 726 fatalities in 2012—the highest in 5 years. Pedestrian fatalities followed the same trend; rising to 4,743 fatalities in 2012. Additionally, 76,000 pedestrians and 49,000 bicyclists were injured in 2012.

Ways to stay safe while riding a bike:

- Never carry passengers.
- Walk your bike across busy intersections.
- Don't hitch rides on other vehicles.
- Give pedestrians the right-of-way
- Use horn or bell to warn those who may not see you.
- Don't perform stunts on streets or sidewalks.
- Keep both hands on the handlebars except when signaling.
- Wear light-colored or reflective clothing when riding after dark.
- Keep your bicycle in a safe condition.
- Always ride with caution and courtesy.

Helmets: Although not required by state law, wearing a bicycle helmet while riding is one of THE MOST IMPORTANT things you can do to protect yourself. Between 70-80% of fatal bicycle crashes involved head injuries. Statistics show bicycle helmets are 85-88% effective in reducing total head and brain injuries. Every “approved” helmet contains a dense liner that crushes and absorbs most of the energy upon an impact during a bicycle collision. The straps and buckle keep the helmet secure during a crash. All parts of the helmet work together to help prevent injury.

ALL bicycles ridden after dark must have the following:

- A white light mounted to the front of the bicycle or carried by the rider visible at 500 feet.
- A rear facing red reflector of at least two square inches or a red lamp visible at 600 feet.
- Reflective material and/or lights visible from the front and rear on any moving part of the bicycle's pedals or crank arms, or the bicycle's shoes or lower legs, which can be seen at 200 feet.
- Reflective material and/or lights on each side off the bicycle or bicyclist visible at 300 feet.

Riding a bicycle on the sidewalk within a business district is prohibited. When riding a bicycle elsewhere upon a sidewalk, the bicycle rider shall yield the right-of-way to any pedestrian and shall give audible signal before overtaking and passing any pedestrian. Bicycle riders, when riding upon a street or highway, are granted all the rights and are subject to all traffic regulations applicable to

drivers of motor vehicles, expect those that by their very nature do not apply.

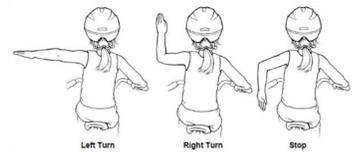
Bicyclist must do: Ride as near to the right side of the roadway as is safe, exercising due care when passing a standing vehicle or one proceeding in the same direction; expect when making a left turn, when the land is too narrow to share with another vehicle, or when on a one-way street. Bicyclist may ride abreast when not impeding other vehicles. Bicyclist must also obey all traffic signals and signs the same as required of drivers in other vehicles.

Hand Signals: Use hand signals whenever you plan to change directions, slow, or stop.

Left turn—extend left hand and arm parallel to the ground

Right turn: bend left arm upward at elbow forming a right angle to body

Slow or stop- extend hand and arm downward toward the ground.



Safety Tips for Pedestrians walking or running along the roadway:

- Pedestrians have the right-of-way at marked AND unmarked crosswalks; but use common sense.
- Look out for traffic in ALL directions; be especially careful of turning traffic at intersections.
- Give the motorist time to react; do not unexpectedly step out in front of a motorist.
- As a courtesy to other pedestrians, walk on the right-hand side of crosswalks.
- When no crosswalk is present, pedestrians crossing must yield to motorist and are to cross the road by the shortest route.
- Except where crosswalks are provided, pedestrians are not to cross streets between signalized intersections, in business districts or when prohibited by local ordinance.
- At railroad crossings and on bridges, follow operation signals and do not cross barrier or gate that is down.
- Pedestrians must use sidewalks if sidewalks are available.
- Where sidewalks are not present, pedestrians are to walk on the side of the road or shoulder. Walk on the left side, facing traffic, if possible.
- When walking at night, dawn or dusk, wear or carry reflective articles and/or carry a flashlight.
- Never be using your phone when crossing the road.
- If wearing head phones keep music low or only wear in one ear to listen for vehicles.

Spring Break Health and Safety

If you or someone you know is planning a Spring Break holiday, be sure to follow these tips to stay safe!



1. **Limit Alcohol.** Unfortunately, binge drinking has become a big part of Spring Break. Here are a few of the issues binge drinking can lead to:

- Alcohol poisoning
- Unintentional injury
- STDs
- Pregnancy
- Impaired driving
- Date rape

Stay sober. Stay in control. Stay safe.

2. **Be active.** Take this opportunity to enjoy the warm weather and fun activities outdoors such as walking on the beach, playing volleyball and swimming.



3. **Plan ahead.** If you are going outside of the United States, be sure to check the CDC website for any vaccinations that may be recommended and any other recommendations for your destination. Be sure your passport is up-to-date and be sure to make a copy of your passport in case it gets lost or stolen. Check to see if the area you are traveling to has any warnings about mosquito-borne or other illnesses.

4. **Protect yourself.** Sexual and physical violence is a real possibility when you

are among people you do not know. Be aware of your surroundings. Never allow yourself to be caught alone with someone you do not know!



5. **Water safety.** Always wear appropriate safety gear when out on the water. Do not consume alcoholic beverages while boating or swimming.

6. **Sun safety.** After being indoors all winter, be sure to wear sunscreen as well as UV protection sunglasses.

7. **Do something humanitarian.** Instead of a week of partying, why not spend a week doing something good for others? You and a group of your closest friends could spend time building a house through Habitat for Humanity.



8. **Stay hydrated.** You will probably spend a lot of time outdoors, which can dehydrate you quicker than you think. Make a point to drink extra water and other decaffeinated, nonalcoholic beverages each day.

9. **Relax.** Your body and your mind need time to just relax from the stress of school. Be sure to get good rest so you will be rejuvenated.

10. **Be Zika aware.** With Zika virus appearing in more and more places, it is important to consult the CDC website for more information before traveling to affected areas.

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**News 4 A
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We have your best interest at heart.

Recipe of the Month

If you, like me, are a farm wife looking for ideas of something quick, easy, and field-friendly, here is the answer to your prayers! For the next several months we will be featuring easy field-friendly recipes that are both quick and portable!

Pizza Cupcakes

Ingredients:

1 can refrigerated crescent rolls (seamless sheet)

1/2 cup pizza sauce

1 cup shredded mozzarella cheese

1/2 tsp garlic powder

Pizza toppings of your choice—pepperoni, ham, sausage, etc.

Directions:

Preheat oven to 375°. Spray 8 regular muffin cups with cooking spray. Cut crescent roll dough into 8 squares. Press into muffin cups. Sprinkle small amount of cheese into bottom of each cup and then top with 1 Tbsp pizza sauce. Add remaining pizza toppings and sprinkle with garlic toppings and top with remaining cheese. Bake 15-18 minutes. Cover with foil before transporting to field.



March Blood Pressure Clinics

7 *Shelbyville Senior Housing 9:30-10am*

14 *Clarence Senior Citizens 2-2:30pm*

15 *Shelbina Nutrition Site 11-12 noon*

16 *Bethel Fest Hall 1:30-2pm*

[Www.medlineplus.gov](http://www.medlineplus.gov)

[Www.cdc.gov](http://www.cdc.gov)

[Www.uwec.edu](http://www.uwec.edu)

[Www.health.iupui.edu](http://www.health.iupui.edu)

Field and Farm Series

Hawaiian Sliders

Ingredients:

4 oz sliced ham

1 4oz block marble jack cheese

1 pkg Hawaiian buns

1/2 cup butter

1 Tbsp minced garlic

1 Tbsp Worcestershire sauce

1/2 can pineapple slices

Directions:

Preheat oven to 350°. Slice Hawaiian buns in half as a sheet in 9x13 pan. Layer ham, cheese, pineapple and then add bun tops. In small saucepan, melt butter with garlic and Worcestershire sauce. Pour mixture over sliders. Cover the sliders with tinfoil and bake 30-40 minutes until butter is fully absorbed. I would recommend keeping covered and then cover with a towel in order to transport to the field.

