February is American Heart Month

Heart disease is a serious medical condition but knowing how to prevent or manage heart disease can help save your life or the life of someone you love. Find out how much you know about heart disease with this quiz.

1. True or False: Heart disease is the second leading cause of death in the United States?
   FALSE: Heart disease is the leading cause of death for both men and women. About 647,000 American’s die from heart disease each year— that’s 1 in every 4 deaths.

2. How many American adults have at least 1 of 3 key factors for heart disease?
   About half of all Americans (47%) have at least one of three key risk factors for heart disease: high blood pressure, high cholesterol or smoking.

3. How many heart attacks each year happen to people who have already had a heart attack?
   Every year about 805,000 Americans have a heart attack. Of these 200,000—or about one fourth—happen to people who have already had a heart attack.

4. Men and women can have different heart attack symptoms. What symptoms are more likely to happen to women than men?
   Women are more likely than men to experience nausea, unexplained tiredness, and jaw pain.

By making healthy choices such as eating a high fiber diet, you can lower your risk of heart disease.

Interesting Fact

Is there a difference between college and NFL footballs? Fans who pay attention to the ball will notice a subtle difference between the pro and college balls. While both levels use identically sized balls, college games are played with balls that have white stripes painted on either end. These markings supposedly make a passed ball easier to spot while it’s in flight.
February is National Children's Dental Health Month

Because developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums, the American Dental Association sponsors National Children's Dental Health Month each February. Now in its 63rd year, this month-long national health observance brings together thousands of dedicated dental professionals, health care providers and others to promote the benefits of good oral health to children and adults, caregivers, teachers and many others.

Parents and teachers can help kids celebrate and learn more about the importance of a healthy smile. The ADA offers free downloadable information, kid-friendly oral health worksheets and games on MouthHealthy.org, the ADA’s consumer website. Click on the For Kids tab on the left side of the page for a variety of age-appropriate activities, games and videos and presentations. There are also teaching guides that adults can use at home, in the classroom or in other community-based settings.

MouthHealthy.org also offers a variety of tools to help consumers learn more about oral health or address their concerns, including the new ADA Dental Symptom Checker. This new tool is designed to understand what your dental symptoms may mean so that you can make informed decisions about your dental health. Families who don’t have a regular dentist can use the ADA Find-A-Dentist online feature that uses a zip code search feature to help locate a dentist in their community. Dentist listings may include information like office hours, insurance accepted, languages spoken and photos of the dentists.

Teen Dating Violence Awareness Month

Dating abuse (also known as dating violence, intimate partner violence, or relationship abuse) is a pattern of abusive behaviors -- usually a series of abusive behaviors over a course of time -- used to exert power and control over a dating partner. Every relationship is different, but the things that unhealthy and abusive relationships have in common are issues of power and control. Violent words and actions are tools an abusive partner uses to gain and maintain power and control over their partner.

Any young person can experience dating abuse or unhealthy relationship behaviors, regardless of gender, sexual orientation, socioeconomic standing, ethnicity, religion or culture. It does not discriminate, it can happen to anyone in any relationship, whether it’s one that is casual or serious. Dating abuse is more common than you think. There are some warning signs that can help you identify if your relationship is unhealthy or abusive, including the examples below. Remember, the abuse is never your fault, and asking for help is nothing to be ashamed of. Teens and young adults experience the same types of abuse as adults, including:

- Physical Abuse: Any intentional use of physical force with the intent to cause fear or injury, like hitting, shoving, biting, strangling, kicking or using a weapon.
- Verbal or Emotional Abuse: Non-physical behaviors such as threats, insults, constant monitoring, humiliation, intimidation, isolation or stalking.
- Sexual Abuse: Any action that impacts a person’s ability to control their sexual activity or the circumstances in which sexual activity occurs, including rape, coercion or restricting access to birth control.
- Digital Abuse: Use of technologies and/or social media networking to intimidate, harass or threaten a current or ex-dating partner such as demanding passwords, checking cell phones, cyberbullying, non-consensual sexting, excessive or threatening texts or stalking on social media.
- Stalking: Being repeatedly watched, followed, monitored or harassed. It can occur online or in person, and may or may not include giving unwanted gifts.
- Financial Abuse: Exerting power and control over a partner through their finances, including taking or withholding money or prohibiting a partner from earning, or spending their money.

Have an upcoming event?
If you would like it in the monthly health monitor please contact Samantha Hesson at 740-732-4958 or Samantha.Hesson@noblecohd.org.
Chronic pain & falls: Don’t let pain stop you in your tracks

If you are in chronic pain, you probably don’t want to move around, much less exercise. But when you don’t move, you risk losing muscle strength that helps you keep your balance. You may also take medicines to treat your pain that can make you drowsy and less steady on your feet.

People with severe chronic pain are up to 79.2 percent more likely to fall than those without pain, according to an analyst in the journal Pain Medicine. Studies have shown that older adults are less likely than younger adults to talk to their doctors about chronic pain. Often, older adults feel that pain comes with age, and that reporting it is unnecessary. Pain is not a natural part of aging and experiencing pain severe enough to impact the way you live is not normal. Most conditions that cause chronic pain can be managed, and the pain controlled, in many cases without pain medicine.

Talk with your health care team about your pain and your history of falls to determine the best treatment options for you.

There are ways to cope with and reduce pain without medicine, such as relaxation exercises, and exercise and balancing activities. Visit www.steadyu.ohio.gov to find more falls prevention tips, tips to manage pain and resources to make your home a falls free zone.

National Condom Week February 14-21, 2020

The Reproductive Health and Wellness Program of the Noble County Health Department encourages people to make their sex life safe, healthy, and pleasurable by talking with their partners about using condoms consistently to help protect against sexually transmitted infections (STIs) and unintended pregnancies. Getting comfortable talking about safer sex and using condoms is one of the best ways people can take care of their health—and their partner’s.

Condoms are a good way to feel more relaxed about your sex life. Many people say they find sex more enjoyable when they use condoms because they aren’t worrying about STIs or unintended pregnancy. To help have this conversation with a partner, you can:

- Talk before you have sex. Practice what you’re going to say beforehand, then, choose the right time to talk — which is best done before things get hot and heavy.
- Know that it is never too late to start using condoms. Even if you didn’t use a condom the first time, you can start at any time and still help prevent problems.
- Be direct about what you want and why. Condoms are very effective at preventing pregnancy; they’re also the only type of birth control that also helps protect against STIs. Stress that sex without protection is not an option because you and your partner’s health and safety matter.
- Talk about how using condoms can enhance your sex life. Condoms can help you relax and enjoy yourself. People who use condoms rate their sexual experiences as just as pleasurable as people who don’t.
- Make a plan. Decide who will buy condoms and make a plan to use them every time. There are many condom varieties to choose from (non-latex, FC2 internal condoms, flavored, colored, ribbed) to meet your (and your partner’s) needs.

Using condoms correctly and consistently provides the best protection against sexually transmitted infections. Rates of sexually transmitted infections remain a major problem in this country. Every year, there are approximately 20 million new STIs in the U.S., half in young people ages 15-24. Many people who have an STI don’t know it, since many STIs cause no noticeable symptoms.

The Reproductive Health and Wellness Program is here for you with education, resources, and guidance on how to use condoms correctly, how to talk about condom use with your partner and can also provide condoms free of charge. You can also get tested for STIs at the health department. For more information call 740-732-4958.