

FEBRUARY

Health Observances

Mayor's Office for
People with Disabilities



- 2.5 million US women are hospitalized for cardiovascular illness (CV) each year.
- 500,000 women die each year from cardiovascular disease (vs. 446,000 men.)
- 1 in 2 women will die of cardiovascular disease.
- Every 30 seconds 1 woman in the US dies from CV disease.

Why are triglycerides important in the recognition of cardiovascular disease precursors?

Triglycerides are a unique marker that works in tandem with identified risk factors for heart disease, stroke and other chronic disease processes.

This risk is doubled when an individual also has low HDL-cholesterol (this is the positive cholesterol) and elevated levels of LDL-cholesterol (this is the negative cholesterol) along with Type 2 diabetes risk factors.

Even if you are tested and your triglyceride levels are normal, eating too many simple sugars (these are the refined grains, added sugars and alcohol intake) triglycerides will naturally compound and increase.

Visceral obesity, that fat that lies deep inside your abdomen, referred to as the “muffin top” or “spare tire” near the waistline, can be a tale-tale sign of high levels of triglycerides.

This is critical, as this visceral fat is strongly linked to insulin resistance and can be a pre-cursor to many risk factors including cardiovascular disease and diabetes.

February is Women’s Heart Health Month

AMD/Low Vision Awareness Month



LOW VISION - is a term commonly used to mean partial sight, or sight that is not corrected with contact lenses or standard glasses. Vision is still functional but the degree of loss interferes with the ability to perform daily activities. The severity of the loss can be moderate to almost total blindness. Low vision can be caused by an eye injury or various eye diseases. Common causes of low vision include:

CATARACTS - causes vision to be hazy

MACULAR DEGENERATION - effects central vision

Macular degeneration, often called AMD or ARMD (for age-related macular degeneration), is a leading cause of vision loss and blindness, affecting 1.6 million Americans age 50 and older. More than 17,000. The problem is growing: the National Eye Institute says that Americans with moderate to severe AMD will number 17 million by 2020, more than double the current figure.

DIABETIC RETINOPATHY - causes distorted or blurred vision

GLAUCOMA - loss in peripheral vision and difficulty seeing at night.

www.preventblindness.org



Did you know that outside of brushing and regular visits to the dentist, a child's diet is the most important part of preventing cavities, gum disease, and many other common childhood ailments?

“By far, the best habit you can establish in your home is the practice of drinking water. Other beverages, especially sodas and artificially flavored juices, expose your child's teeth to sugar, a leading cause of tooth decay.

Many beverages, including some fruit juices, also contain acid that will actually de-mineralize teeth. In comparison, water is the one drink that neither clings to the surface of the teeth nor reacts with it.”

Additionally, water is "nature's solvent" or cleanser. When a child eats, small particles of food become trapped between the teeth and along the gum lines. Following each meal with a glass of water helps rinse away trapped food that would soon introduce bacteria to the mouth. Better yet, older children can be taught to "swish" with water after snacking or meals to cleanse their teeth and gums.

February 1, 2013 is
NATIONAL WEAR RED DAY®
www.nhlbi.nih.gov/health/hearttruth



Each year, the first Friday of February is a day when we call attention to the #1 killer of women: heart disease.

Taking good care of your heart means controlling your risk factors for heart disease, - such as high blood pressure, high blood cholesterol, diabetes, smoking, physical inactivity, and being overweight. Having just one risk factor increases your risk of developing heart disease,, and your risk skyrockets with each added risk factor.

National Wear Red Day reminds women and those who love them to take action against heart disease. It urges women to eat healthier, be more physically active, and talk to their doctors about their personal risk for heart disease.

Lil' Rustlers Rodeo

February 28, 2013 5:00 pm
Main Area in Reliant Center 8334 Fannin



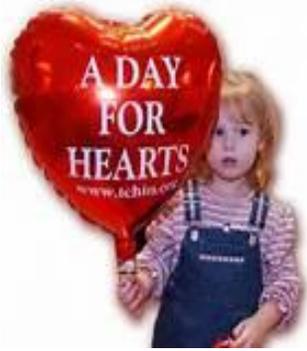
Fear is not an obstacle for a rodeo contestant of any kind. This is apparent when professional rodeo cowboys partner with special youngsters 4 to 10-years-old for the Lil' Rustlers Rodeo.

The kids, who have intellectual and developmental or physical disabilities, participate in a barrel race with stick horses, steer roping and bull riding. Even though the "steer" is a friendly-looking plastic head mounted on a bale of hay, and the "bull" is a big plush see-saw rocked by cowboys, the thrills and smiles are all genuine.

The Houston Livestock Show and Rodeo Special Children's Committee interfaces with schools and social service agencies that sponsor organized groups to attend Lil' Rustlers Rodeo. If your child would like to participate, contact your child's school district's special education department or a support association that serves their children with disabilities..

Congenital Heart Defect Awareness Week

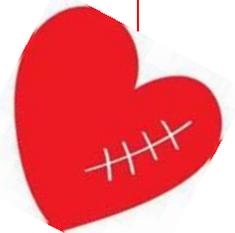
February 7 - 14



Congenital Heart Disease is considered to be the most common birth defect, and is a leading cause of birth-defect related deaths worldwide.

Despite the fact that CHD affects approximately 1.8 millions families in the U.S., a relatively small amount of funding is currently available for parent/patient educational services, research, and support.

Help raise public awareness about conditions that affect approximately 40,000 babies each year in the United States alone. An educated public will result in improved early diagnosis, additional funding for support and educational services, scientific research, and access to quality of care for our children and adults.





National Burn Awareness Week

February 3-9, 2013

The two most at risk populations are children under the age of five and adults over 65. According to The Burn Institute, scalds cause approximately 40% of all burn injuries, and 53% of all burn injuries to children under 10 treated at the UCSD Burn Center.

Remember:

- Lower the temperature setting on water heaters to 120° F (49° C) or less
- When filling the bathtub turn on cold water first then mix in warmer water carefully
- Check the water temperature by rapidly moving your hand through the water and if it feels too hot for an adult, it is too hot for a child
- Always supervise children in the kitchen and dining areas
- Keep pot handles turned inward and use oven mitts or potholders when handling
- Keep clothing from coming in contact with flames or heating elements
- Provide a “No-Kid Zone” while preparing and serving hot foods