

# Positive Pulse Wellness Newsletter

Volume 5, Issue 2

2018 Quarter 2



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**Step It Up**

Step It Up is a program promoted by the Surgeon General to encourage better health habits. The Center for Disease Control (CDC) recommends that adults get at least 150 minutes of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity physical activity each week. The guidelines recommend that children and adolescents be active for at least 60 minutes each week. Following these guidelines can contribute to overall health, and decrease the risk of chronic disease such as heart disease, cancer, or diabetes. **Walking** is a great way to get the physical activity needed. No special skills, gym membership, or expensive equipment are required, so find a buddy and start walking!



**MAKE HEALTHY HOLIDAY PLATES** ChooseMyPlate.gov

**Healthy Plate Tips For Holiday Survival**

- \* Fill appetizer plates with vegetables.
- \* Keep healthy snacks with you when you are on the go.
- \* Fill dessert plates with fruits.
- \* Make a healthy plate for lunch and dinner.
- \* Eat a healthy snack plate with fruits and vegetables before going to parties.

<b>Vegetables</b> Fill half your plate with fruits and veggies to holiday colors.	<b>Fruits</b> Fruits add color, spirit and flavor to desserts.	<b>Grains</b> Make stuffings with whole grain bread and brown rice.	<b>Protein</b> Turkey breast is always the leanest holiday choice. Keep the gravy low in fat.	<b>Dairy</b> Yogurt makes a great party dip. Blend skim milk with bananas to make a healthy, smoothie-like banana pop.
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- Holiday-Proof Your Plan**
  - Eat close to your regular meal times.
  - Offer to bring a healthy dish to a party.
  - If you have a sweet treat, cut back on other carbs.
  - Don't skip meals.
- Outsmart the Buffet**
  - Have a small plate of the foods you like best; then move away from the buffet table.
  - Start with veggies to decrease your appetite.
  - Eat slowly.
  - Avoid or limit alcohol.
- Fit in Favorites**
  - Choose the dishes you really love.
  - Slow down and savor a small serving.

# Winter Safety

## Winter Driving



## Winter Travel



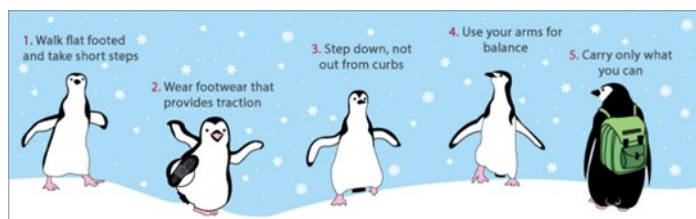
## Winter Safety at Home



The Centers for Disease Control and Prevention encourages people to:

- \* Winterize your home.
- \* Check your heating systems.
- \* Prepare your car.
- \* Equip in advance for emergencies.
- \* Dress appropriately for the weather.
- \* Be aware of weather conditions.

For more information:  
<https://www.cdc.gov/features/winterweather/index>.



Walk safely with your walking partner.

## Give a Gift to Yourself



### Get screened — Early Detection Saves Lives

Screening means checking your body for cancer before you have symptoms. Getting screenings tests regularly may find cancers early, when treatment is likely to work best.

- **Cervical Cancer.** The Centers for Disease Control and Prevention (CDC) recommends a Pap test at age 21 with those with normal results having a Pap test every 3 years. Women 30-65 may be recommended to have a Pap test, HPV test, or both. If a Pap test is normal, women may wait 3 years until their next test, if a HPV result is normal, women may wait 5 years until the next screening. Women over 65 may not need to be screened if they have had normal screenings for several years.
- **Breast Cancer Screening.** The guidelines provided by Susan G. Komen Great Plains include clinical breast exams at least every 3 years starting at age 20 and annually starting at age 40 and mammograms every years starting at age 40 if you are of average risk. Women under 40 at risk may have mammograms earlier.



*Give a gift to yourself*

*Choose health*

*Get screened*

### Clinical Breast Exam Screening Day

**December 10, 2015,  
9:00-12:00 a.m.**

**West Central District  
Health Department,  
111 N. Dewey, North Platte**

#### Screening recommendations

- 20 and older – clinical breast exam
- 40+ and under 40 with risk factors—clinical breast exams and mammograms

Ask your health care provider what is recommended for you.

Most insurance plans provide coverage for exams.

If you are uninsured, our program with Susan G. Komen Great Plains can help.  
For appointments or questions, contact Janet: 308-221-6823, livingstonj@wcdhd.org

Thanks to Dr. Emily Jones and Susan G. Komen Great Plains.



- **Colorectal Cancer Screening.** The U.S. Preventive Services Task force recommends screening for adults age 50-75. Those at risk may be screened earlier or after age 75. Screenings tests include: Stool tests including FOBT, FIT and FIT-DNA tests done at home every 1-3 years, flexible sigmoidoscopy which is a scope of the lower third of the colon done with a lighted tube every 5-10 years, or colonoscopy which is a scope of the entire colon and is done every 10 years. Your doctor may recommend more frequent screenings depending on history and symptoms.
- **Lung Cancer Screening.** A low-dose computed tomography is recommended yearly by the U.S. Preventive Services Task Force for people who have a history of heavy smoking, smoke now or have quit within the past 15 years, and are between the ages of 55 and 88.

**Questions? Contact Brandi at WCDHD at 308-530-8089 or [lemonb@wcdhd.org](mailto:lemonb@wcdhd.org) for more information or for assistance to schedule a screening.**