

CHRONIC DISEASES NEWSLETTER

QUARTELY NEWSLETTER
JOPLIN CITY AND JASPER COUNTY

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Awareness Months

- ◆ April - Stress
- ◆ May— Stroke
- ◆ May—Asthma

WHAT IS ARTHRITIS?

Arthritis literally means joint inflammation. But the term is often used to refer to any of the more than 100 diseases that affect the joints.

Currently, there are 46 million people diagnosed with arthritis in the United States. The most common types are:

Osteoarthritis

A condition in which the joint cartilage – the tough, smooth, shock-absorbing tissue that covers the ends of the bones where they meet – breaks down, causing pain and stiffness.

Rheumatoid arthritis

(RA)– A condition in which

the body’s immune system attacks the thin membrane that lines the joints, causing pain, swelling, inflammation, redness, heat and, if not stopped, joint destruction.

Arthritis and heart diseases often occur simultaneously. In fact, a recent study found that arthritis affects 57 % of adults with heart disease. And in the case of patients with RA, the incidence of heart disease is much higher. RA is actually a separate risk factor for heart disease just like high cholesterol, diabetes and high blood

pressure.

Source: <http://www.arthritis.org/heart-disease-connection.php>



PROTECTING YOURSELF AGAINST CHRONIC KIDNEY DISEASE

Kidney disease is the 9th leading cause of death in the U.S., responsible for the death of more than 48,000 people in 2008. In 2000, more than 26 million U.S. adults had chronic kidney disease and most of them were not aware.

Some common causes of kidney disease include diabetes and high blood pressure. However, most people with kidney disease are not aware of their condition. Because chronic kidney disease often develops slowly and with few symptoms, many people with the condition don't

realize they're sick until the disease is advanced and requires dialysis.

Diabetes is the leading cause of chronic kidney disease. High blood sugar can cause damage to the kidneys. *(cont'd in pg.2)*



HEALTHY FOOD HABITS

The food you eat can have a major impact on your health. Smart food choices help provide the energy you need to enjoy life and all it has to offer. In addition, eating smart can reduce your risk for diseases such as heart disease, stroke, diabetes, certain types of cancer and osteoporosis.



Making Healthier Choices . Go for whole grains:

Have a bowl of oatmeal or ready-to-eat whole grain cereal for breakfast. Try brown rice or whole wheat pasta for lunch or dinner. Substitute whole wheat or oat flour for up to half the flour in recipes for breads,

pancakes, cakes and cookies. Popcorn makes a great snack, but keep butter and salt to a minimum.



Vary your vegetables:

Eat fresh vegetables in season or use frozen or canned vegetables for a quick side dish. Plan some meals around a vegetable main dish such as soup, stir fry or veggie pizza. Keep washed and cut up vegetables in a container in the refrigerator for a quick and easy snack.



Focus on fruits:

Buy fresh fruits in season or try dried, frozen or canned

fruits (in 100% fruit juice). Keep a bowl of whole fruit on the table, counter or in the refrigerator for a convenient snack. Fruit makes a great dessert.



Pour in the low-fat dairy:

Drink fat-free milk with meals. Add fat-free or low-fat milk instead of water when making oatmeal and other hot cereals. Try low-fat or fat-free yogurt as a snack. Top casseroles, soups, stews and vegetables with shredded low-fat cheese.



Go lean on protein:

Select the leanest cuts of beef (top or bottom round, top sirloin, chuck shoulder and arm roasts) and pork (loin, tenderloin, center loin and ham). Choose ground beef that is at least 90% percent lean. Remove the skin from chicken before cooking or buy skinless chicken parts. Trim away all visible fat before cooking meat and broil, grill or roast instead of frying it. Eat more fish, especially salmon and trout. Use dry beans or peas in a main dish.

Source:

<http://www.lifedependsonit.com/details.aspx?navid=452>

(CONT'D FROM PG 1) PROTECTING AGAINST CHRONIC KIDNEY DISEASE

If you have diabetes, controlling blood sugar and blood pressure reduces the risk of developing kidney disease or may slow its progression. People with diabetes should have an A1C test, which measures the average level of blood sugar over the past 3 months, at least twice a year, but ideally up to four times a year.

High blood pressure can also damage your kidneys. If your blood pressure is high, check it regularly and get it under control to make sure your kidneys remain healthy. Talk to your doctor on ways to lower your blood pressure.



Infections and Kidney Damage

Infections that affect the bladder and kidney can damage your kidneys. Call your health care provider if you have; cloudy or bloody urine, pain or burning when you urinate, an urgent need to urinate often, back pain, chills, fever etc.

Remember chronic kidney disease could lead to dialysis (filtering the blood through a machine) or kidney transplantation.

Source:

<http://www.cdc.gov/Features/WorldKidneyDay/>

CHOLESTEROL AND HEART DISEASES AND STROKE

High cholesterol is a risk factor for heart disease – the number-one cause of death in Missouri, and stroke – the state's third leading cause of death. Keeping your cholesterol under control can decrease your risk of having a heart attack or a stroke. About 39.5 % of adults in Missouri have high cholesterol.

What is cholesterol?

Cholesterol is a waxy, fat-like substance found in your body. Cholesterol helps the body function normally, but when you have too much of it, the excess is deposited in your arteries, which supply blood to vital organs including your heart and brain. This can lead to narrowing of the arteries and heart disease. High blood cholesterol has no symptoms.



A simple blood test called a lipoprotein profile will indicate if your cholesterol is high. Adults over the age of 20 should have the test at least every five years to monitor their cholesterol levels. The test will indicate your:

- ◆ Total cholesterol level
- ◆ LDL cholesterol (bad cholesterol) – creates the main source of cholesterol buildup and blockage in arteries
- ◆ HDL cholesterol (good cholesterol) – helps keep the cholesterol from building up in your arteries
- ◆ Triglycerides – another form of fat in the blood

You must fast between 9 and 12 hours before the lipoprotein profile test is done.

When is cholesterol considered high?

- ◆ A total cholesterol level of less than 200 is desirable.
- ◆ A level of 200 to 239 is borderline high, while a level of 240 and above is considered high.

How can high cholesterol be controlled ?

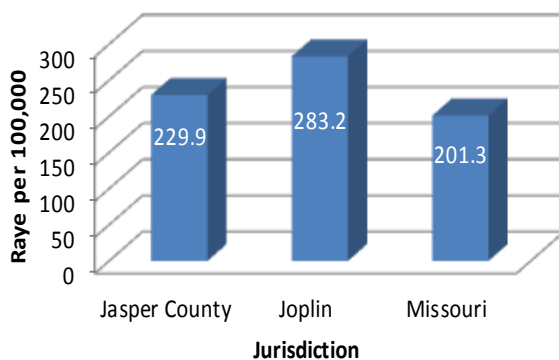
You can do some things to keep your cholesterol at a healthy level:

- ◆ Know your cholesterol numbers.
- ◆ Take your medication as prescribed by your physician.
- ◆ Be physically active at least 30 minutes a day.
- ◆ Eat a healthy diet to maintain a healthy weight.
- ◆ Avoid smoking and excess alcohol use.

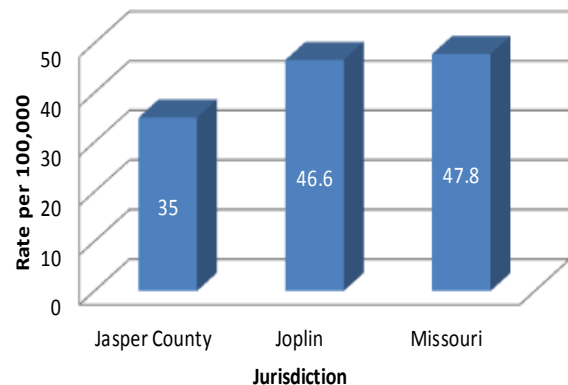
More information can be found at: - <http://www.dhss.mo.gov/living/healthcondiseases/chronic/heartandstroke/cholesterol.pdf>

RATES OF DEATH DUE TO STROKE AND HEART DISEASE

Rate of Death Due to Heart disease: 2009



Rate of Death Due to Stroke, 2008



Source: Missouri Information Community Assessment, MICA

HEALTH DEPARTMENTS

Joplin City Health Department
321 E. 4th Street,
Joplin, MO. 64801
417-623-6122
www.joplinhealthdepartment.org

Jasper County Health Department
105 Lincoln St.
Carthage, MO. 64836
417-358-3111
Toll Free: 1-877-879-9131
www.health.jaspercounty.org

Any question or comment about the
newsletter, please contact;
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Community Events

ARTHRITIS AWARENESS WORKSHOP—April 30
St. John's Regional Arthritis Center, Springfield - free
9:00 a.m. – 11:45 a.m. Saturday,
1-800-909-8326.
Registration deadline: April 25.

FREEMAN STROKE SUPPORT—March 17

College View Manor
3828 College View Drive
3 – 4 pm Thursday
417-347-1234

FREEMAN DIABETES SUPPORT GROUP—March 21

Freeman Hospital East Conference Room
932 East 34th Street
5:30 – 6:30 pm
417-347-5833
417-347-5837

FREEMAN HEART SUPPORT GROUP—March 29

Freeman Heart & Vascular Institute Conference Rooms A – B
1102 West 32nd Street
6 – 7 pm Tuesday
417-347-3533

HEART HEALTH

Having high blood pressure or high blood cholesterol, smoking, and having had a previous heart attack, stroke, or diabetes can increase your chances of having a heart attack.



Lower Your Risk for Heart Disease

Everyone can take steps to lower their risk for heart disease and heart attack. It's time to get serious about adding a healthy diet and exercise into your daily life. A healthy lifestyle of eating healthy, staying active, being smoke-free, and getting regular check-ups is your best weapon to fight heart disease.

Risk Factors: Heart Disease

Know the risk factors that may increase your chances of getting heart disease.

- Alcohol
- Blood Cholesterol Levels
- Diabetes
- Diet
- Heredity
- Obesity
- Physical Activity
- Tobacco Use

Act Immediately

It is important to recognize the signs and symptoms of a heart attack and stroke and to act immediately by calling 911. A person's chances of surviving are increased if emergency treatment is given as soon as possible.

Rate of Death: Heart Diseases (09)

- ◆ Joplin City—283.2 per 100,000
- ◆ Jasper County - 229.9 per 100,000
- ◆ State of Missouri—201.3 per 100,000

Source: CDC and MICA, DHSS

Even if you're on the right track, you'll get run over if you just sit there."~ Will Rogers