

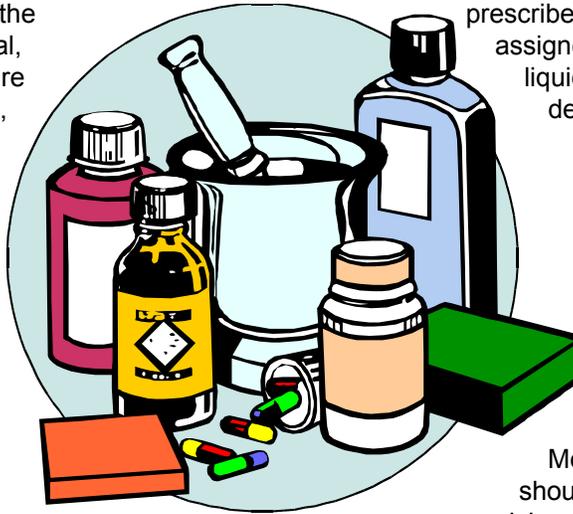


Prudence Helps Medicines Work For You

Chocolate and peanut butter. Cookies and milk. Vinegar and oil. Many different things mix together perfectly to create something even better! However, too much of a good thing can cause harm, and many of the medicines we take every day are not safe to combine with certain foods, drinks or other drugs.

When used properly and under the supervision of a medical professional, medicines can do great things — cure infections, prevent chronic diseases, and ease pain. Problems occur when you mix these medications by not reporting what you're taking to your doctors or when the medicines are used differently than when they were prescribed. Additional adverse drug events can be caused when labels are misread and overdoses occur.

It's important to talk with your health care provider to discover the proper means for taking the medicines you are prescribed. First, discuss any questions you may have with your doctor and pharmacist to learn of any side effects and to recognize how a medication may affect you. Follow the directions on the label and read all warnings to gain a better understanding as to how and when to take your medication. To prevent overdosing and ingesting the wrong pill, make certain to turn on a light before taking it.



Finally, when taking antibiotics, you must take all of the medication prescribed (even though you may be feeling better) to help minimize resistance.

Patients are assigned specific doses of medicines to maximize effectiveness and to minimize the opportunity for harmful effects. Whether it's an over-the-counter or a prescribed medicine, use the exact amount assigned at the designated time. If using liquid medicines, be sure to use the delivery device that comes with it to help ensure the right amount. Some dosages are based upon the weight of the individual, so be sure to know this before giving medications to yourself, children or others.

Although harmless on their own, some foods and beverages can minimize benefits or could possibly even hurt you when used at the same time as certain drugs.

Most recognize that alcohol and drugs should never be mixed, but did you know mixing grapefruit juice and blood-pressure lowering drugs can enhance side-effects or that taking Vitamin E and blood-thinners (like Coumadin) can increase bleeding risks? To reduce these risks and others, be sure to talk about all the foods you usually eat with your doctor and pharmacist.

Click for additional tips on preventing [accidental overdoses](#) or [adverse drug interactions](#).

From the Director



Gil Copley

In April of 2006, I wrote about how St. Charles County was a big part of my growing up even though I lived in St. Louis County during those years. As we've enjoyed a very mild winter season, and with Spring on the way, I decided to republish those thoughts with a few additions. Since 2006, the point I made about the activities I described as being related to healthy outdoor activity and the benefits of enjoying the resources and beauty of St. Charles County, we have seen a robust park system spring up to provide many more opportunities for enjoying the natural beauty of this county. To see what our park system has to offer, you can visit the Parks Department webpage at <http://parks.sccmo.org/parks/>. You will immediately see that our relative new system of parks has something to offer for pretty much anyone who wants to be outdoors. So here, with a few edits and additions, are my thoughts from 2006.

I am going to take a departure from strictly public health topics this month to share reflections on my past connections to St. Charles County.....

To continue reading this article, click on [From the Director](#)



What Does Community Health Do For You?

Vital Records Provides Birth, Death Records For Missourians

If you're seeking copies of your family's birth or death certificates, the Vital Records division offers a convenient solution. The program provides these important documents for a small fee through the department's office at 1650 Boone's Lick Road in St. Charles or online at www.scchealth.org (for an additional charge).

"We offer this service for all Missourians — whether they're St. Charles County residents or not — as a convenient means for obtaining these documents that have increased in importance with recent requirements," said Department Director Gil Copley. "Now that proof of identity is required to travel abroad and to renew a driver's license, it is even more important to have an accurate and certified copy of a birth certificate. By visiting our website or by completing the application in person at our office, a citizen can obtain most Missouri birth or death certificates from us in just a few minutes."

To obtain these records, an individual or family member must complete an application. Birth records can be obtained for any immediate family member born in Missouri since 1920. Death certificates are available for any family member's death that occurred in Missouri since 1980.

Copies of birth certificates are \$15, and death certificates are \$13 (\$10 for each additional death certificate copy ordered at the same time). An additional fee is charged for online orders. The department accepts cash, money orders, checks (with proper identification) and credit cards (for online orders only) for payment of these records. **CASH IS NOT ACCEPTED AS PAYMENT FOR MAILED APPLICATIONS**

For information about this convenient service, please call 636-949-7558 or click [HERE](#).



HEALTHY RECIPES

Each month, we'll take a traditional recipe and offer a healthy alternative. This time, we're offering something that can you can serve for breakfast, lunch or dinner.

Spanish Omelet

Recipe makes five wedges. One serving contains 260 calories, 10 grams of fat (3.5 grams saturated fat), 240 mg of sodium, 30 grams of carbohydrates, 135 milligrams of cholesterol and 16 grams of protein.

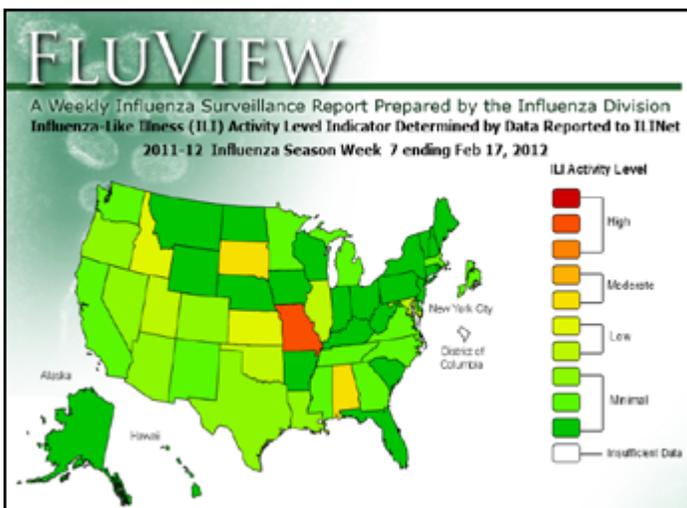
Ingredients

5 small potatoes, peeled and sliced
1/2 medium onion, minced
1 small zucchini, sliced thin and chopped
1 1/2 cups green and red peppers, sliced thin and chopped
5 medium mushrooms, chopped
3 whole eggs, beaten
5 egg whites, beaten
3 ounces of shredded, part-skim mozzarella cheese
1 Tbsp, low-fat Parmesan cheese
Vegetable cooking spray
Pepper, herbs and salt - to taste

Steps:

1. Preheat oven to 375° F.
2. Boil water and cook potatoes until tender.
3. In a non-stick pan, add vegetable spray and warm at medium heat.
4. Add onion to pan and saute until brown. Add other vegetables and saute until tender (do not brown).
5. In a medium mixing bowl, beat eggs and egg whites together - adding pepper, salt, herbs and mozzarella cheese. Stir cooked vegetables into bowl with the egg-cheese mixture.
6. Spray a 10-inch pie pan with vegetable spray. Add potatoes and egg mixture to the pan. Sprinkle with Parmesan cheese and bake at 375° F until firm and brown on top (about 20 to 30 minutes).
7. Remove omelet from oven and let cool for five minutes. Cut into five wedges and serve.

(Recipe courtesy of *Tasty Recipes* by the CDC)



Helpful Phone Numbers

Division of Public Health (636) 949-7400	WIC (636) 949-7402
Immunizations (636) 949-1857	Recycle Works Central (636) 949-1800
Vital Records (636) 949-7558	Recycle Works West (636) 949-1800
Health Education and STD Clinic (636) 949-7401	Division of Humane Services Pet Adoption Center (636) 949-7387
Division of Environmental Health and Protection (636) 949-1800	Animal Control (636) 949-7347

Get In Shape Through A Healthy Plate

To encourage variety in daily meals and to support the spread of healthy diets, the Academy of Nutrition and Dietetics celebrates March as National Nutrition Month®. This year, the theme is "Get Your Plate in Shape," which emphasizes the need for all four food groups and fewer calories.

Started in 1973 as a week-long event, the observance grew to a month-long celebration in 1980 as a result of public interest in nutritional benefits. Along with the month's focus, the second Wednesday in March is now declared Registered Dietician Day.

Every day, we need a combination of foods to give us the right nutrients that improve our bodies. A variety of fruits, vegetables, meats, dairy products and grains eaten in the proper amounts will give us the energy and strength to go about our lives.

Experts at the Academy of Nutrition and Dietetics suggest several ways to ensure the proper balance:

- Devote half of each plate to fruits and vegetables - especially dark green, red and orange vegetables
- Make at least half the grains you eat whole



- Switch to fat-free or low-fat milk - get the same amount of calcium and other nutrients with half the fat/calories.
- Vary your proteins - keep portions small and choose from a variety of options, especially seafoods and fish
- Diminish sodium intake - season with herbs and spices instead of salts
- Eat smaller portions - use a smaller plate to shrink the number of calories

For additional resources to help make healthy food choices, click [HERE](#).

Did You Know?????

St. Charles County's Recycle Works centers collected more than two million tons of material in 2011, raising the total amount collected since 1990 to nearly 35 million pounds!



Kids Across America Get Together To Kick Butts

On March 21, elementary, middle and high school students across the country will organize Kick Butts Day events to fight youth tobacco use. These young people will participate in a variety of activities, such as marching to state capitals and holding rallies; meeting with elected officials; and holding flash mobs in busy community spaces. In 2011, thousands of kids carried out events across the United States, and this number is expected to increase this year.

"Kids are a powerful part of the solution to reducing youth tobacco use," said Matthew L. Myers, president of the Campaign for Tobacco-Free Kids, which coordinates Kick Butts Day. "For Kick Butts Day 2012, kids are sending two important messages: they want the tobacco industry to stop targeting them with advertising, and they want elected leaders at all levels to do more to protect them from tobacco."



Tobacco use is the leading preventable cause of death in the United States, killing more than 400,000 people every year. Every day, more than 4,000 kids try their first cigarettes, and another 1,000 kids become addicted smokers — one-third of whom will die prematurely as a result.

The Health Education program does its part to combat tobacco use among local adolescents by providing comprehensive tobacco education for local schools and youth-based organizations. Educating young people about the short- and long-term consequences of tobacco use is an important first step in preventing youth initiation.

For more information about the Kick Butts Day event, what your school/organization can do to help or to schedule tobacco education classes contact Public Health Educator Brittany Camacho at 636-949-7400 ext. 6255/ bcamacho@sccmo.org. For information on the national initiative, visit the [KICK BUTTS DAY](#) website.



St. Charles County is on Facebook! Become a fan: www.facebook.com

Follow us!

@SCCHealth

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Pep Up Your Home With a New Puppy

Aside from being among the cutest and most loyal animals in the world, a puppy can bring a lifetime of joy and laughter to a home. In addition, studies show that dogs encourage people to exercise more, enhance family relationships, promote social interaction and improve emotional health.

While searching for the right dog to join your household, it's important to consider a few questions. First, are you seeking a specific breed? Second, how big do you want your dog to be as an adult? Lastly, how much time can you devote to the dog and what type of activity level are you seeking?

This month is a perfect time to visit the [PET ADOPTION CENTER](#), located at 4850 Mid Rivers Mall Dr. in St. Peters, to find



the perfect pet for you. Canines of many breeds, sizes, and ages are waiting to find their forever home with you.

While other centers or breed-rescue groups may charge adoption fees of \$100 or more, the Pet Adoption Center offers an outstanding value. Puppies can be adopted for \$60, while adult dogs are \$50. The adoption fee includes a thorough health examination, initial vaccinations, spay or neuter service, temperament education, and microchipping.

The Pet Adoption Center is open Monday through Friday from 10 a.m. to 5 p.m. Hours are extended on Wednesday from 10 a.m. to 6:30 p.m. The center is also open on Saturday from 10 a.m. to 4 p.m.

For more information about the St. Charles County Pet Adoption Center, please call (636) 949-PETS (7387). To see photos and descriptions of animals available for adoption in St. Charles County, please click [HERE](#).

Are You Prepared For The Next Emergency?

St. Charles County is exposed to a variety of both natural and man-made hazards. Knowledge about such events provides you with an understanding of what to expect. Once you understand what to prepare for, a plan of action in pre-arranged steps can guide you and your family more safely through all types of emergencies.

To help us to recognize the various natural disasters that commonly arise in the spring and summer months, Missouri has declared March 12-16 as [SEVERE WEATHER AWARENESS WEEK](#). On Monday, it's advised to speak with your family on the various weather threats we may face and how you would react if these occurred. Tuesday will focus on tornado safety, with a

state-wide tornado drill planned. Wednesday's activities will focus on flash flood safety, and Thursday will emphasize safety during a thunderstorm. The benefits of a NOAA weather radio and the importance of staying informed during an emergency are the main themes on Friday.

Another important part of your emergency plan is the creation of a supply kit that will help sustain you and your household until further help arrives. Missouri's [READY IN 3](#) suggests that this kit contain

supplies to last you, your family and your pets for up to three days. A well-stocked emergency kit contains one gallon of water per person, per day, non-perishable food, a manual can-opener, a first aid kit, a battery powered radio, a flashlight, extra batteries, a way to communicate with friends and family, medicines, and additional comfort or safety items you may need.



A well-stocked kit will help sustain you during an emergency situation.

SPRING FORWARD

CHECK FIRE ALARMS
after setting
your clock ahead
for Daylight Savings
on March 11!

A close-up photograph of an analog clock face, tilted slightly, showing the time as approximately 11:50.