

Discover Family Health History To Protect Yourself

While sitting down with loved ones during Thanksgiving, we relive cherished family memories. In addition to recounting long-shared tales, this happy gathering also provides a great opportunity to discuss your family's health history, which is why the state of Missouri has declared November as Family Healthy History Month.



You might not have realized that your great-uncle's diabetes could affect you and your family, but discovering this information may help save you or your child. Your doctor can use this information to suggest screening tests that can safeguard your family against genetically-influenced disorders or detect ailments at their most treatable stages. And, because families typically share environments, common lifestyles can impact health behaviors.

Ways to Collect Your Family Health History

- Use the U.S. Surgeon General's online tool for collecting family histories, called "My Family Health Portrait." It is available [HERE](#). Be sure to complete these confidential family history forms carefully.
- Record the names of your close relatives from both sides of the family. Include conditions each relative has or had and at what age the conditions were first diagnosed.
- Discuss the Family Health Portrait and family history concerns with your doctor.
- Update your family history regularly and share new information with your doctor. This information can help the doctor to determine which tests and screenings are recommended to help you learn your health risks.

Having a family history of a disease does not mean that you will automatically get it. However, many people with a family history of chronic diseases can benefit by changing lifestyle habits — such as increasing exercising and eating a proper diet — that may prevent them from occurring.

The best way to learn about your family history is to ask questions. Talk at family gatherings and record your family's health information—it could make a difference in your life. More information is available [HERE](#).

(Information within this story was contributed by the Centers for Disease Control and Prevention - www.cdc.gov.)

From the Director

I'm always fascinated by innovation, new technology and the spirit of finding new solutions to everyday issues – some big and some small. I recently read the article below and wanted to share it with all of you. I ask that you read it with a question in mind, a question for which I welcome your answers and ideas.



Julie Eckstein

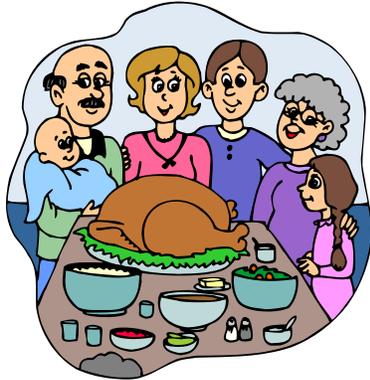
Our department's focus is about the community's health, and I am a firm believer that, by working together more effectively, we really can find solutions to many of our challenges. So, when reading the article [HERE](#), answer this: How can we use technology better or differently in our community's efforts to be healthier?

Think big and broad or small and narrow. Maybe you had a situation recently in which a new process or innovation or technology could have made it faster or cheaper or better quality? Whether it relates to the direct work of this department or about health in general, [I'd love to hear from you](#).

Julie

Focus on Food Safety For Happy Holiday Feasts

It just wouldn't be Thanksgiving without a table full of food and the delicious aromas of turkey, mashed potatoes and pie. However, this treasured meal can become a lasting memory for another reason, if food safety isn't one of the key ingredients.



Foodborne illnesses cause an estimated 76 million Americans to become sick each year, but you can help make your feast a success by simply following the **Four Keys** to food safety.

With holiday festivities often lasting several hours, it's important to prepare and serve your food safely. The four keys to food safety are: **CLEAN** all preparation areas, hands, utensils and foods before, during and after preparation; **SEPARATE** raw and cooked foods; **COOK** foods to their proper internal temperatures; and **CHILL** to keep bacteria from forming.

Holiday food safety is often just a matter of degrees. Simply keeping hot foods hot and cold foods cold will minimize dangers, as bacteria can form when

temperatures linger between 40 and 140 degrees Fahrenheit. If you purchase a frozen turkey or other meat, thaw it safely in a refrigerator or follow manufacturer's guidelines. When cooking, internal temperatures must reach a minimum of 165 degrees for poultry, soups and stuffings and at least 145 degrees for pork, beef, fish and lamb to kill bacteria that may have developed. Use a thermometer inserted into the thickest part of the item (and away from bones) to ensure proper temperatures.

Another food safety rule to follow when hosting long holiday parties is: **DO NOT** leave foods out at room temperature for more than two hours.

For information on hosting a safe holiday party, visit [**THANKSGIVING HEALTH**](#).

HEALTHY RECIPES

Each month, we take a traditional recipe and offer a healthier alternative. This time, we're presenting an interesting twist on the season's favorite vegetables.

Roasted Winter Squash Quesadillas

Recipe makes six servings. One serving contains 290 calories, six grams of fat, 530 mg of sodium, 46 grams of carbohydrates, seven grams of fiber and 15 grams of protein.

Ingredients

6 cups, butternut squash (cubed)	1 Tbsp garlic (diced)
1 1/2 cups red peppers (julienned)	1 Tbsp olive oil
2 dashes, salt	2 dashes, pepper
6, 8-inch whole wheat tortillas	3 Tbsp cilantro (chopped)
1/2 cup green onions (thinly sliced)	6 Tbsp onion (diced)
3/4 cup tomatoes (diced)	
1 1/2 cups shredded mozzarella cheese (fat-free)	

Steps:

1. Preheat oven to 400°F. Mix the butternut squash, red peppers and garlic in a bowl with the olive oil, salt and pepper.
2. Spread the vegetable mixture on a large cookie sheet and roast for 20 minutes (until they are slightly caramelized).
3. While the mixture is cooking, combine the diced tomatoes and onions in a small bowl. Add 1 Tbsp of the cilantro. Set mixture aside to be used as a salsa condiment.
4. Remove vegetables from the oven and reduce heat to 200°F.
5. Spread tortillas on a parchment-lined baking sheet and top with 1/4 cup of cheese on one-half of each tortilla. Remove the vegetables from the oven and evenly distribute the mixture on top of the cheese-covered tortillas. Add green onion slices and the remaining cilantro.
6. Fold tortillas in half to form half-moon shapes. Place filled quesadillas in the oven and bake for five minutes (or until cheese is melted).
7. Serve warm with fresh salsa mixture on the side.

(Recipe courtesy of *Fruits and Veggies More Matters* - www.fruitsandveggiesmorematters.org)

USDA-Recommended Safe Minimum Internal Temperatures

Hamburger/Ground Beef	160°F
Fresh Beef	145°F
Poultry	165°F
Fresh Pork	160°F
Fresh, raw ham	160°F
Precooked ham	140°F
Fish	145°F
Eggs and egg dishes/ice cream	160°F
Leftovers/casseroles	165°F

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

Shots, Simple Precautions Minimize Flu Spread

Fever, cough, stuffy nose, sore throat, headache, vomiting and body aches are just a few of the symptoms you could experience by getting influenza (the flu).

Even though flu season is underway in the Midwest, it is not too late to receive the benefits of obtaining a vaccination — as inoculation can help prevent against the three strains predicted as most common this season by the World Health Organization. Since flu activity usually peaks in January and February, it is important to obtain your vaccination now to accommodate the two weeks for preventative antibodies to develop their full immunity.

While the best way to prevent the spread of this common illness is to get the annual flu vaccine, there are



other steps you and your family can take to prevent the spread of the influenza virus. Along with the vaccine, simple preventative actions such as regularly washing hands with hot, soapy water; covering your nose/mouth when coughing or sneezing; and throwing away soiled tissues will help. In addition, affected individuals should limit close contact with others and stay home until at least 24 hours after a fever subsides.

To help safeguard our community against influenza, the Division of Public Health offers flu vaccine for \$25 to adults and children. Vaccinations are available at the [IMMUNIZATION CLINIC](#) (located at 1650 Boone's Lick Road in St. Charles) every weekday except Thursday.

Hours are 8:30 to 11 a.m. and 1:30 to 4:30 p.m. — open until 5:30 p.m. on Tuesdays. In addition, the facility's hours are extended until 7 p.m., on the second Tuesday of each month. Patients are asked to schedule an appointment for their visit, but walk-in customers are accepted on a space-available basis from 8:30 to 11 a.m., on Fridays. To schedule an appointment, please call (636) 949-1857.

FIGHT THE FLU
Protect Yourself
Protect Your Family
Protect Your Community
ST. CHARLES COUNTY
COMMUNITY HEALTH & WELL-BEING
Public Health

It's Up To You To Fight the Flu:

- 1) Get a Flu Shot annually
- 2) Cover your coughs & sneezes
- 3) Wash hands with soap & water
- 4) Stay home if you're sick

**Make Your Appointment Today:
636-949-1857**

Follow us today! @SCHealth



Microchipping Returns Lost Pets to Loving Homes

Pet microchipping is an effective way for missing pets to be returned to their owners. While microchips should not replace a traditional collar and tags, they are an excellent secondary level of protection for a pet. No matter how diligent you are as a responsible caretaker of your pet, dogs and cats do accidentally get lost or stolen.

A microchip can help ensure that your lost pet is reunited with its family, even if tags are lost or removed. Many who find lost pets know enough to take them to a shelter or vet to get scanned, which often saves the pet from being impounded. And, if they are impounded, the chip would be discovered immediately allowing the pet to be returned to the owner much faster.

Microchips are small transponders about the size of a grain of rice and are implanted just under the skin between the shoulder blades. The chip contains a registration



number that can be traced back to the pet's owner.

Veterinarians, animal shelters and humane societies all over the world have microchip scanners and can check any animal for a chip.

In addition to microchipping all pets available for adoption, the [PET ADOPTION CENTER](#) offers the service to owners for a \$10 fee during regular business hours, with no appointment necessary. This fee does not include the national registration done through the microchip company, which is a

very important addition. When you microchip your pet at the Pet Adoption Center, the owner information is kept permanently in the shelter's computer system. However, if your pet is lost on a holiday or after hours, the information cannot be accessed until the shelter reopens.

For more information on the benefits of microchipping, please call (636) 949-PETS.

It's Good To Be A Quitter

A study by the Centers for Disease Control and Prevention found that 70 percent of current adult smokers in the United States want to quit and that millions have tried to end their addiction. By taking part in the **GREAT AMERICAN SMOKEOUT** on November 21 — a nationwide campaign to stop smoking for just one day — those individuals may gain the extra motivation to break the habit and return to a healthier lifestyle.

Surveys show that around 25 percent of Missouri's adult population smokes cigarettes despite the fact that medical experts agree that smoking harms most every body organ — both of the individual and of those around him/her through secondhand smoke. A recent report, "How Tobacco Smoke Causes Disease," compiled by former Surgeon General Dr. Regina Benjamin declared that smoking is responsible for approximately 443,000 deaths in the United States and that cigarette use burdens the economy by more than \$193 billion annually through health care and lost productivity. Most troubling is that thousands of non-smokers die from heart disease and lung cancer and that children suffer respiratory infections through the impact of



secondhand smoke inhalation.

However, those who choose to stop can revel in some good news. Within 20 minutes of that last cigarette, the body begins the process of recovery. The heart rate drops less than one-half hour after quitting, and the carbon monoxide level in the blood drops to normal within 12 hours. Lung function improves, and the risk of heart attack decreases within three months of stopping. After one year, the added risk of developing heart disease of an individual who quits is

half that of an active smoker. Most importantly, after 10 years of quitting, the risk of cancers in the mouth, throat, esophagus, bladder, kidney, and pancreas decrease and the risk of stroke are reduced.

The Division of Public Health offers **several anti-tobacco programs** that focus on education and cessation guidance. For information on these programs, please call **Brittany Camacho** at (636) 949-7400, x6255. Further resources available for those interested in quitting smoking are available through the Missouri Tobacco Quitline at (800) QUIT NOW.

Need a Copy of a Birth or Death Certificate?

Seeking copies of your family's birth or death certificates? Our Vital Records program offers a convenient solution.

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.

In-person applications are accepted from 8:30 a.m.

to 4:30 p.m., weekdays (excluding holidays), at the department's office (located at 1650 Boone's Lick Road in St. Charles). Copies of birth certificates are \$15 apiece, and death certificates are \$13 (\$10 for each additional death certificate copy ordered at the same time). The department accepts cash, money orders and checks (with proper identification) for payment.



As an added convenience, those who are unable to visit the department's offices may obtain their birth or death certificates online (at <http://health.sccmo.org>) for an additional charge. These documents can be ordered at any time through the department's partnership with VitalChek Network, Inc. A convenience fee, which is dependent on the document requested and the speed of delivery, will be charged for these online orders. A major credit card is required for securing online orders.

For more information about this convenient service, please call the Vital Records desk at (636) 949-7558.

FALL BACK

**DID YOU CHECK
FIRE ALARMS
when setting
your clock back
for Daylight Savings?**

