

## January is Cervical Cancer Awareness Month

Approved by Lynn Barclay and the National Cervical Cancer Coalition team

Modern medicine has given us unprecedented tools to prevent cervical cancer, and the American Social Health Association (ASHA) and the National Cervical Cancer Coalition (NCCC) call for all women to have greater access to life-saving screening tests and vaccines.

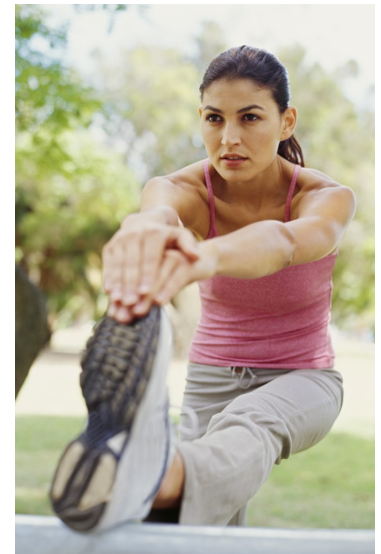
Each year in the U.S. approximately 12,000 women are diagnosed with cervical cancer, and more than 4,000 die as a result. The true tragedy of the disease is that cervical cancer screening tests and vaccines exist to help prevent virtually every case.

In both the U.S. and around the world, the disease disproportionately impacts

poor women. ASHA President and CEO Lynn B. Barclay says that in addition to not having access to health care, women often lack awareness about cervical cancer. "Science has put us in a remarkable position to protect women from cervical cancer, but technology is only half the battle," Barclay says. "It's imperative we continue efforts that not only promote greater access to health care, but that we also inform women about cervical cancer and the marvelous means we now have to prevent this disease."

2012 will see ASHA/NCCC focus strongly on increasing uptake of cervical cancer vaccines. "Fewer than half of girls and young women who

are eligible for these vaccines have completed the three-dose series, so increasing vaccine uptake is a priority for us." Barclay says a key to getting more "needles in arms" is to reach out to healthcare providers in addition to the general public: "Especially for parents, having the family doctor or nurse endorse a vaccine is often crucial. With this in mind, we're developing additional cervical cancer information and counseling tools designed specifically for front-line healthcare providers." For more information on cervical cancer and prevention, please visit [www.ASHAstid.org](http://www.ASHAstid.org) and [www.nccc-online.org/index.html](http://www.nccc-online.org/index.html).



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### Facts About Cervical Cancer:

- Cervical cancer is the 2nd most common type of cancer for women worldwide, but it is also one of the most preventable types of cancer.
- Half of the women diagnosed with this disease are between 35 and 55 years of age.
- The cause of 99% of cervical cancers is the Human Papillomavirus (HPV). There are over 100 difference types of HPV, ranging from low risk to high risk.

### About NCCC

Founded in 1996, The National Cervical Cancer Coalition (NCCC) is a growing coalition of people coping with cervical cancer and HPV related issues. The Coalition not only consists of women, family members, friends, and caregivers, but also includes women's groups, cytotechnologists, healthcare providers, bio-tech companies, cancer researchers, and organizations providing cervical cancer detection programs.





## Kicking Off the New Year with a Bucket List?

It is ever too early to start a bucket list? A bucket list isn't something that registers at the start of a brand new year, especially to the younger generation; and yet, Jennifer Huynh believes that now is the perfect time to do so. Huynh is only 24 years old, and she is the creator of [TradingBuckets.com](http://TradingBuckets.com), a free online network that connects all types of people who wish to exchange resources and ideas to get a kick start on their buckets.

**"Everyone should be reminded that unfulfilled dreams should not be buried under the busyness and mundane routines of life."**

Huynh came up with the idea after her father suffered from a stroke in 2010. During the time when she was taking care of him, she said the best advice he gave her was, "Don't let work consume your life; you never know when life will turn on you." Inspired

by this concept, Huynh set out to motivate her peers and the younger generation to embrace life and begin their bucket lists. "You're doing these exciting things when you're young, so why not make a bucket list?" Says Huynh. She realizes that while her generation might not have the financial resources, they are equipped with a plethora of other resources, such as their friends and the internet.

TradingBuckets.com makes it easy for anyone to join and start a bucket list by linking key words in the database and reveal connections one can make.

Trade piano lessons for cooking lessons, a hiking trip for salsa dancing, or help someone cross off their bucket list by offering helpful tips, locations, and resources. Huynh believes that everyone needs to be reminded that unfulfilled dreams should not be buried under the busyness and mundane routines of life, and that these dreams can be realistic even

without the cost of money.

Huynh says, "The first thing I did when my dad recovered was helped him cross off an item on his bucket list—a visit to the Grand Canyon."

For more information, visit [www.TradingBuckets.com](http://www.TradingBuckets.com). Follow the creator's blog for wonderful ideas for a bucket list at [blisst.tumblr.com](http://blisst.tumblr.com).



TradingBuckets partnered up with Do Good Bus to help members cross volunteering off their list. Overall, 62 members rode a bus to the Orange County Food Bank on Dec 17, 2011 to help package 550 individual food boxes.

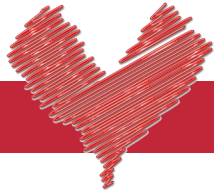
## Ring in 2012— the Year of the Dragon

In Chinese tradition, each year is dedicated to a specific animal. The twelve animals include the Dragon, Horse, Monkey, Rat, Boar, Rabbit, Dog, Rooster, Ox, Tiger, Snake, and Ram. 2012 welcomes back the Dragon, after a tranquil Year of the Rabbit in 2011.

The Year of the Dragon is marked by excitement, unpredictability, exhilaration, and intensity. The dragon symbolizes energy, vitality, and unbridled enthusiasm. Quite often, the Dragon can unwisely throw caution into the wind, a complete opposite trait of the Rabbit.

More specifically, the Chinese New Year of 2012 ushers in the Water Dragon. Water exerts a calming influence, and they are more open to other people's opinions than other Dragons, which gives them the ability to channel their personal charisma into real leadership qualities.





# Your Heart

Submitted by Kristine Kelly, American Heart Association

Most of us take our hearts for granted and do not realize that heart disease is our biggest health threat. Heart disease, stroke, and other cardiovascular diseases are the No. 1 killers in the United States, claiming more than 830,000 lives each year.

The good news, according to the [American Heart Association \(AHA\)](#), is that heart disease may be prevented if you make the right lifestyle choices. Here are some guides to helping you maintain a healthy heart.

## Eat Well

At the heart of health is good nutrition. The AHA recommends eating a wide variety of nutritious foods daily from each of the basic food groups.

- Fruits and vegetables: at least 4.5 cups a day
- Fish (preferably oily fish): at least two 3.5-ounce servings a week
- Fiber-rich whole grains: at least three 1-ounce-equivalent servings a day
- Sodium— Less than 1,500 mg a day
- Sugar-sweetened beverages: No more than 450 calories (36 ounces) a week
- Nuts, legumes, and seeds: at least 4 servings a week
- Processed meats: No more than 2 servings a week
- Saturated fat: Less than 7% of total energy intake



## Get Moving

By exercising for as little as 30 minutes a day you can reduce your risk of heart disease. In fact, studies show that for every hour of walking, you may increase your life expectancy by two hours.

### At Home

- Do housework yourself instead of hiring someone else to do it.
- Work in the garden or mow the grass. Rake leaves, prune, dig, and pick up trash.
- Go out for a walk before breakfast, after dinner, or both!
- When watching TV, sit up instead of lying down. Stretch and do stationary exercises.
- Walk the dog.
- Walk up and down the stairs a few times.

### At the Office

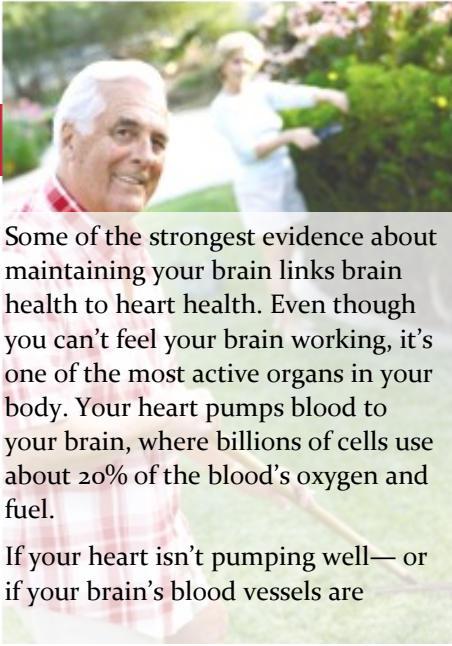
- Take a walk with a coworker during lunch breaks, or walk up and down the hall to reach someone instead of telephoning.

Visit [www.heart.org](http://www.heart.org) for more tips and tools to help you on your path to heart healthy living. You may contact your local American Heart Association at (949) 856-3555.

- Stand while talking on the phone.
- Take the stairs instead of the elevator.
- Form a sports team to raise money for charity events.

### At Play

- Plan family outings and vacations that include physical activity.
- See the sights in new cities by walking, jogging, or bicycling.
- Take dancing lessons. Hit the dance floor on fast numbers instead of slow ones.
- At the beach, get up and walk, run, or fly a kite.
- When golfing, walk instead of using the cart.



# Taking Your Brain Health to Heart

Submitted by Tory Black, Alzheimer's Association

Some of the strongest evidence about maintaining your brain links brain health to heart health. Even though you can't feel your brain working, it's one of the most active organs in your body. Your heart pumps blood to your brain, where billions of cells use about 20% of the blood's oxygen and fuel.

If your heart isn't pumping well— or if your brain's blood vessels are

damaged— your brains cells have trouble getting all the food and oxygen they need.

It makes sense, then, that the risk of developing Alzheimer's or vascular dementia appears to increase from conditions that damage the heart or blood vessels. These include high blood pressure, heart disease, stroke, diabetes, and high cholesterol.

Regular physical exercise may be a

beneficial strategy to lower the risk of Alzheimer's and vascular dementia. Some evidence suggests exercise may directly benefit brain cells by increasing blood and oxygen flow. Even stronger evidence suggests that exercise protects your brain the proven benefits to your cardiovascular system.

[Click here](#) for more information on the heart-head connection.

## Wear Red Day

Friday, February 3, is National Wear Red Day. On this day, what you wear could save lives! Show your support for the fight against heart disease and inspire others to take charge of their heart health by wearing your favorite red. Women who understand their risks of heart disease, and know the steps to prevent it, are better equipped to avert this serious – and mostly preventable – threat to their health. Visit [www.OCGoRed.org](http://www.OCGoRed.org) to learn more.

**A long-term study of 1,500 adults found that those who were obese in their middle age were 2X as likely to develop dementia in later life. Those who also had high cholesterol and high blood pressure had 6X the risk of dementia.**



# 10 Healthy Habits to Fight off Stress

1. Talk with family and friends: A daily dose of friendship is great medicine.
2. Engage in daily physical activity: Regular physical activity relieves mental and physical tension.
3. Accept the things you cannot change: Don't say, "I'm too old." You can still learn new things, work toward a goal, love and

help others.

4. Remember to laugh: Laughter makes you feel good. Don't be afraid to laugh out loud.
5. Give up the bad habits: Too much alcohol, cigarettes, or caffeine can increase stress. If you smoke, decide to quit now.
6. Slow down: Try to "pace" instead of "race." Plan ahead and allow enough time to get the most important things done.
7. Get enough sleep: Try to get six to eight hours of sleep each night. If you can't sleep, take steps to help reduce stress and depression. Physical activity may also improve the quality of sleep.
8. Get organized: Use "to do" lists

to help you focus on your most important tasks. Approach big tasks one step at a time.

9. Practice giving back: Volunteer your time or return a favor to a friend. Helping others helps you.
10. Try not to worry: The world won't end if your grass isn't mowed or your kitchen isn't cleaned. You may need to do these things, but today might not be the right day to do it.



# January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 New Year's Day	4	5	6 Epiphany	7
8	9	10	11 Human Trafficking Awareness	12	13	14
8-14: National Folic Acid Awareness Week						
15	16 Martin Luther King Jr. Day	17	18	19	20	21 <a href="#">Free Electronic Recycling Event-Fountain Valley</a>
22	23 Chinese New Year	24	25	26 Australia Day	27 <a href="#">CHOC- Emergency Conference</a>	28
29	30	31				

## January Observances

National Birth Defects Prevention Month  
National Glaucoma Awareness Month



# February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Groundhog Day	3 Give Kids a Smile Day	4 Mawlid Un Nabi
5 Super Bowl	6	7	8	9	10	11
7-14: Congenital Heart Defect Awareness Week						
12	13	14 Valentines Day	15	16	17	18
19	20 Washington's Birthday	21 Mardi Gras	22 Ash Wednesday	23	24	25
26	27	28	29	1	2 <a href="#">Go Red for Women Luncheon</a>	3

## February Observances

National Children's Dental Health Month  
International Prenatal Infection Prevention Month  
AMD/Low Vision Awareness Month



Mark Your Calendar! March 3rd, 2012:  
[Controversies in Pediatric Cardiology for the Primary Care Professional](#)

# Picture Packages for Cigarettes—Why is it a Good Thing

Submitted by Cynthia Schafer, Orange County Health Care Agency, Tobacco Use Prevention Program

Starting in September 2012, the FDA will require graphic picture warnings on cigarette packages. These pictures will appear on the top 5% of the front and rear panels of each cigarette package and in the upper portion of each cigarette advertisement, occupying at least 20% of the advertisement.

Each picture comes with a warning. A picture of a baby warns that “tobacco smoke can harm your children.” A picture of a person with a diseased mouth warns “cigarettes cause cancer.” A man with an oxygen mask warns “cigarettes cause strokes and heart disease.” The caption for a woman crying says “smoke causes fatal lung diseases in non-smokers.”

There are nine warnings in all that will appear on cigarette packs.

Why is this a good idea? For decades the tobacco industry has played up the “glamour” of smoking. Their ads show vibrant and healthy young people having fun with a cigarette in their hand. In truth one third of all people who smoke quit, half of those who continue to smoke will die of their addiction.

Over 80% of people who start smoking do so before they are 18 years old, the legal age to smoke. If they see the real outcome of this addiction each time they pull out a package to light up, they may decide not to start.

Quitting is always a great idea and the



Orange County Tobacco Use Prevention Program offers free tobacco cessation classes to those who live or work in Orange County. To find out more or to seek answers to any of your tobacco related questions please call 1-866-NEW-LUNG (1-866-639-58674).



## Sports Drinks vs. Energy Drinks

Approved by Denise Almazan, CHOC



### The Skinny on Sports Drinks

According to the American Academy of Pediatrics (AAP) report, most children do not need sports drinks. For the average child involved in regular physical activity, sports drinks are not appropriate for snack time, mealtime or playtime. Shonda Brown, a clinical dietitian at CHOC Children's, explains, “Sports drinks contain added carbohydrates that with routine consumption can lead to excessive

caloric intake and an increased risk of obesity.”

However, Brown and the AAP agree that sports drinks do have a place in active play. “Sports drinks are useful when children are involved in prolonged, rigorous physical activity,” Brown says. “They can help provide carbohydrates, the most important fuel source during exercise, and replenish the electrolytes your child's body loses during intense play, especially in hot weather.”

### Energy Drinks Are Not for Kids

Energy drinks, on the other hand, are not meant for children or adolescents. These beverages can contain more than 500 milligrams of caffeine—equal to about 14 cans of soda. The AAP report warns they may also contain a host of

other ingredients that aren't healthy for a child's growing body. “You never know what you're getting in an energy drink. They have no place in a child's diet,” Brown says.

For most types of activity, water is still the best option. Brown recommends encouraging your children to drink about 5 to 10 ounces of water every 15 to 20 minutes to keep your children properly hydrated. “Encourage them to drink water often while active, and not to wait until they feel thirsty,” she says.

To set up an appointment with a CHOC nutritionist to address topics ranging from food allergy to sports nutrition, please call 714-532-8455.

# Annual Sweetheart Screening at Orange Coast Memorial



Orange Coast Memorial Medical Center  
9920 Talbert Ave.,  
Fountain Valley, CA 92708

**Thursday, February 9, 2012 4-8pm**

Take your sweetie for a heart screening. All couples and loved ones are welcome to this complimentary cardiovascular screening. Bring your sweetheart to get a screening with you and enter our Sweetheart Screening drawing for a Valentine's Day heart-healthy gift basket. Screenings are for adults only and will include blood pressure, stroke, body fat composition, pulse oximetry, total cholesterol (non-fasting), and glucose. Refreshments will be served. Registration is required and by appointment only. Please visit [memorialcare.org](http://memorialcare.org) or call 1-800-Memorial.

## Helping Communities Where it Matters Most



Submitted by Cheryl Vargo, Kaiser Permanente

Considered to be the largest nonprofit integrated health system in the United States, Kaiser Permanente helps support the health of the communities it serves by supporting local nonprofit community-based organizations, schools, and community clinics through grants, technical expertise, volunteer hours, in-kind services, and board memberships.

Through the Orange County Health Needs Assessment, Kaiser conducts a community needs assessment every three years. The results from the assessment are used to identify the

most critical needs in Orange County. The key focus areas that guide the community benefit include: Access to Health Insurance Coverage and Health Care Services, Chronic Disease Prevention, Education, Management, and Disproportionate rates of Obesity, Overweight, and Related Conditions.

By this prioritizing, Kaiser Permanente of OC is able to strategically pool its resources and through the Community Benefit Grant Review Committee, Kaiser is able to award grants to more than 20 different Orange County nonprofit organizations. Last year, over 90

agencies applied for grants in a competitive grant program. In addition, Kaiser awarded an additional \$40,000 to nonprofit organizations whose work directly supports HIV/AIDS prevention, treatment, and testing, resulting in the infusion of more than \$600,000 into our local community.

Kaiser Permanente is now accepting applications for the 2012 Community Benefit Grants Program. Please visit this website for more information <http://community.kp.org/orangecounty>. You may also contact Cheryl Vargo at (714) 796-3657 or email [Cheryl.A.Vargo@kp.org](mailto:Cheryl.A.Vargo@kp.org).



OCHNA would like to wish you a Happy New Year, filled with fortune, laughter, and health.

### Mission Statement

"To maintain a process in which not-for-profit hospitals and community stakeholders plan, conduct, and analyze an objective, comprehensive, tri-annual health assessment, intended to improve the health of all Orange County residents."

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Putting information into action for a healthier tomorrow.