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Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit - Fall 2003

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Riders and Drivers

Submitted by Alexis Green, PHN

School buses are back on the roads again and it is time for riders and drivers to review some safety tips. Almost two-out-of-three school bus related deaths occur outside of the vehicle.

Prepare your child to safely get on and off of the school bus.

- An adult or an older, responsible child should accompany children under nine years of age.
- Arrive at the bus stop on time.
- Wait in a safe place, a safe distance away from the road.
- Remember to avoid the danger zone around the bus. The zone is the area around the bus that is within touching distance of the bus. The child is too close to the bus for the driver to see him or her.
- If you need to cross the street, wait until the bus has come to a complete stop, with the red lights flashing and the stop arm extended. The driver should signal to the child when it is safe to cross the road.
- Hold the handrail while getting on and off the bus.
- When getting off the bus, the stop arm will be extended and the red lights will be flashing. Move away from the bus toward the sidewalk or side of the road.
- If crossing the road, stay about 3 meters (or 10 big steps) in front of the bus and stay in single file.
- Walk directly home or to the designated care provider.

Drivers, be alert for school buses on the road:

- Obey all traffic laws and specifically the Ontario School Bus Stopping Law.
- According to the law, vehicles in both directions must stop when a school bus has stopped with the alternate red lights flashing, stop arm extended and the red stop sign out.
- Remember all school vehicles must stop at all railway crossings.
- Watch for traffic signs showing that school vehicles and children are using the roadways and streets.

**Please respect the safety rules.
Let us make sure that everyone
arrives safely to his or her
destination.**

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School and School Bus Safety Traffic Signs

Submitted by Alexis Green, PHN



School Bus Zone



School crossing.



School bus stop ahead where there may not be a clear view.



Lower speed limit during school hours.



On multi-lane roads with no center median, drivers approaching from both directions must stop when the buses' signal lights are flashing.

Failure to stop for a bus with its signal lights flashing can result in a fine between \$ 400 and \$ 2000, and a loss of six demerit points for the first of-fense. Subsequent charges may result in a fine of \$ 1000 to \$ 4000, a loss of six demerit points, and a possible jail sentence of a maximum of six months.

Sources:

www.safety-council.org/info/child/schlbus.html
www.mto.gov.on.ca/english/safety/schoolbus/schoolbus.htm
www.newswire.ca/releases/October2002/14/c0684.html
www.sickkids.on.ca/kidshealth/fall02vol3issue3/safety.asp

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Smoke-Free! Safe for Everyone

Submitted by Kim MacInnis, PHN and Yves Decoste, PHN

The Leeds, Grenville and Lanark District Health Unit is dedicated to the enhancement of the public's health. This is demonstrated by the work that has been done and that will continue to be done with Brockville City Council to implement a smoke-free bylaw. We continue to work with other councils in the tri-counties on the implementation of smoke-free bylaws.

Brockville City Council recently passed a bylaw that as of July 1, 2004 will see all restaurants, pubs and bowling alleys go smoke-free. Bingo Halls, Billiard Halls and the Legion will have completely enclosed separately ventilated smoking rooms. While this is a step in the right direction, there is room to move towards a 100% smoke-free bylaw in the future. Many successful smoke-free bylaws have been passed in surrounding areas including Belleville, Prince Edward County, Kingston, Cornwall, Ottawa and most recently New York State.

What does this mean to you?

As of July 1st 2004

- You can enjoy eating out with family and friends in an environment without second hand smoke.
- Your children will be protected from the harmful effects of second hand smoke.
- Employees in these establishments will be protected from second hand smoke except those workers in Designated Smoking Rooms.
- Increased protection from the harmful effects of second hand smoke for pregnant women and their unborn babies¹
- Public smoking restrictions facilitate some smokers to stop using tobacco products and others to use less of them.²

¹ U.S Department of Health and Human Services, 1994.

² Environmental Protection Agency, 1992.

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TOBACCO PUBLIC OPINION SURVEY

Submitted by Kim MacInnis, PHN and Yves Decoste, PHN

Once again the Leeds, Grenville and Lanark District Health Unit have a contract with the Carleton University Survey Center to conduct a Tobacco Public Opinion Survey within the tri-county area. We anticipate an increase in support for smoke-free bylaws from the previous survey of December 2001 which showed that 62% of the population support smoke-free bylaws. Watch for results from the most recent survey to be out in late September.

Upcoming Workshops

PTCC- The Power of Many
November 10 - Carleton Place
November 12 - Kemptville

- This workshop will focus on “how to” mobilize youth on tobacco control advocacy activities. The resource entitled, “*Tobacco Action Plan for this Generation -- The Power of Many*”, will be profiled.

PTCC- Stages of Change-computer module training

September 23rd- Lanark Area (location to be determined)

- This workshop utilizes a computer program that helps an individual determine what stage of change they are in. Treatment modalities will be offered to individuals for the appropriate stage in their quit smoking efforts.

Contact PTCC for more information about these workshops



1-800-363-7822
www.ptcc.on.ca



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Prenatal Classes:

What to do when "It's no longer all about YOU"!

Submitted by Denise Kall, PHN

Pregnancy is an exciting time for a woman and her family. It can also be a challenging time. A pregnant woman and her partner have many decisions to make in the coming months. They also have many expectations and maybe several worries or fears. How can they know what to do when 'Life is no longer all about you'? How can they make sure the new 'little one' gets the best start possible? Health Unit Prenatal Classes can ensure a smooth transition through pregnancy, childbirth and parenting.

Leeds, Grenville & Lanark District Health Unit Prenatal Classes are delivered in a classroom setting, but use a variety of tools such as displays, videos, discussions & additional reading materials to suit different learning styles. Pregnant women can attend with their husband, partner, or another significant person who can be supportive throughout the pregnancy. Classes are offered in seven locations throughout the tricounty, making it easy to find a location close to home.

Pregnancy is a time when women and their partners want lots of information. There certainly is a lot of information out there! With ready access to the Internet, many women find vast amounts of information about pregnancy & delivery. But how do they know it is accurate & trustworthy? The Health Unit's Prenatal Classes have recently been revised with a whole new series of classes starting in October 2003. The new classes feature the latest information on medical tests, premature labour, nutrition & lifestyle choices, delivery options, roles for fathers, breastfeeding, and infant care. The videos are current and informative. For peace of mind, participants will be given references to websites, books, and articles that are known to be reliable and trustworthy. Weekend classes will be piloted in some locations in the New Year.

When should a couple go to Prenatal Classes? Many couples wait until later pregnancy before attending. Some couples even miss the last few classes if 'baby' decides to make an early entrance. In fact, starting classes early in pregnancy is recommended for several reasons. Many of the changes a woman makes in her lifestyle during pregnancy are important to start as soon as possible. Knowing all about these changes early, gives baby the best start possible. The majority of medical tests are done in early pregnancy, so learning all about them, helps during doctor's visits. Learning about relaxation, comfort measures & breathing patterns sooner, gives lots of time for the couple to practice & perfect their technique. Knowing what is normal & when it is necessary to seek medical assistance can be valuable if any complications arise. So, if you are planning a pregnancy, are pregnant, or know someone who is, call the Health Action Line (1-800- 660-5853) for more information about the new Health Unit Prenatal Class series.

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Eastern Region Injury Network /
Réseau de l'est de l'Ontario pour
la prévention des traumatismes

Medicine Clean Out Campaign, November 2003

Submitted by Carol Quinlan, PHN

People take medications to relieve a variety of ailments. Those same medications can cause injury or even death when taken at the wrong time or by the wrong person.

Misuse of medications affects everyone. Not only are they responsible for almost all cases of poisoning hospitalizations among children less than 10 years of age, (National Trauma Registry Bulletin- April 2002) they are also the cause of 25% of hospital admissions for the elderly and 23% of all nursing home admissions as well. (Ontario Drug Awareness Partnership, September 10, 2002).

For the month of **November**, the Leeds, Grenville and Lanark District Health Unit is joining forces with the Eastern Region Injury Network to deliver the 2nd Annual Eastern Ontario 'Medicine Clean Out' campaign. Our goal is to reduce the risk of injury from unsafe medication use and storage, and to promote safe disposal of unused, not needed, and expired medications

The group's "Medicine Clean Out" campaign has three main messages:

1. Return out-dated, expired and no-longer-required medicines to your local pharmacy for proper disposal.
2. Medicines are hazardous wastes- don't throw them out in the garbage and don't flush them.
3. Medicines can lead to injury. Protect your household by keeping medicines locked and away from children.

To decrease the incidence of these injuries or deaths, local residents need to take a good look at the medicines in their homes. It's as simple as checking all the places that medicines are stored and cleaning out those that are out-dated and no longer needed. The message is clear: old medicines should never be kept "just in case". Keeping, taking or sharing old medicines can lead to serious falls and poisonings. Disposing of medications safely ensures that they do not harm your family or the environment.

For more information or to find out where the participating pharmacy is in your area, please call you local Health Unit Office or the Health Action Line 1-800-660-5853.



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Your Family and Physical Activity

Submitted by Danielle Shewfelt, PHN

Find out how physical activity fits with your family by taking this quiz!

1. Are you and your family active outdoors doing? (doing chores, raking leaves, gardening, shoveling snow, putting up Christmas lights etc...)

YES **NO**

2. Do you have an exercise program that is simple easy and convenient for you?

YES **NO**

3. Do you play actively with your family? (hiking, biking, swimming, skating, canoeing, tennis, basketball etc...)

YES **NO**

4. Do you travel actively with your family for short distances? (walk, bike, snowshoe, roller blade etc...)

YES **NO**

5. Do you encourage and support your family to participate in physical activities?

YES **NO**

6. Do you emphasize fun and fitness rather than competition and body weight?

YES **NO**

7. Do you have active family vacations? (camping, horseback riding, skiing, rafting, mountain biking etc...)

YES **NO**

*If you answered **YES** to these questions-you are an active family! keep up the good work!*

*If you answered **NO** to any of these questions- these are some ideas you might want to try, in order to encourage active family fun!*

One of the best ways to be an active person throughout your life is to make physical activity a priority, and have fun. **Children who learn to enjoy physical activity are more likely to make it a life long habit.**

So have fun and enjoy some active quality family time!

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WHAT YOU CAN DO TO PREVENT Antibiotic Resistant Organisms (AROs)

Submitted by Tammy Welk, PHN

We have all experienced times when our child has a runny nose, cough, bronchitis or a sore throat. Our first instinct is "he needs antibiotics."

What did they do before antibiotics were discovered? It is true that antibiotics have saved millions of lives, but taking antibiotics when they are not needed can be harmful. Antibiotics are drugs that can kill bacteria. When antibiotics are used too often, germs can become resistant and the antibiotics don't work when they're really needed.

Antibiotics do not work against viruses. Viruses cause most infections in children including colds and flu.

WHAT YOU SHOULD DO

- Do not expect to get antibiotics for every respiratory tract infection. Most of these infections are caused by viruses and antibiotics will not work.
- Let your doctor decide if an antibiotic is needed and which antibiotic is best.
- Be patient when you (or your child) have cold symptoms, cough or a sore throat. Most viral illness will take 4-5 days before getting better and up to three weeks for a full recovery.
- Always wash your hands after being with someone who is sick.

If you would like more information on Antibiotic Resistant Organisms and our ARO Campaign, please contact our Brockville (1-800-660-5835) or Smith Falls office (613-283-2740).

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A.R.O. Campaign

Submitted by Tammy Welk, PHN

This fall the Health Unit will be launching a campaign to promote the appropriate use of antibiotics, in order to prevent the continuing rise in the emergence of Antibiotic Resistant Organisms or A.R.O.'s.

The very first antibiotic was penicillin, which was developed in 1929. It was considered a miracle drug and it has saved millions of lives. Over the next decades antibiotics have improved life expectancy by treating a variety of potentially deadly diseases such as pneumonia and tuberculosis. Over-time, because of the overuse and misuse of antibiotics many bacteria have developed a resistance to penicillin and other first-line antibiotics. Why is this of concern? When bacteria become resistant to first-line antibiotics, treatments have to switch to second or third-line drugs, which are almost always more expensive and sometimes more toxic (eg. the drugs needed to treat multi-drug resistant forms of tuberculosis are 100 times more expensive than first-line drugs.)

A recent public opinion poll showed that close to 50% of Canadians believed that antibiotics were effective against viral illnesses such as the common cold. Many patients insist on antibiotics for illnesses which are viral, hoping that it will make them or their child feel better, faster. Antibiotics have no ability to kill viruses! Using antibiotics in this way can contribute to the rise in antibiotic resistant bacteria.

The Canadian Committee on Antibiotic Resistance (CCAR) reports that over half of the antibiotic prescriptions for Canadian pre-school children were unnecessary. The study of the Saskatchewan Drug Database which analyzed data on all respiratory infections in children under five years of age showed that in 1999, 56% of children in Saskatchewan visited a doctor for a respiratory infection, and 64% of these children received a prescription for an antibiotic. Compliance with appropriate guidelines would have resulted in an 85% reduction in antibiotic prescriptions in this age group. Everyone can take action to help control the growth of AROs and to promote the appropriate use of antibiotics.

For more information on antibiotic resistance, visit our web site at www.healthunit.org.



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Common Myths of Children's Nutrition



Submitted by Dianne Oickle, MSc, RD & Heather Deegan, MSc, RD

Have you ever received advice about feeding your children? There are many sources of information about how and what to feed children, including in-laws, parents, grandparents, friends, health professionals, books and television. Some advice is based on fact, and some is based on myth. As a parent, it is ultimately your decision what foods you will make available for your children. Here is some information that may help reduce your confusion about the more common advice people share.

Myth: Every child should take a vitamin-mineral supplement.

Fact: Most children do not need a supplement.

If a child eats a wide variety of foods from all four food groups in Canada's Food Guide to Healthy Eating, over time they will get the nutrients they need. Teaching children to get their nutrition from a pill tells them that food is not important, and that they can rely on something in a bottle to keep them healthy. Many children (and many adults!) will have days where they do not eat a great variety of food. Over time, in most cases, children will eat enough foods to provide them with the nutrition they need. Remember, foods eaten in one single day or at one single meal do not determine a child's health. Rather, foods eaten over several days add together to provide the nutrients the child needs.

Myth: Making healthy lunches and snacks for school takes too much time.

Fact: There are quick and easy ways to make healthy meals and snacks for your children.

It may seem hard to try and plan healthy meals and snacks for kids at home or at school when trying to balance work and family. Keep a copy of Canada's Food Guide to Healthy Eating and try to include something from every food group at each meal. This lets you be flexible and offer the foods your child likes. Here are some ideas for healthy choices from each food group:



Grain Products - pita bread, bagels, muffins, crackers, granola, cereal

Vegetables & Fruit - raw veggie sticks, fruit, 100% fruit juice, steamed vegetables

Milk Products - milk, yogurt, cheese, cottage cheese, yogurt dip for fruit or vegetables

Meat & Alternatives - tuna or egg salad, peanut butter, sliced meat, chili with

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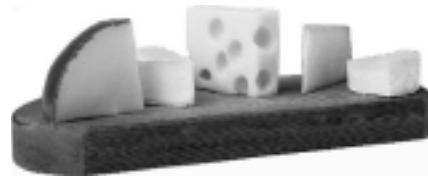


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Childrens' Nutrition continued



Remember – there are no foods that are “breakfast”, “lunch”, or “dinner” foods – whatever healthy foods that you and your family enjoy can be eaten at any meal. Set a good example by eating healthy and being physically active with your children. This sends a strong message that a healthy life-style is both important and fun.



Myth: Sugar makes kids hyper.

Fact: There is no research that shows hyperactivity is caused by eating too much sugar.

Often, children eat foods that are high in sugar, such as candy, pop, or cake, at celebrations that make them excited and act hyper. Birthday parties, family gatherings, sleep-overs, and play time with friends are some common situations where kids eat foods that are high in sugar and may appear cranky or hyper. However, it is the situation, not the food, that affects a child’s behaviour. Attention Deficit Hyperactivity Disorder, or ADHD, is **not** caused by kids eating too much sugar.

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As a parent, you want to do the best for your child. Set a good example by eating healthy and being physically active with your children. Your children will learn that a healthy lifestyle is both important and fun.

For more information on myths in childhood nutrition, and for tips on developing healthy eating habits for your family, contact the Leeds, Grenville, and Lanark District Health Unit’s Health Action Line at 1-800-660-5853 (or 345-5685) and ask to speak with a Registered Dietitian.

Health Unit Offices

Almonte
79 Spring Street
Unit #3, Compartment #13
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
839 Stone St. N.
Unit #3, North Gate Plaza
Gananoque, Ontario
K7G 1Z7
(613) 382-4231

Health Action Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions or would like your business added to our mailing list please call the Health Action Line and ask for Lynda Earl.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit - Fall 2003

Oral Piercing

Submitted by Leslie Redmond, RDH

From hairstyles, to clothing, tattoos to jewelry, today's youth are making a fashion statement. But those who want to look cool with oral piercing may be looking to the dentists and physicians for help afterwards.



Common symptoms after oral piercing include pain, swelling, infection, an increase flow of saliva and injuries to the gum tissue. If a blood vessel was in the path of the needle during the piercing, severe and difficult-to-control bleeding can result. For some, chipped or cracked teeth, blood poisoning or even blood clots can occur. For many, the swelling of the tongue is a common side effect. In extreme cases, a severely swollen tongue can actually close off the airway and prevent breathing.

Unfortunately, many young people with oral piercings don't realize that these alarming side effects could happen to them. So, skip the mouth jewelry and let your healthy smile make your fashion statement.

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Health Briefs

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Leeds, Grenville and Lanark District Health Unit - Fall 2003



Breast Health

Submitted by Bonnie Schnittker, PHN

October is Breast Cancer Awareness Month! Breast cancer is the most common female cancer and the second leading cause of cancer death in women. This year, approximately 8,000 women in Ontario will find out they have breast cancer and 2,000 will die from the disease.

Who is at risk? Two of the biggest risk factors for breast cancer are being a woman and increasing in age. Ontario Early Detection Guidelines recommend that women over 50 begin having regular mammograms every 2 years.

What are we doing about this? The Ontario Breast Screening Program (OBSP) is a program for women 50 and over, who can take charge of their breast health and can call to make their own appointments. Results are sent to these women and their doctors, and these women are automatically called back for their next appointment.

What is breast screening? At the Ontario Breast Screening Program, women receive a thorough clinical breast examination by a specially trained nurse examiner, a high quality mammogram (x-ray of the breast) and information on breast self-examination.

Why is breast screening so important? Currently there is no clear way to prevent breast cancer so early detection through screening is the best approach. Screening finds breast cancer earlier, when treatment has a better chance of success. Research shows that regular screening in women age 50 – 69 can reduce deaths from breast cancer by 30%.

What should you do? You can call to make your own appointment. If you don't meet the age requirement yet, keep this information in mind for future use.

Your local OBSP sites are:

Ottawa OBSP Centre	613-728-0777	1-800-465-6226
Renfrew - Renfrew Victoria Hospital	613-432-4851	1-800-916-6277
Winchester - Winchester District Memorial Hospital	613-774-2422 ext.5617	
Kingston OBSP Centre	613-384-4284	1-800-465-8850
Brockville - Brockville General Hospital	613-345-8304	

Men and women alike are encouraged to share this information with a friend, loved one or co-worker.

Watch for the local Breast Health Campaign at your worksite in October.

The Central West group of Health Units originally created the above article.

