

Triple-H News

HOKE HEALTH HIGHLIGHTS

May Is Asthma Awareness Month!

How Do I Recognize the Early Signs of an Asthma Attack?

Early warning signs are changes that happen just before or at the very beginning of an asthma attack. These changes start before the well-known symptoms of asthma and are the earliest signs that your asthma is worsening.

In general, these early asthma attack symptoms are not severe enough to stop you from going about your daily activities. But by recognizing these signs, you can stop an asthma attack or prevent one from getting worse.

Early warning signs of an asthma attack may include:

Frequent cough, especially at night

- Reduced peak flow meter readings
- Losing your breath easily or shortness of breath
Feeling very tired or weak when exercising
- Wheezing or coughing during or after exercise (exercise-induced asthma)
- Feeling tired, easily upset, grouchy, or moody
- Decreases or changes in lung function as measured on a peak flow meter
- Signs of a cold or allergies (sneezing, runny nose, cough, nasal congestion, sore throat, and headache)
- Trouble sleeping with nighttime asthma

The severity of an asthma attack can escalate rapidly, so it's important to treat these symptoms immediately once you recognize them.

What Happens if an Asthma Attack Goes Untreated?

If you do not receive adequate treatment for an asthma attack, you may eventually be unable to speak and can develop a bluish coloring around your lips. This color change, known as "cyanosis," means you have less and less oxygen in your blood. Without immediate aggressive treatment in an emergency room or intensive care unit, you may lose consciousness and eventually die.

Reference:

<http://www.webmd.com/asthma/guide/asthma-attack?page=2#1>

To learn more or to get a free Asthma Tool-kit visit: http://www.allergicasthma.com/?cid=xol_PS_MIXLAAWB0166&c=MIXLAAWB0166&mc=MIXLAAWB0166



SPECIAL POINTS OF INTEREST:

- **Teen-Time:** Health Clinic for teens; available the 1st & 3rd Mondays of the month from 4:30PM-7:00PM.
- **Child Birth Education Classes:** Four week series starts on Thursday's, from 6-8PM contact Cornelia @ (910) 875-3717 Ext: 2104.
- **CPR & First –Aid Classes:** Contact Ulva for more information @ (910) 875-3717 Ext:2106.
- **Diabetes Support Group:** Every 2nd Tuesday of the month from 5:30-6:30 PM. Contact Ulva for more information @ (910) 875-3717 Ext:2106.
- **Board Of Health Meetings:** held on the 2nd Monday of every month @ the Health Department 7PM.
- **Public Health Advisory Council:** meets every 3rd Tuesday @ 1:00PM. at the health department. Contact Ulva @ (910) 875-3717 Ext: 2106.
- **Asthma Awareness Month...**
- **Children's Fair: June 11th @9AM-2PM**
- **Baby Think It Over Program: June 29th @ 5PM**

Get to know your county! www.hokecounty.net



Want A Tattoo? Know The Rules First...

§ 14-400. Tattooing; body piercing prohibited.

(a) It shall be unlawful for any person or persons to tattoo the arm, limb, or any part of the body of any other person under 18 years of age. Anyone violating the provisions of this section shall be guilty of a Class 2 misdemeanor.

(b) It shall be unlawful for any person to pierce any part of the body other than ears of another person under the age of 18 for the purpose of allowing the insertion of earrings, jewelry, or similar objects into the body, unless the prior consent of a custodial parent or guardian is obtained. Anyone violating the provisions of this section is guilty of a Class 2 misdemeanor.

(1937, c. 112, ss. 1, 2; 1969, c. 1224, s. 8; 1971, c. 1231, s. 1; 1993, c. 539, s. 269; 1994, Ex. Sess., c. 24, s. 14(c); 1998-230, s. 9.)

Nutrition Education At Sand-Hoke



Staff Brain Storm Program & Planning



What is a Well-Child Visit - and Why are They Important?

The American Academy of Pediatrics (AAP) recommends 13 well-child visits during the first three years of your child's life. These are over and beyond any visits for illness or those with specialists.

That sounds like a lot of visits! *Why take your child to the doctor if he or she isn't sick?* When your child is sick, the most important priority for you and your doctor is figuring out what is wrong and what to do to make it better. There is rarely time to discuss other topics about how your child is growing and developing.

Well-child visits are all about prevention and promotion of healthy habits. Recommended vaccinations are given during these visits, as well as routine screenings for such things as vision or hearing problems, anemia, autism, and other issues.

It is the perfect time to share what your child is doing and learning, and to share any questions or concerns you might have. It's also a good time for your child's health care provider to learn about your family and your cultural and family traditions and anything that effects your child's health and development. Seven of the 13 visits happen in the first year: newborn, first week, 1 month, 2 months, 4 months, 6 months, and 9 months. This is a time when babies are rapidly growing and learning new skills!

The visits space out over the next 2 years: 12 months, 15 months, 18 months, 2 years, 2 1/2 years, and 3 years. Beyond 3 years, well-child visits are usually scheduled once a year.

Reference

Bright Futures. (2015, April). *Bright futures: Family matters. The well visit planner. Making the most of your child's health care checkups.* Accessed on April 28, 2015 from http://www.fv-impact.org/files/1314/3016/8403/BFFM_April_2015_WVP.compressed.pdf.

