

PROVIDING NEWS YOU CAN USE



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UPCOMING EVENTS

July is:

Cord Blood Awareness Month
UV Safety Month

August is:

National Immunization Awareness Month
Cataract Awareness Month
Children's Eye Health & Safety Month

September is:

Childhood Cancer Month
Leukemia & Lymphoma Awareness Month
National Yoga Awareness Month
Prostate Cancer Awareness Month

Welcome

July - September 2010

This newsletter is created to keep you informed about St. John's Van K. Smith Community Health Library. Tips for locating quality health information in a variety of formats will be featured topics. We hope you find this newsletter to be a useful resource.



Take Control. We Can Help.™

Juvenile Arthritis Awareness Month

Sponsored by the Arthritis Foundation, July is Juvenile Arthritis Awareness Month. Juvenile arthritis (JA) refers to any form or arthritis-related condition that develops in children or teenagers who are under 18 years of age. According to the Foundation, approximately 294,000 children are affected by pediatric arthritis and rheumatologic conditions.

There is no single test to diagnose JA, but there are four major changes in the way joints may develop:

- o Joint inflammation.
- o Joint contracture (stiff, bent joint).
- o Joint damage and/or alteration or change in growth.
- o Joint stiffness following rest or decreased activity level, and weakness in muscles and other soft tissues around involved joints.

It's important to note that JA affects every child differently, and can vary from day to day, so these symptoms alone may not necessarily mean they have or do not have JA. It is important to consult your Physician if you have any questions regarding your child's joints, growth patterns, and movements.

For more information on this event, please visit:

www.arthritis.org/ja-information.php

For more information on juvenile arthritis and related conditions, visit:

www.nlm.nih.gov/medlineplus/juvenilerheumatoidarthritis.html

ST. JOHN'S COMMUNITY HEALTH LIBRARY



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August is Psoriasis Awareness Month

Each August, the National Psoriasis Foundation sponsors Psoriasis Awareness Month. They are dedicated to raising the awareness, educating the public, and dispelling myths about psoriasis.

Psoriasis is the most prevalent autoimmune disease in the United States, affecting as many as 7.5 million Americans. It occurs when the immune system sends out faulty signals resulting in red, scaly patches on the skin that bleed and itch. Psoriasis is not contagious. Up to 30 percent of people with psoriasis also develop psoriatic arthritis, which causes pain, swelling and stiffness around the joints.

The National Psoriasis Foundation recently did a survey of people with psoriasis and psoriatic arthritis about how they felt about their disease:



- o 71% of respondents said their psoriasis is a significant problem in everyday life.
- o 48% reported their psoriasis makes them uncomfortable in public.
- o 37% of respondents reported they avoid social activities.
- o 52% avoid public swimming pools because of their disease.

For more information about Psoriasis Awareness Month, please visit the National Psoriasis Foundation's website:

www.psoriasis.org/NetCommunity/Page.aspx?pid=937

For more information about psoriasis and psoriatic arthritis, please visit MedlinePlus at:

www.nlm.nih.gov/medlineplus/psoriasis.html



CHECK-OUT THESE BOOKS AT THE LIBRARY

- ❖ *Psoriasis: everything you need to know* by Richard Langley, 2005.
- ❖ *100 questions & answers about psoriasis* by Kendra Gail Bergstrom, Alexa Boer Kimball, 2005.
- ❖ *Psoriasis: a patient's guide* by Nicholas J. Lowe, 2003.



JULY 2010

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18	19	20	21	22	23	24
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AUGUST 2010

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29	30	31				

SEPTEMBER 2010

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26	27	28	29	30		



Shelley White, Community Health Librarian, is available to speak to community organizations and other local groups about locating quality sources of health information.



Possible presentations include:

- ❖ Introduction to library services and resources
- ❖ Locating quality health information on the web
- ❖ Locating information on specific health conditions (diabetes, Alzheimer's, etc.)

Call today to schedule a presentation to meet your group's specific health information needs.

417-820-2539 or
Toll free 800-432-2273



Firecracker Grilled Alaska Salmon

For 2010, each issue will include a recipe in keeping with the season. Since we are fully enveloped in the heat of the summer, we are all using our outdoor grills more. So there is nothing better (or healthier) than a nice grilled piece of fresh salmon! This recipe comes from the website allrecipes.com.

SERVINGS: 8
PREP TIME: 20 minutes



Ingredients

- | | |
|-------------------------------|----------------------------------|
| 8 (4 ounce) filets of salmon | 2 cloves garlic, minced |
| ½ c peanut oil | 1 ½ tsp. ground ginger |
| 4 tbsp. soy sauce | 2 tsp. crushed red pepper flakes |
| 4 tbsp. balsamic vinegar | 1 tsp. sesame oil |
| 4 tbsp. green onions, chopped | ½ tsp. salt |
| 3 tbsp. brown sugar | |

Directions

1. Place salmon filets in a medium, nonporous glass dish. In a separate medium bowl, combine the peanut oil, soy sauce, vinegar, green onions, brown sugar, garlic, ginger, red pepper flakes, sesame oil and salt. Whisk together well, and pour over the fish. Cover and marinate the fish in the refrigerator for 4 to 6 hours.
2. Prepare an outdoor grill with coals about 5 inches from the grate, and lightly oil the grate.
3. Grill the fillets 5 inches from coals for 10 minutes per inch of thickness, measured at the thickest part, or until fish just flakes with a fork. Turn over halfway through cooking.

For more recipes, please visit:



www.allrecipes.com

Nutritional Information Per Serving			
Total Fat	21.5 g	Cholesterol	63 mg
Sodium	649 mg	Total Carbs	4.6 g
Dietary Fiber	0.4 g	Protein	23.3 g
Calories	307		



ON THE BOOKSHELF AT THE LIBRARY

Life over cancer: the Block Center program for integrative cancer treatment by Keith Block ; foreword by Andrew Weil. (2009)

Kate, the ghost dog: coping with the death of a pet by Wayne L. Wilson ; illustrated by Soud. (2010)

Living with someone who's living with bipolar disorder: a practical guide for family, friends, and coworkers by Chelsea Lowe and Bruce M. Cohen. (2010)

A guided meditation to help with caregiver stress by Belleruth Naparstek. (2009) AUDIOBOOK ON PLAYAWAY

Big yoga: a simple guide for bigger bodies by Meera Patricia Kerr. (2010)

The complete idiot's guide to glycemic index weight loss by Lucy Beale and Joan Clark-Warner. (2010)

The expert's guide to weight-loss surgery: is it right for me? what happens during surgery? how do I keep the weight off? by Garth Davis with Laura Tucker. (2010)

500 high fiber recipes: fight diabetes, high cholesterol, high blood pressure, and irritable bowel syndrome with delicious meals that fill you up and help you shed pounds! by Dick Logue. (2009)

Beating gout: a sufferer's guide to living pain free by Victor Konshin. (2009)

Nutrition during pregnancy with Kara Korhonen. (2008) DVD

Search COOLcat, the library's online catalog, to locate additional materials, please visit:

<http://www.coolcat.org>

HOW TO CONTACT THE LIBRARY

You are welcome to visit the library in person, online, or contact us by telephone.

Street Address:

Van K. Smith Community Health Library
2055 South Fremont Avenue
St. John's Cancer Resource Center within
the C.H. "Chub" O'Reilly Cancer Center
Springfield, Missouri

Mailing Address:

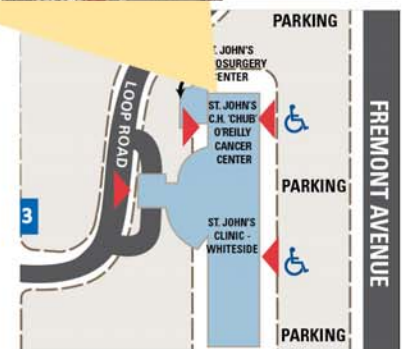
Van K. Smith Community Health Library
St. John's Health System
1235 East Cherokee Street
Springfield, Missouri 65804-2263

Phone:

417-820-2539 or toll free 800-432-2273

Website:

<http://www.stjohns.com/libraries>



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