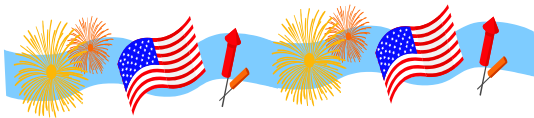


Providing News You Can Use

July 2007

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Forthcoming Health Awareness Events

July is:

- ☉ UV Safety Month

August is:

- 👁️ Cataract Awareness Month
- 👉 Psoriasis Awareness Month

September is:

- 🚲 Childhood Cancer Month
- 🏠 Leukemia & Lymphoma Awareness Month
- 👩 Ovarian Cancer Awareness Month
- 👨 Prostate Cancer Awareness Month

Welcome

This is a newsletter created to keep you informed about St. John's 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.



Summer Safety Tips from the FDA

With summer just starting, we should be reminded about safety during the summer months:

- ❖ **Sun exposure** – most importantly, try to limit your time exposed to the sun. Sunscreen should be applied 30 minutes before going outdoors and reapplied at least every two hours. The FDA recommends a water-resistant sunscreen with a sun protection factor (SPF) of 15 or higher.
- ❖ **Mosquito and tick bites** – if you plan to spend time in tall grass or woody areas, use insect repellent with DEET to ward off these pesky critters. This repellent should not be used on babies and repellent used on kids should not contain more than 10% DEET.
- ❖ **Foodborne illness** – the most basic thing you can do to ward off food poisoning is wash your hands. Wash them often and thoroughly with soap and water, especially after using the bathroom and before cooking or eating. Additionally, you should keep cooking surfaces clean, keep raw food away from cooked food, cook food to their proper temperatures, and refrigerate or freeze leftovers immediately.



For more information on summer safety from the FDA, visit their website at:

http://www.fda.gov/fdac/features/2004/304_summer.html

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Take a Loved One for a Check-up Day September 18, 2007

Sponsored by Office of Minority Health within the Department of Health & Human Services, the third Tuesday of September has been set aside as 'Take a Loved One for a Check-up Day'.

According to their website:

"The focus of the day is to encourage individuals to take charge of their health by visiting a health professional (doctor, nurse, dentist, nurse practitioner, physician assistant or other health provider), making an appointment for a visit, attending a health event in the community, or helping a friend, neighbor, or family member do the same."

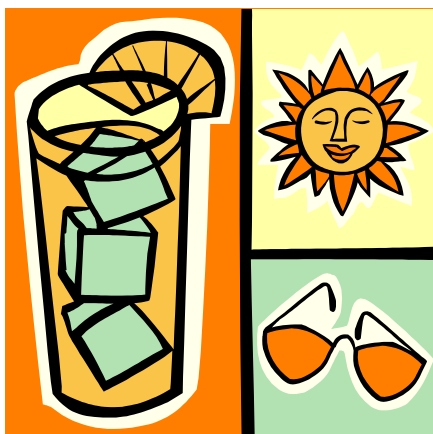
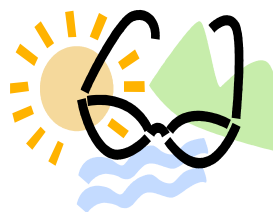


The Office of Minority Health offers a wealth of information on their website to help you and your loved ones to locate low-cost health centers, eldercare services, and other health services for the disadvantaged. This can be found at:




www.omhrc.gov/templates/browse.aspx?lvl=2&lvlID=18

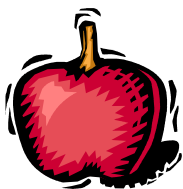
For more information on this event and other events offered by the Office of Minority Health, visit their main website:

www.omhrc.gov



Check-out these books and videos about sun safety at the Library!

-  *Sun protection for life: your guide to a lifetime of healthy and beautiful skin* by Mary Mills Barrow and John F. Barrow, 2005.
-  *The dangers of melanoma*, 2003.
-  *Safe in the sun* by Mary-ellen Siegel, 1995.



September is Fruit & Vegetable Month

A growing body of research shows that fruits and vegetables are critical to promoting good health. To get the amount that's recommended, most people need to increase the amount of fruits and vegetables they currently eat every day. According to the Centers for Disease Control (CDC), fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases. Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and other cardiovascular diseases, and certain cancers.

Here are some tips suggested by the CDC to easily add more fruit and vegetables to every meal:

- ❖ At breakfast, add strawberries, blueberries, or bananas to your waffles, pancakes, cereal, oatmeal, or toast.
- ❖ Ask for more vegetable toppings (like mushrooms, peppers, and onions) and less cheese on your pizza.
- ❖ Choose beans, corn on the cob, or a side salad with low-calorie salad dressing instead of French fries.
- ❖ Try baked tortilla chips with black bean and corn salsa.
- ❖ Stash bags of dried fruit at your desk for a convenient snack.
- ❖ Store cleaned, cut-up vegetables in the fridge at eye level and keep a low-fat or fat-free dip on hand.



For more suggestions on incorporating more fruits and vegetables into your diet, visit:

www.fruitandveggiesmatter.gov



Check-out these websites to locate healthy recipes:

Delicious Decisions – from the American Heart Association

www.deliciousdecisions.org/

Healthy Recipes - from the Food Network

www.foodnetwork.com/food/lf_health

Recipes from the American Diabetes Association

vgs.diabetes.org/recipe/index.jsp

Need a Speaker?



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

Toll free 800-432-2273



On the Bookshelf @ the Library

-  Take your pediatrician with you: keeping your child healthy at home and on the road (2007)
-  The face reader: discover anyone's personality, compatibility, talents, and challenges through Chinese face reading (2007)
-  Hyper-chondriac: one man's quest to hurry up and calm down (2007)
-  The male herbal: the definitive health care book for men & boys (2007)
-  The everything parent's guide to children with juvenile diabetes (2007)
-  Mental fitness: activities for older adults (2006)
-  The glycemic load diet: a powerful new program for losing weight and reversing insulin resistance (2006)
-  Mindfulness for beginners (2006)
-  10 minute solution: fitness ball workouts (2006)
-  Imagine a rainbow: a child's guide for soothing pain (2006)
-  The real age makeover (2006)
-  Prediabetes: what you need to know to keep diabetes away (2004)
-  Headache relief: guided imagery exercises to soothe, relax and heal (2004)
-  Conditions of the testicle: monthly testicular self-examination model (2002)

Search COOLcat, the library's online catalog, to locate additional materials, visit 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
Ground floor of St. John's 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:

www.stjohns.com/libraries

