

Hoke County Health Department

For more information
Please contact us...
Contact Info.
683 E. Palmer Rd.
Raeford, NC 28376
Phone: 910-875-3717

UPCOMING EVENTS

Board Of Health Meetings held on the 2nd Monday of every month @ the Health Department 7PM

Join the **Public Health Advisory Council** & make a difference in your community, Contact Ulva @ (910) 875-3717 ex: 2106. Next Meeting 1/9/2014 @ 11:00AM

Flu Shots are available by appointments only from M-F; 8:00AM-4:00PM.

Hoke County Asthma Coalition meets every 3rd Wednesday @ 12:00PM. at the health department

Teen-Time -Health Clinic for teens; available the 1st & 3rd Monday of the month from 4:30PM-7:00PM.

Child Birth Education Classes
Starts the first Thursday of the month from 6-8PM contact Cornelia @ (910) 875-3717 ex: 2104.

Save The Date
2014 Survivorship Summit Thursday, April 24 & 25, For more information contact Cindy Morton @ (910) 875-3717 ex: 2115.

Community Health Opinion Survey
Is now Available. To participate, contact Cornelia @ (910) 875-3717 ex: 2104.

CPR Classes are available Contact Ulva for more information @ (910) 875-3717 ex:2106

HCHD Staff Work Anniversaries
Lisa Crabtree- 6yrs.
Karen McKinley-1yr.
Caroline Robinson- 1yr.



**TRIPLE-H NEWS:
HOKE HEALTHY HIGHLIGHTS**

Go Red for Women: Increasing Heart Disease Awareness



During the month of February, the American Heart

Association promotes "Go Red for Women," an educational movement that advocates for more research and increases awareness on women's heart health.

Did you know that heart disease is the No. 1 killer of women, causing one in three deaths each year? People often tend to view heart disease as an ailment that affects men more than women, yet nothing could be further from the truth. According to the American Heart Association, the number of women who die of cardiovascular disease each year far exceeds that of men and has been on the increase since 1984. The Harvard Medical School reports that by the year 2000, there were 60,000 more women dying of heart disease than men in the United States every year. Yet cardiovascular issues are so often misdiagnosed in women and serious conditions are not attended to until it is already too late. As a cardiologist, I strongly believe that awareness, knowledge and prevention are paramount when it comes to women and heart disease.

Heart Disease: The Basics

Heart disease, which is also known as cardiovascular disease, can actually be a number of diseases that prevent blood from flowing properly to the heart. The most common form of heart disease for both men and women is coronary artery disease, which happens when plaque builds up on the main artery walls making it difficult for oxygen-rich blood to reach the heart. This causes the heart to strain to supply the vital organs, which can in turn lead to heart attacks. In addition, the plaque can also dislodge from the artery walls and send blood clots travelling through the bloodstream to the brain causing a stroke.

Causes of Heart Disease in Women

The major risk factors for heart disease in both men and women are lifestyle-related and include obesity, lack of exercise, smoking and stress.

Family history also plays a huge role, as does diabetes, high blood pressure and elevated LDL cholesterol levels. However, for women there may be additional risk factors as well. Women are more likely to develop heart disease after menopause, which many

researchers believe is due to a decrease in estrogen and an increase in cholesterol, blood pressure and abdominal fat. In addition, the risk of heart disease may be higher for women who smoke than men and for women suffering from depression.

Symptoms of Heart Attacks in Women

Another reason that heart disease is so often misdiagnosed or undetected in women is that many women experience very atypical symptoms. For example, many men feel sharp intense chest pains (also known as angina) when they are having a heart attack. For women, this is not always the case. According to the American Heart Association, the warning signs of a heart attack for women could also include:

- Chest, back, shoulder, neck or jaw pains.
- Pressure or pain in the lower half of the chest or upper abdomen
- Unexplained fatigue
- Shortness of breath
- Dizziness or fainting
- Nausea or vomiting
- Breaking out in a cold sweat

Dr. Cynthia Thak

FEBRUARY
American Heart Month
AMD/Low Vision Awareness Month
National Cancer Prevention Month
National Children's Dental Health Month
National Senior Independence Month
Wise Health Consumer Month



FEBRUARY 7th Wear Red. Raise Your Voice. Go Red on National Wear Red Day®



Hoke Co. Public Library



Hoke Co. Tax Collector



Hoke Co. Health Department



Hoke Co. WIC Department

Healthy Teeth, Healthy Heart?



Paying attention to your dental hygiene and health - especially your gums -- may pay you back with more than a gleaming, healthy smile and manageable dental bills. It may keep your heart healthy too.

However, experts emphasize that the keyword is may. Cardiologists and periodontists, the dentists who treat gum disease, have long debated the link between dental health and heart disease. But the issue still isn't completely resolved, says Robert Bonow, MD, past president of the American Heart Association and chief of cardiology at Northwestern University's Feinberg School of Medicine. "It isn't clear whether gum disease actually has a direct link to heart disease Bonow says. "There are threads of evidence, but they're not yet tied together.

If it's true that people with poor oral health have more heart attacks, it doesn't mean the poor oral health leads to them. People with good oral hygiene may just be taking better care of themselves." In other words, people who floss and brush their teeth may also exercise regularly and follow other heart-healthy habits.

By Kathleen Doherty

Leadership Hoke Visits The Hoke County Health Department



The 2014 Leadership Hoke visited The Hoke County Health Department on January 14th.

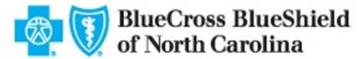
Participants had the opportunity to learn about the departments programs and services. At the conclusion they took a tour of the facility.

East Hoke Middle School Annual Science Symposium



The EHMS Science Symposium was hosted January 17th. About 60 8th grade students

had the opportunity to learn about Germs and how humans interact with them in their environments. At the conclusion students participated in a hand-washing activity.



Blue Cross Blue Shield Accepted Here!

The Hoke County Health Department is now a provider who accepts Blue Cross Blue Shield Insurance. As an In-Network provider, you only have to pay your co-pay! Call today for an appointment!

Nexplanon® Now Available



The Hoke County Health Department offers the Nexplanon® to females interested in using different birth control method. The

Nexplanon® is a hormone-releasing birth control implant for use by women to prevent pregnancy for up to 3 years. The implant is a flexible plastic rod that contains a progestin hormone called etonogestrel. The providers of the Hoke County Health Department can insert the implant just under the skin of the inner side of your upper arm. Call 875-3717 for more information!

Employee of the Month!

The Hoke County Health Department now has the Employee of the Month Recognition Program. If you would like to nominate an employee who provides excellent customer service and care, please ask for a nomination form in the Billing Office or call 875-3717 for a form to be mailed to you.



Get to know your county! www.hokecounty.net

Communicable Disease Stats

January 2014

Flu H1N1: 3

Latent TB Infection: 1

TB Suspect/Cases: 0/0

Positive Cases

Chlamydia: 9

Gonorrhea: 6

Syphilis: 0

NGU: 1

HIV: 1

Hepatitis B: 2

Salmonella: 0

Campylobacter: 0

Tests

HIV Tests : 90



MedAssist Prescription Help is Here!

This program is a prescription assistance programs offered to any resident of North Carolina who has an income at or below 200% of the Federal Poverty Level and has no prescription insurance coverage. For more information contact **Kathy McLean @ (910) 875-3717 Ext: 2294.**