



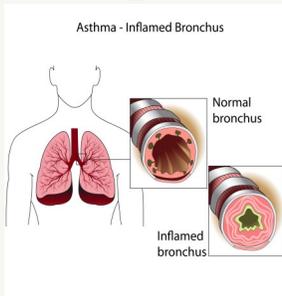
# TRIPLE-H NEWS

## HOKE HEALTH HIGHLIGHTS

### *Asthma, No Joking Matter!*

**What is Asthma?**

Asthma is a condition that affects a person's airways. It is most common in kids and teens. For most people, breathing is easy. We breathe in through our noses or mouths and the air goes into the windpipe. From there, it travels through the airways and into the lungs. But for an individual with asthma, breathing can be a lot more difficult because their airways are very sensitive. An asthma attack happens when a person's airways get swollen and narrower and it becomes a lot harder for air to get in and out of the lungs. Even though asthma is a lung condition, it also affects the eyes, ears, nose, throat, and stomach. There are number of allergens that can trigger an asthmatic



reaction. Asthma triggers can range from certain animal dander (fur or feather) to weather change.

**How do CC4C program works with family of children dealing with asthma?**

Care Coordination for Children (CC4C) program's main focus is to educate the family in how to care for the child who has this illness. Anyone with asthma should have an asthma action plan. An asthma action plan is a written plan that the family develops with the child doctor to help control the asthma. The asthma action plan shows the child daily treat-

ment, including what kind of medicines to take and when to take them. The plan describes how to control asthma long term. It tells the family or caretaker how to handle the child's asthma attacks. The plan explains when to call the doctor or go to the emergency room. If your child has asthma, all of the people who care for him or her should know about the child's asthma action plan. These caregivers include other family members, babysitters and workers at daycare centers, schools, and camps. These caretakers can help your child follow his or her action plan.

*Lashanda M. Thompson,  
Fayetteville State University  
BSW Intern*



**SPECIAL POINTS OF INTEREST:**

- ◆ **Teen-Time: Health Clinic** for teens; available the 1st & 3rd Mondays of the month from 4:30PM-7:00PM.
- ◆ **Teen Time Presents: Its Your Life, Its Your Choice!** Monday, November 17th From 5-7 PM Games & Prizes.
- ◆ **Child Birth Education Classes:** Four week series starts on Thursday, January 8th 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 Desert Workshop:** Saturday December 6th at 10AM. To RSVP contact Shirley Smith @ (910)875-2162 x 228

**MEETING ANNOUNCEMENTS:**

- ◆ **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.
- ◆ **Hoke County Asthma Coalition:** meets on the 3rd Wednesday in January @ 12:00PM. at the health department. Contact Cornelia @ (910) 875-3717 Ext: 2104.
- ◆ **Diabetes Support Group:** meets on the 2nd Tuesday of each month. Contact Ulva @ (910) 875-3717 Ext: 2106.



**Health Care Insurance  
2015...**

Open enrolment for the 2015 year begins November 15, 2014 and ends February 15, 2015. However, for those who wish to begin receiving health benefits in January 2015; must enroll on or before December 15, 2014. To enroll for health insurance, contact the health insurance exchange at [www.healthcare.gov](http://www.healthcare.gov).

**Free Nicotine Patches for any Tobacco User!**



November 20<sup>th</sup> marks the American Cancer Society's Great American Smokeout. As

a special offer this year, QuitlineNC will give eight weeks of free nicotine patches for any tobacco user who registers to quit on Great American Smokeout Day.

QuitlineNC, North Carolina's telephone and online quit-smoking support service, is ready to help smokers – as well as other tobacco users – take advantage of this great opportunity by working with a Quit Coach.

“The nicotine in tobacco is addictive and it can be difficult to quit,” said Cornelia Murchison, Health and wellness Coordinator of Hoke County Health Department. “The combination of coaching and nicotine replacement therapy of this special offer can be a lifeline to help more people in Hoke County quit successfully.”

A Quit Coach can help you plan to quit, offer tips and support, mail you materials, and be there for you every step of the way – whether you choose to quit for the Great American Smokeout or any time.

Nicotine replacement therapy, such as the patches, can also be a big help. “An expert Quit Coach has knowledge and tips that go way beyond the support you can get from a friend or co-worker,” said Mrs. Murchison. “They can tell you about local quit smoking programs, sign you up for web coaching, and even call you back to check on your progress. And, if you register on Great American Smokeout day, they can send you eight weeks of free nicotine patches, too.”

Get your own Quit Coach and free nicotine patches on November 20<sup>th</sup> by calling 1-800-Quit-Now (1-800-784-8669) or visit [www.quitlinenc.com](http://www.quitlinenc.com). For service in Spanish call 1-855-DEJELO-YA (1-855-335-3569). QuitlineNC operates 24 hours a day, seven days a week.

**October Employee Of The Month**



**Keyna Goodwin,  
WIC Processing Assistant**

**Diabetes Health Symposium  
November 1, 2014**

**The Spirit Of Halloween!**



**Keren McKinley  
Winner of  
costume contest**