



AUGLAIZE COUNTY
HEALTH DEPARTMENT

prevent. promote. protect.

COMMUNITY WELLNESS

February 2023



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AMERICAN HEART MONTH

February is American Heart Month! The American Heart Association, along with the Centers for Disease Control and Prevention (CDC), works to spotlight heart disease during the month of February. Did you know that heart disease is the leading cause of death among Americans? 1 in every 3 deaths in the United States are related to cardiovascular disease.

In most cases, heart disease is preventable when people adopt a healthy lifestyle. A healthy lifestyle includes not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, and getting plenty of physical activity.

While healthy lifestyle habits are important to heart health, it's also important to visit your primary care doctor yearly. Throughout the COVID-19 pandemic, many people have delayed or avoided going to see their doctor for regular check-ups. American Heart Month is a great time to be reminded about the importance of annual wellness visits to evaluate your risk for heart disease, heart attack, or stroke.

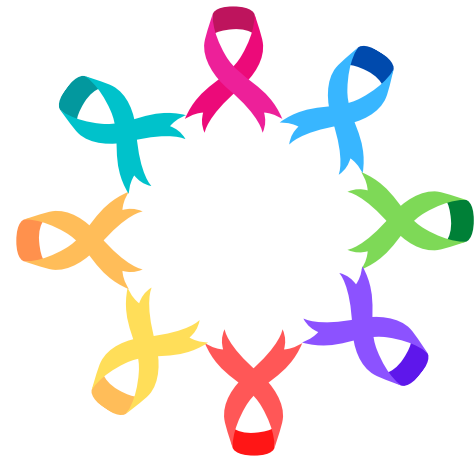


"Guiding Auglaize County towards a healthier future."



CANCER PREVENTION MONTH

Cancer has a major impact on society across the globe. Each year, more than 1.7 million people are diagnosed with cancer in the United States alone. Cancer is a generic term for a large group of diseases that can affect any part of the body. Other terms frequently used regarding cancer are malignant tumors and neoplasms. The most common cancers are breast, lung, colon and rectum, and prostate cancers. While cancer is the second leading cause of death among Americans, many types of cancer can be prevented or caught early. Practicing good health habits such as quitting smoking (or never starting in the first place), limiting alcohol use, maintaining a healthy weight, exercising regularly, protecting your skin from the sun, and going to the doctor for regular screenings can dramatically reduce your risk for certain cancers.



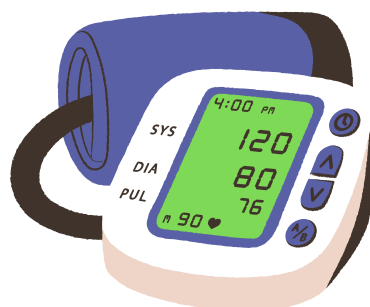
CHILDREN'S DENTAL HEALTH

February is National Children's Dental Health month! Did you know that tooth decay is the leading chronic infectious disease among children in the United States? Teaching your child about good oral health habits early can decrease their risk for tooth decay. Oral health begins at birth, well before a child's first tooth erupts. A baby's mouth should be cleaned after each feeding with a soft washcloth to clean the gums. The American Academy of Pediatric Dentistry recommends taking a child for their first dental visit by the age of one. Parents are also encouraged to schedule routine dental check-ups for their children, start brushing with the first tooth, begin flossing once teeth begin to touch, and encourage healthy snacking. Remember to replace your child's toothbrush every three to four months and supervise children younger than six years old while brushing.



BLOOD PRESSURE AWARENESS

During American Heart Month, it's a great time to be reminded about a healthy blood pressure. For a normal blood pressure reading, your blood pressure should show a systolic pressure (the top number) above 90 mm Hg but less than 120 mm Hg. The diastolic pressure (the bottom number) should be between 60 mm HG but less than 80 mm Hg. When your blood pressure is too high, it can affect the heart, brain, and kidneys. It can decrease the flow of blood and oxygen to the brain and heart, causing heart disease, heart attack, or stroke. Healthy blood pressure can be maintained by exercising regularly, eating well, and managing stress.



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