



Family and Community Health "Connections" In Tom Green County



Medial Tests That Could Save Your Life

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Recommended screenings can spot health problems early, when they are often easier to treat. Talk to your primary care provider about what screenings you need. There are several tests that can spot health problems early. In fact, screenings can even help save your life. You can achieve this by talking to your primary care provider about screenings. He/she will help you decide which you should have and when and how often you should have them. These general recommendations from the American Health Association, the American Cancer Society and other health organizations can help you know what you might need.

For Women:

Breast Cancer —Have mammograms regularly, starting at age 45. Talk to your provider about what’s best for you based on your risk and screening history.

Cervical Cancer —Get Pap tests starting at age 21. Talk to your provider about how often you should be screened.

Osteoporosis —Get bone density tests beginning at age 65. Ask your provider about earlier screenings if you are younger than 65 but have other risk factors, such as family history of the disease.

For Men:

Prostate Cancer — Discuss your risk of prostate cancer, as well as the risks or benefits of testing, with your provider.

Have the conversation at age 45 if you are African American or if your father or brother had prostate cancer before the age of 65. Otherwise, have *the conversation at age 50*.

Abdominal Aortic Aneurysm — Ask about getting tested once if you are age 65 to 75 and have ever smoked.

For Men and Women:

Blood Pressure —Get it checked at least every two years, starting at age 20.

Cholesterol —Get screened every four to six years, starting at age 20. Ask your provider if you should be *screened more often*.

Diabetes —Get tested if you are 45 or older. If you are overweight and have any other diabetes risk factors, get tested regardless of age.

Colorectal Cancer —Start testing at age 45-earlier if you have certain risk factors. Talk to your doctor about which test is right for you.

Lung Cancer —Ask your provider if screening is right for you if you are at least 55 years old, have a 30-pack-year smoking history, are a current smoker or have quit within the last 15 years.



Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals. Follow these five steps every time:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.



Use Hand Sanitizer When You Can't Use Soap and Water

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

Sanitizers can quickly reduce the number of germs on hands in many situations. However,

- Sanitizers do not get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

How to use hand sanitizer

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

Caution! Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple of mouthfuls are swallowed. Keep it out of reach of young children and supervise their use.

Source: Centers for Disease Control and Prevention/Handwashing When and How to Wash Your Hands

Key Times to Wash Your Hands

You can help yourself and loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed or animal waste
- **After** handling pet food and pet treats
- **After** touching garbage.

Source: <https://www.cdc.gov/handwashing/when-how-handwashing.html>

UV Safety Tips...As Easy As 1, 2, 3

1. Reduce the Risk

- Check UV Index to determine radiation intensity in favorite outdoor location.
- Remember UV radiation is strongest between 10:00 am to 4:00 pm.
- Seek shaded areas under trees or bring your own umbrella or pop-up shelter.



2. Enjoy the outdoors

- Apply sunscreen 20 minutes before heading outdoors.
- Reapply sunscreen every 2 hours, and after swimming and sweating.
- Wear appropriate clothing, when possible, such as long sleeves and pants
- Wear wide-brimmed hat and UV resistant sunglasses.

3. Know...

- Shadow Rule: If shadow is taller than you, UV exposure is lower. If shadow is shorter than you, UV exposure is higher.
- Surfaces, such as water snow, sand, and cement reflect sun's UV rays and increase chances of sunburn, and in higher altitudes, UV radiation exposure is higher.
- Dark clothes offer more protection than lighter ones.
- Avoid Indoor Tanning: UV radiation increases risk of skin cancer and causes premature aging.

Source: Texas A&M AgriLife Extension

Are Your Children Getting Their ZZZZZZZ's?

Sleep time for age groups:

- a. Infants typically sleep 9-12 hours during the night and take two-hour naps, one to four times a day-fewer as they reach one.
- b. Toddlers (1-2 years) need about 11-14 hours of sleep in a 24-hour period.
- c. Preschoolers (3-5 years) typically need 11-13 hours each night.
- d. School-age (6-13 years) need 9-11 hours of sleep.

Sleep is especially important for children as it directly impacts mental and physical development.



Source: SleepFoundation.org

Avocado Food Safety Tips

There is no doubt that avocados are delicious and nutritious but did you know that they also have to be prepped or stored correctly to reduce our risk of illness? Here are some food safety tips when eating an avocado!

- Before cutting into an avocado make sure to thoroughly wash the outside to avoid foodborne illnesses.
- Use a separate cutting board for produce and raw meats, poultry, or seafood to prevent cross-contamination.
- Promptly consuming fresh avocado after cutting and discarding the avocado skin may further reduce the risk of illness.
- Limit the amount of surface area exposed to air when storing avocados. Place them in airtight containers and/or seal tightly in clear plastic wrap.



Source: <https://dinnertonight.tamu.edu/avocado-quick-tip/>

Creamy Avocado Veggie Dip

Servings: 6

Ingredients:

- * 1 cup cucumber-seeded and chopped
- * 1 green pepper-seeded and chopped
- * 1 cup celery-chopped
- * 4 green onions-chopped
- * 3 teaspoons-fresh dill-minced
- * 1/4 teaspoon black pepper
- * 1/4 teaspoon paprika
- * 1/3 cup fat-free sour cream
- * 1/4 cup olive oil type mayonnaise
- * 1/2 of an avocado



Did you know that avocados can act as a “nutrient booster” by helping increase the absorption of fat-soluble nutrients such as vitamins A,D, and E?

Instructions:

1. In a large bowl, combine vegetables.
2. Chill for at least an hour or longer to allow juices to accumulate.
3. Drain Well.
4. In a small bowl, combine fresh dill, seasonings, sour cream and mayonnaise.
5. Fold dressing mixture into the vegetables.
6. Cover and chill until ready to serve.

Nutrition Facts

6 servings per container	
Serving size	1/2 cup (133g)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 1mg	6%
Potassium 320mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Source: dinnertonight.tamu.edu

Tom Green EEA News

August 11th

EEA Yearbook Planning Meeting

@ Extension Office

At 10:00 a.m.

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<http://tomgreen.agrilife.org/fch/>

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<https://www.facebook.com/TomGreenCountyFCH/>

Family and Community Health “Connections” is provided by the following AgriLife Extension Family and Community Health Agents:

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