

Our HealthMatters™

MARCH • APRIL 2013

In Touch With Your Health
www.kcourhealthmatters.com

CAN YOU SURVIVE 72 HOURS?



**PREPARE
FOR THE
UNEXPECTED**

The Sweet Benefits of Honey
Can Pets Help Us Relieve Stress?

**Plant A Garden—Save Money
& Enjoy Better Health**



Make sure your family has a plan in case of an emergency.



Fill out these cards, and give one to each member of your family to make sure they know who to call and where to meet in case of an emergency. For more information on how to make a family emergency plan, go to ready.gov



Family Emergency Plan

EMERGENCY CONTACT NAME:

TELEPHONE:

OUT-OF-TOWN CONTACT NAME:

TELEPHONE:

NEIGHBORHOOD MEETING PLACE:

TELEPHONE:

OTHER IMPORTANT INFORMATION:

DIAL 911 FOR EMERGENCIES

Ready

Family Emergency Plan

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Ready

Our Health Matters™

Contents

Vol. 8 / Issue 2
Since 2005

Thank You

You are a valued part of our eight year history. We love to hear from you whether it is about an article in the magazine or about a health-related product or service you like. We take nothing for granted. After eight years in the Kansas City market our goal is still to help you learn about ways that can promote better health.

As we looked back, we made an interesting discovery. According to our calculations, Our Health Matters has been read more than one million times! That is both exhilarating and humbling and makes us more determined to deliver timely and relevant health news to our readers.

We encourage you to make this the year to own your health in ways you may never have thought of before. Maybe it is to admit that it is time to "change something." Or time to find the people and resources that can provide you the "right care at the right time, for the right reason."

In this issue find valuable information about preparing for the unexpected. What would you do if a disaster strikes? It's a conversation every family needs to have and can make a big difference in how well you endure.

The Affordable Care Act is helping to eliminate many barriers that once made health care access unattainable. This April in Kansas City, voters will be asked to renew the Health Levy that has been a godsend for people who otherwise might not receive the quality care they need. I encourage you to go to the polls to be counted among those who want to see our community remain strong and productive for future generations.

Stay in touch with your health and write to let me know how Our Health Matters might be contributing to your health enrichment.



Ruth Ramsey, Publisher

INSIDE

HEALTH AND NUTRITION

How to Plant a Vegetable Garden 4

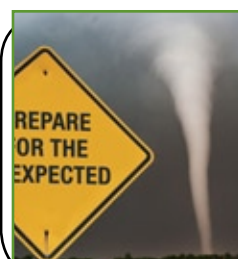
By Sharon Goldstein, Get Growing KC Team Member

There are four phases of vegetable gardening that can lead to a rewarding experience.

Health Benefits of Honey 6

By OHM Staff

Honey has been used throughout history as a medicine to treat wounds, skin conditions and stomach troubles. Now research has identified why it helps.



COVER STORY

Being Prepared is a Process 8

By Jennifer Fales Emergency Management Coordinator, KCMO Office of Emergency Management

Hazards such as severe thunderstorms, floods, heat waves, and frigid temperatures impact our lives through power outages, hazardous roads, and telephone service disruptions. Are you ready to face an emergency situation?

CAREER SPOTLIGHT

What is an EMT? 10

Emergency medical technicians are often the first responders on the scene; responding to emergency calls, performing medical services and transporting patients to hospitals.

OUR KIDS MATTER

Study Finds Link between Prenatal Inflammation and Autism 12

According to the Centers for Disease Control and Prevention (CDC), 1 in 88 children has autism. New research has found a link between high levels of a protein in expectant mothers and increased risk of autism in children.

UNDERSTANDING YOUR HEALTH

Pets are Medicine Too 14

By Cathy King, DVM, CVA

Fun and good for you — owning a pet can be included in the list of healthy lifestyle choices.

Tuberculosis Still a Concern for Some Regions 15

By Missouri Department of Health and Senior Services

Cases of tuberculosis still occur in the United States, but not as often as in other countries. Taking precautions can help stop the spread of this disease.

**Have a comment or interested in advertising? Give us a call at
(816) 361-6400, or email us at info@kcourhealthmatters.com**

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How to Plant a Vegetable Garden

By Sharon Goldstein, Get Growing KC Team Member

Planting a garden is a very rewarding experience. There are many reasons people grow their own food. Some people grow their own food because they want to know the source of their food; some grow because it saves them money on grocery bills; and others for the pure pleasure.

Derrick Morgan, a Kansas City Community Gardens member, said, "I have a feeling of accomplishment when I grow food, and I want to share that with my grandson."

There are four phases of vegetable gardening: preparing the ground, planting the garden, caring for the garden and harvesting the produce you grow. Vegetables require at least eight hours of sunlight per day to produce a healthy crop. When selecting a garden spot, it is important to find a sunny location. If your backyard is shady, you might consider planting a garden in your front yard or look for a community garden near your home or work. Other factors to consider are the condition of your soil and access to water.

When deciding what fruits and vegetables to grow, it's important to grow what you like to eat. Begin with a small garden and plant only a handful of your favorite varieties. You can always expand your garden once you get more comfortable.

The next step is planting your garden. You will need to use proper spacing between

your plants so they don't have to compete for nutrients and so they have enough room to grow.

Mulching with straw or cotton burr compost is one of the most important yet overlooked steps in caring for your garden. Mulch inhibits weeds from growing and insulates the soil, allowing you to water less often. It is recommended that you add an inch of water to your vegetable garden every week. The easiest way to determine if your garden needs watering is to put your finger into the soil. If it's dry, water; if the soil feels damp, wait a day.

Keep on top of weeding your garden and look for insects that might be causing damage. Try to set aside a few hours a week to work in your garden. It's much easier to pull a few weeds regularly than to wait until it would take hours to weed your garden.

Harvesting the fruits and vegetables you have grown and eating them is everyone's favorite part of gardening. Watch your garden closely to make sure fruits and vegetables don't get too big. Certain crops, such as zucchini or okra, get big fast and need to be monitored every day.



For more information on gardening and growing your own food, you may contact the following organizations:

Kansas City Community Gardens
www.kccg.org, 816-931-3877

Missouri Organic, missouriorganic.com
816-483-0908

Jackson County MU Extension Office
extension.missouri.edu, 816-252-5051

Wyandotte County K-State Extension
www.ksre.k-state.edu, 913-299-9300

See Garden Planting Calendar on Page 5

Get Growing KC

Good Food Growing in Every Neighborhood

Get Growing KC is a campaign to help get good food growing in every neighborhood.

Here's how our team can help:

- Free Technical Assistance for planning and developing your farm business, community garden, home garden or food project
- Presentations on ways to grow and access food in your neighborhood
- Workshops on home gardening, community gardening and urban farming
- Community networking to establish long-term relationships that promote fresh food and healthy eating



All resources are free and available to the public. Let's Get Growing KC!

Contact us at: info@getgrowingkc.org • 816.226.7979 • www.getgrowingkc.org

Get Growing KC is a program of:



Ad sponsored by:



Someone you know could be experiencing a mental illness or crisis. Do you know how to help?

- Get Prepared.
- Be Involved.
- Make a Difference.

Like CPR, Mental Health First Aid is a course that teaches the public what to do in a mental health emergency. Learn what you can do to help.

Courses available.
Call 913-328-4633 for additional information.

www.mhfakc.org

Ad sponsored by:



Garden Planting Calendar

Radish
3/15-5/1

Bean, Pole
5/1-5/20
8/1-8/25

Bean, Bush
4/15-5/20

Spinach
3/20-4/20

Squash, Summer
4/25-5/30

Broccoli (plants)
3/20-4/10

Pumpkin
5/15-5/25
8/1-8/20

Sweet Potato
5/10-6/10

Brussels Sprouts (plants)
3/20-4/10

Swiss Chard
4/1-5/30

Cabbage (plants)
3/20-4/20
7/25-8/20
7/20-8/5

Cantaloupe
5/1-5/20
8/1-8/30

Carrot
3/15-4/5

Tomato (plants)
5/1-5/20
7/20-8/5



Turnip
3/20-5/1

Cauliflower (plants)
3/20-4/20
7/20-8/15

Collards (seeds or plants)
3/15-4/10
7/25-8/20

Corn
4/25-7/1

Cucumber
5/5-5/30

Garlic
11/15-12/15

Cilantro/Coriander
3/20-4/15

Kale (seeds or plants)
3/20-4/5
8/15-9/15
7/25-8/20

Lettuce, Head (seeds or plants)
3/15-4/20

Parsley
3/20-4/20
8/1-8/20

Thyme (plants)
4/20-5/31
8/1-8/20

Mustard Greens
3/15-5/1
4/1-6/15

Okra
5/1-5/25

Onion
3/15-4/15



Pea, Snap
3/15-4/10

Pea, Southern
4/25-5/15

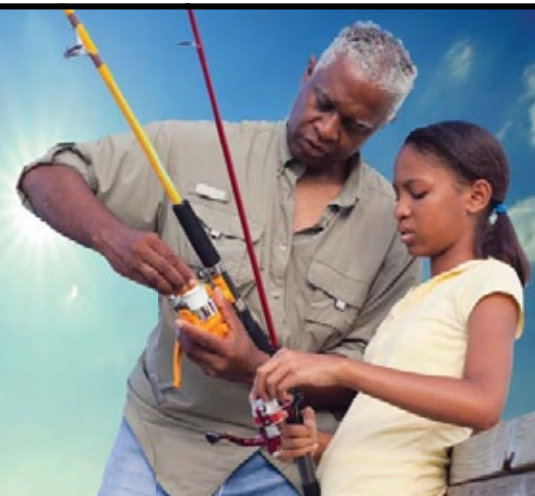
Pepper (plants)
5/1-5/30

Potato
3/20-4/10

*Calendar Source: Kansas City Community Gardens located in Swope Park, 6917 Kensington, Kansas City, Missouri
www.kccg.org*



Keep Fishing Reel Healthy



Before Eating Fish That You Catch

Visit the Missouri Fish Consumption Advisory to learn about:

- Health benefits of eating fish
- Contaminants commonly found in fish
- Preparing and cooking fish, and much more!

Sensitive Population Advisory

- Pregnant women, women of childbearing age
- Nursing mothers
- Children under 13 years of age

If a fishing location has warning signs posted, follow them.

Additional advisories can be found on our website at:
health.mo.gov/living/environment/fishadvisory/index



Find us on Facebook, www.facebook.com/HealthyLivingMo
Follow us on Twitter, <https://twitter.com/HealthyLivingMo>
Missouri Department of Health and Senior Services
Office of Minority Health 800.877.3180



AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER Services provided on a nondiscriminatory basis.

Health Benefits of Honey

By OHM Staff

Honey is as old as bees and flowers; and man has used this natural sweetener for as long. Honey is referenced in the Bible and there is Stone Age cave painting in Spain of a man gathering honey.

Honey is a sweet, sticky, yellowish-brown fluid made by bees from nectar collected from flowers. It is mostly sugar (70-80%); the rest is water, minerals and traces of protein, acids, and other substances.

For hundreds of years, people believed that honey was good medicine but didn't know exactly why it worked.

Valued not only for its taste, honey was used by ancient Egyptians, Assyrians, Chinese, Romans, and Greeks as medicine to treat wounds, skin conditions and stomach troubles. It is believed that honey has antibacterial properties. Throughout history people have used honey to treat wounds; it helped remove dead, damaged tissue and improved the healing of the remaining healthy tissue.

For hundreds of years, people believed that honey was good medicine but didn't know exactly why it worked. Scientists conducted research to unlock the healing properties of honey. Laboratory tests showed that honey can

hamper the growth of food-borne bacteria such as E. coli and salmonella but not why it does. Then in 2010, in an article in the Federation of American Societies for Experimental Biology Journal, researchers from Amsterdam, Netherlands, unveiled how medicinal honey kills bacteria through a protein that bees add to the honey. This protein is linked to the bees' immune system. While identifying the protein is a big step forward, more research is needed on the effects of using honey on human patients.

In addition to its uses as a topical medicine, it is now thought that honey is also rich in heart health-protecting antioxidants. A recent study conducted by Dr. Nicki Engeseth at the University of Illinois concluded that honey slows the oxidation of bad LDL cholesterol in human blood. It is LDL cholesterol that collects on the walls of blood vessels, blocking the blood flow and increasing the risk of a heart attack. It is thought that, gram for gram, honey is as rich in antioxidants as some fruits and vegetables. However since we eat honey in smaller quantities, it cannot replace fruit and vegetables in a healthy diet.

While honey may be great for adults, don't give it to children under one year old, cautions the U.S. Department of Health and Human Services on their website, foodsafety.gov. Honey can contain spores of botulism from dust and soil, and while adult immune systems can



protect against infection, infants under one year do not have a developed immune system and are more vulnerable. If you are concerned about a possible allergic reaction to honey, check with your health care provider.

For more information on the health benefits of honey, you can visit the websites MayoClinic.com, Bees-Online.com and OrganicFacts.net.

HOUSING/EMPLOYMENT/PUBLIC ACCOMMODATIONS



KANSAS CITY
MISSOURI

HUMAN RELATIONS
DEPARTMENT
Civil Rights
Enforcement Division

**DISCRIMINATION
REPORT IT!
DON'T IGNORE IT** **KC**

TTY: 711 www.kcmo.org/ckcmo/depts/humanrelations

816-513-1836

Non-Emergency Medical Transportation

Throughout the Kansas City area, there are organizations which offer non-emergency medical transportation. These services provide rides to medical appointments as well as other destinations depending on the program. Some programs have volunteer drivers who use their own cars; these services are for people who can walk on their own with a little assistance such as a cane or walker. Other services use public transportation by supplying bus tokens or taxi fare. There are also vans with ramps and ambulances available for those who require more assistance. The best way to find out which service will best serve your transportation needs is to contact the organization.

Below are just a few of the organizations that offer non-emergency medical transportation services in the Kansas City metro area.

American Cancer Society, 877- 227-1618
Available to cancer patients within the Kansas City area; riders must be ambulatory to use this service
Free service provided by volunteer drivers
Call to schedule 3 business days prior to the appointment
Will transport to and from cancer treatments
www.cancer.org

Cancer Action, 913-321-8880
Available to Cancer Patients within Johnson and Wyandotte Counties in Kansas and Jackson, Clay and Platte Counties in Missouri
Free service provided by volunteer drivers
Service has limited availability,
Service covers Kansas City Metro Region
www.canceractionkc.org, or email info@canceractionkc.org

Demand Response Transportation, 913-573-8308
Johnson County "Catch a Ride", 913-715-8900
Serves Johnson County residents who are seniors, people with disabilities. Also offers as a temporary service for people in major life transition.
Free service. Donations are accepted.
hsa.jocogov.org
Johnson County "The JO Special", 913-362-3500
Program for Johnson County residents, seniors 60 or more, people with disabilities, people with low-income levels. Participants must submit an application.
Fares are \$5, \$6, or \$7 based on mileage for regular service and \$3.10 for reduced fare. Reduced fare may also charge an addition \$0.75 per zone for out of area travel.
www.thejo.com

Liberty Access, 816-439-4397
Service for Liberty residents who are seniors 60 and over; people ages 18-59 with disabilities and no access to other transportation
Free service for medical appointments, pharmacy and grocery stores
www.ci.liberty.mo.us

LogistiCare, 1-866-269-5944
Service for Mo HealthNet recipients
Fees varies
Medical appointments
Services in Jackson, Clay, Platte, Ray, and Cass Counties
www.logisticare.com

OATS, 816-380-7433 or 1-800-480-6287
OATS transportation is available to anyone regardless of age, income, disability, race, gender, religion, or national origin.
Call to schedule transportation at least 24 hours in advance
Transportation to medical appointments and essential shopping

West Region of OATS has service in Cass, Clay, Jackson and Platte Counties
www.oatstransit.org

Share-A-Fare (Kansas City, MO Area Transportation) 816-842-9070
A program for seniors, people with disabilities, and Medicaid recipients; participants must enroll in the program to use the service.
Fares are based on length of trip; no charge for non-emergency Medicaid appointments.
www.kcata.org/rider_guide/share_a_fare/

Shepherd's Center of the Northland, 816-452-4536
Service for Clay and Platte County residents age 60 and older, must be ambulatory

Free service by volunteer drivers; donations are appreciated, \$10.00 is suggested
Medical appointments, pharmacy and banks
Will take riders to medical facilities in Clay and Platte Counties
www.shepherdscenternorth.org

Visit: www.kcourhealthmatters.com for more listings.

Continue to Care, Kansas City.

On April 2, vote yes on Question 1.

Kansas City is asking voters to approve Question 1, which will renew the city's health levy to help fund essential health care services in our community. This is not a new tax. It's a continuation of one of KC's most effective care programs.



Help those who need it most.
Last year, this portion of the health levy helped pay for more than 140,000 health care visits in Kansas City, benefitting one out of every ten Kansas Citians.

Make a smart investment.
The health levy is a crucial investment for the city because it helps offset the costs of uninsured or underinsured patients while keeping health care costs lower for the rest of us.

Keep our community strong.
Our health care infrastructure creates a safe, strong, healthy and more productive community.





Continue to Care

Paid for by the Continue to Care Committee, Lee A. Moore, Treasurer

 facebook.com/ContinueToCare | www.continuetocare.com |  [@continue2care](https://twitter.com/continue2care)

Emergency Preparedness is a Process



Kansas City storm, 2009

By Jennifer Fales
Emergency Management Coordinator
KCMO Office of Emergency Management

Have you ever found yourself standing in the middle of the street in pajamas at two o'clock in the morning, staring at a pile of debris that used to be your home? If not, you might be one of the lucky ones. Our hazards include severe thunderstorms, floods, heat waves, frigid temperatures, ice storms, blizzards, pandemics and even earthquakes. The impacts range from power outages, hazardous roads, telephone service and transportation disruptions, to a delay in emergency services. It could even be a smaller incident like a home fire or medical emergency that only affects your family.

"We don't want you to be scared; we want you to be prepared," said Chris Carroll, Emergency Planner with the Kansas City, Missouri Office of Emergency Management. Preparedness is a personal responsibility. Local, state and federal government agencies work very hard to plan and prepare for disasters, but we know they

can't get to everyone who might need assistance right away. In a large disaster it could be at least 72 hours before outside resources start to become available to assist overwhelmed local responders.

"We would be thrilled if we could just get people personally prepared for the first 72 hours after an emergency."

*Gene Shepherd, Emergency Manager
KCMO Office of Emergency Management*

A poll conducted in 2012 by the Adelphi University Center for Health Innovation found that many of the adults surveyed were not prepared for emergency. Among the findings were:

- 44% don't have first-aid kits
- 48% lack emergency supplies
- 53% do not have a minimum three-day supply of nonperishable food and water at home
- 55% believe local authorities will come to their rescue if disaster strikes
- 52% have not designated a family meeting place if they are separated during an emergency
- 42% do not know the phone numbers of all of their immediate family members
- 37% do not have a list of the drugs they are taking

Other reports indicate that the percentage of Americans that are prepared for a disaster could be less than 6%. Those that are prepared are often portrayed as fringe members of society who have elaborate emergency plans, underground bunkers and years worth of food storage.

"We would be thrilled if we could just get people personally prepared for the first 72 hours after an emergency," said Gene Shepherd, Emergency Manager for Kansas City, Missouri.

Being prepared is about having a family emergency plan, at least 72 hours worth of

supplies and some basic skills to deal with the challenges that life brings your way.

Developing a family plan is not difficult, but it does require that you sit down with your family and discuss the hazards that you face and the appropriate actions that you should take to stay safe and in communication when conditions are less than ideal. You might consider some of the following as discussion starters:

- Where would we meet if an emergency happened in the middle of the night and everyone had to evacuate through different doors and windows?
- Where would we meet if we couldn't go home, in a situation like a hazardous materials incident? (Suggestion: Preferably some place that is open 24 hours per day such as a gas station or all-night drug store.)
- What is the safest room in our house if there is a tornado? (Should be on the lowest level possible, away from doors and windows.)
- How will we communicate if the telephone service is down? (Suggestion: try texting, it may go through even if you can't place a phone call.)
- Where will our pet stay if we have to evacuate?

Where to start

You should have an emergency kit at your home that will sustain each member of your family for at least 72 hours, a car emergency kit in each vehicle, and a mini emergency kit at your work place. Some common items for each kit are:

- ☐ Water – at least one gallon per person per day
- ☐ Food – include some items that don't require any cooking and a manual can opener
- ☐ Battery powered, hand-crank or solar flashlight and radio with extra batteries
- ☐ First aid kit



- ☐ Prescription medications
- ☐ Hygiene items – including personal items and moist towelettes, garbage bags, etc.
- ☐ Clothing – one complete change per person including shoes appropriate for the season or weather
- ☐ Tools including a multi-purpose tool, duct tape, etc.
- ☐ Special items: Extra prescription glasses, hearing aid batteries, baby items, etc.
- ☐ Comfort items such as games, puzzles, hard candy, etc.
- ☐ Cash – in small bills

Emergency skills training available

Additional items should be included in each kit that account for personal circumstances and preferences and the conditions of the environment.

Some basic skills can go a long way in a disaster environment. Many of the emergency management agencies in the metro offer free Community Emergency Response Team (CERT) training that will teach you basic skills such as more detailed personal preparedness, fire safety, disaster medical operations, light search and rescue, disaster psychology and team organization to name a few. The training includes a full-scale disaster exercise at the end of the 24-hour course so that you can practice your new skills. People will try to assist one another during an emergency; the CERT program is designed to help you do so safely and effectively. You can find your local CERT program online at www.citizencorps.gov/cert/.

We know there is potential for all kinds of disasters and emergencies. Don't wait until the middle of the night when the disaster is already happening to think about what you should have done. The time to prepare for disasters is right now.

Emergency Managers urge everyone to make preparedness a priority and "start now." There are a number of resources to help you – a few are listed here:

Metropolitan Emergency Manager's Committee
www.preparemetrokc.org

American Red Cross, Greater Kansas City Chapter,
211 W. Armour Blvd., Kansas City, MO 64111
816-931-8400, www.redcross.org

Missouri Department of Health and Senior Services,
PO Box 570, Jefferson City, MO 65102-0570
573-526-4768, health.mo.gov

Missouri State Emergency Management Agency
sema.dps.mo.gov

Kansas Division of Emergency Management Home Page, www.kansastag.gov/kdem

Federal Emergency Management Agency
www.ready.gov/



Recovering from a Fire

A small flame can get out of control in less than 30 seconds. Within minutes, a house can fill with thick, dark smoke and be engulfed in flames. Recovering from a fire can be a physically and mentally draining process. Often, the hardest part is knowing where to begin and who to contact. The following is an excerpt from the Federal Emergency Management Agency checklist that you can use as a guide to follow after a fire strikes.

- Contact your local disaster relief service, such as the Red Cross, if you need temporary housing, food and medicines.
- If you are insured, contact your insurance company for detailed instructions on protecting the property, conducting inventory and contacting fire damage restoration companies. If you are not insured, try contacting private organizations for aid and assistance.
- Check with the fire department to make sure your residence is safe to enter. Be watchful of any structural damage caused by the fire.
- The fire department should see that utilities are either safe to use or are disconnected before they leave the site. DO NOT attempt to reconnect utilities yourself.
- Conduct an inventory of damaged property and items. Do not throw away any damaged goods until after an inventory is made.
- Try to locate valuable documents and records.
- If you leave your home, contact the local police department to let them know the site will be unoccupied.
- Save receipts for any money you spend related to fire loss. The receipts may be needed later by the insurance company and for verifying losses claimed on income tax.
- Notify your mortgage company of the fire.
- Check with an accountant or the Internal Revenue Service about special benefits for people recovering from fire loss.

For more information on what you should do after a home fire, including evaluating your property, replacing documents and salvage hints, contact the U.S. Fire Administration, 16825 South Seton Avenue, Emmitsburg, MD 21727, 301-447-1000, website, www.usfa.fema.gov



CAREER SPOTLIGHT

What is an EMT?

In an emergency situation, lives depend on quick reaction and competent care. Emergency medical technicians (EMTs) and paramedics are often the first responders on the scene to care for the sick and injured in an emergency situation. EMTs respond to emergency calls, perform medical services and transport patients to hospitals.

Skills such as problem solving, communications and listening are beneficial to those who want to become an EMT because they are often in situations which require fast, decisive reactions and the ability to work as a team. Because the work is physically strenuous and can be stressful, sometimes involving life-or-death situations and patients who are suffering, physical strength and compassion are desired traits.

Education and Training

All EMTs must complete a formal training program. Both a high school diploma or equivalent and cardiopulmonary resuscitation (CPR) certification are prerequisites for most formal education and training programs. High

school students interested in entering these occupations should take courses in anatomy and physiology. Formal training is offered by technical institutes, community colleges and facilities that specialize in emergency care training.

At the EMT-Basic level, training includes instruction in assessing patients' conditions, dealing with trauma and cardiac emergencies, clearing obstructed airways, using field equipment, and handling emergencies. Formal courses include about 100 hours of specialized training. Some training may be required in a hospital or ambulance setting.

To obtain an initial EMT license in Missouri, you must provide proof of current certification with the National Registry of Emergency Medical Technicians.

To become a certified EMT in Kansas, you must fulfill the course requirements of an approved Kansas EMT course that follows the D.O.T. National Standard Curriculum for EMT and Paramedics.

Pay

The median annual wage of EMTs was \$30,360 in May 2010. Most EMTs work full time. About one-third worked more than full time in 2010. Because EMTs must be available to work in emergencies, they may work overnight and on weekends. Some EMTs are volunteers and have varied work schedules.

Job Outlook

Employment of EMTs is expected to grow by 33 percent from 2010 to 2020, much faster than the average for all occupations. Emergencies such as car crashes, natural disasters, and violence will continue to create demand for EMTs. There will also continue to be demand for part-time, volunteer EMTs in rural areas and smaller metropolitan areas.

For more information about emergency medical technicians and paramedics, you can go to the Occupational Outlook Handbook on the Bureau of Labor Statics website at www.bls.gov/ooh

New Urban Cycling Club for Women

By Denesha Snell,
President, Sho-Air
Kansas City Women's
Urban Cycling Club



Kansas City's urban community is buzzing about some serious women cyclists who are teaming up to ride for recreational sport and health benefits associated with cycling. These women are also creating synergy around other sports such as swimming and running.

That is why under the guidance of Sho-Air sponsored cyclist Kenneth Walker, Denesha Snell and several other women started the Sho-Air Kansas City Urban Women's Cycling Club. "By having a national sponsorship, Team Sho-Air Cannondale has given us a unique opportunity to develop cycling programs on a grassroots level. We have a chance to change the face of cycling in the Kansas City community," states Kenneth Walker.

The club's main focus is to promote women's cycling for all ages, levels and abilities.

Although there are other cycling clubs in the area, the Sho-Air Kansas City Women's Urban Cycling Club is a non-profit cycling club dedicated to promoting the sport of cycling among women who may have never considered cycling as a viable option for their health and wellness – particularly those living in urban areas.

The club's main focus is to promote women's cycling for all ages, levels and abilities. It will also focus on recreational riding, with an opportunity to learn cycling skills and participate in general fitness clinics to improve riding and overall fitness.

"We're looking to attract women with varied interests and skill levels – women who want to ride but don't own a bicycle, women who want to ride for health and wellness or transportation, and women who are interested in competition," says Angela Pearson, health and wellness consultant.

Women interested in a fresh and exciting way to stay fit and enjoy the support of other women are welcome to join. For more information contact Denesha Snell at 816.377.3655 or by email at: kcurbanwomencycle@gmail.com.

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Heart Attack Warning Signs

- Discomfort in the chest such as pressure, fullness or squeezing
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If you or someone you know is experiencing any of these symptoms, call 9-1-1.

Study Finds Link between Prenatal Inflammation and Autism

According to the Centers for Disease Control and Prevention (CDC), 1 in 88 children has autism. While it is believed that genetics plays a part in the cause of autism, there are other factors that are not known. Now new research has found a link between high levels of a protein in expectant mothers and the risk of autism in children.

A study conducted using the Finnish Maternity Cohort found that mothers who had higher levels of C-reactive protein (CRP) were more likely to have children with autism. The researchers looked at blood samples from pregnant women, some with a higher level of CRP and others in a control group with normal levels of CRP. In reviewing the results of the study, the National Institute of Environmental Health Sciences stated that the risk of developing autism increased by 43 percent when the mother's CRP levels were in the upper 20th percentile. That risk of developing autism increased to 80 percent when the mother's CRP levels were in the upper 10th percentile.

"Elevated CRP is a signal that the body is undergoing a response to inflammation from, for example, a viral or bacterial infection," said lead scientist on the study, Alan Brown, M.D., professor of Clinical Psychiatry and Epidemiology at Columbia University College of Physicians and Surgeons, New York State Psychiatric Institute, and Mailman School of Public Health. "The higher the level of CRP in the mother, the greater the risk of autism in the child."

Brown cautioned that the results should be viewed in perspective since the frequency of this type of inflammation during pregnancy is much higher than the frequency of autism.

"The vast majority of mothers with increased CRP levels will not give birth to children with autism," Brown said. "We don't know enough yet to suggest routine testing of pregnant mothers for CRP for this reason alone; however, exercising precautionary measures to prevent infections during pregnancy may be of considerable value."

The term "autism" usually refers to the larger group of autism spectrum disorders which fall into three general types:

Autistic Disorder, usually classified by significant language delays, social and communication challenges, and unusual behaviors and interests.

Asperger Syndrome, which typically has milder symptoms than autistic disorder, social challenges and unusual behaviors and interests.

Pervasive Developmental Disorder – Not Otherwise Specified (PDD-NOS), when some, but



not all, criteria of autistic disorder or Asperger syndrome, is present.

People with autism spectrum disorders share some similar symptoms, but with differences in when the symptoms start, how severe they are, and the exact nature of the symptoms.

Sources: National Institute of Environmental Health Sciences and Centers for Disease Control and Prevention

Our Kids Matter™

Do You Have a Child with Special Health Care Needs? We Can Help!

The Children and Youth with Special Health Care Needs (CYSHCN) Program provides assistance for individuals birth to age 21 who have, or are at increased risk for a disease, defect or medical condition that may hinder the achievement of normal physical growth and development.

To qualify, the participant must:

- Be a Missouri resident
- Have an eligible special health care need such as: cerebral palsy, cystic fibrosis, cleft lip and palate, hearing disorders, hemophilia, paraplegia, quadriplegia, seizures, spina bifida, and traumatic brain injury
- Meet financial eligibility guidelines for funded services

CYSHCN provides service coordination to all participants, regardless of financial status, and limited funding, as payer of last resort, for medically necessary diagnostic and treatment services.

CYSHCN

Kansas City Health Department
2400 Troost Avenue, Suite 1100
Kansas City, MO 64108
816.513.6311 or 816.513.6143
Toll free: 1.800.451.0669



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www.hcfcgkc.org



FREE HEALTH RESOURCES

The following are a list of free health resource websites you might find helpful:

National Cancer Institute: www.cancer.gov

National Eye Institute: www.nei.nih.gov

National Heart, Lung, and Blood Institute:
www.nhlbi.nih.gov

National Institute on Aging: www.nia.nih.gov

National Institute on Alcohol Abuse and Alcoholism: www.niaaa.nih.gov

National Institute of Allergy and Infectious Disease: www.niaid.nih.gov

National Institute of Arthritis & Musculoskeletal & Skin Diseases:
www.niams.nih.gov

National Institute on Deafness & Other Communication Disorders:
www.nidcd.nih.gov

National Institute of Dental and Craniofacial Research: www.nidcr.nih.gov

National Institute of Diabetes and Digestive and Kidney Diseases: www.niddk.nih.gov

National Institute on Drug Abuse:
www.nida.nih.gov

National Institute of Mental Health:
www.nimh.nih.gov

National Institute of Neurological Disorders: www.ninds.nih.gov

National Center for Complementary and Alternative Medicine: www.nccam.nih.gov

National Institute on Minority Health and Health Disparities: www.nihmd.nih.gov

Office of Dietary:
www.ods.od.nih.gov

Office of Rare Diseases:
www.rarediseases.info.nih.gov

Office of Research on Women's Health:
www.orwh.od.nih.gov

Centers for Disease Control and Prevention:
www.cdc.gov

U.S. Food and Drug Administration:
www.fda.gov

Smoke free: www.smokefree.gov

A Primer for Women's Health: Learn About Your Body in 52 Week:
www.orwh.od.nih.gov/

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- Domestic Violence Education
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- Translation Services
- Economic Empowerment Program
- Mental Health Services
- Bridge Span Health Care Advocacy
- Substance Abuse Intervention
- Community Outreach & Education
- Trauma Recovery Empowerment Model Program (TREM)
- Project LIVE (Learning to Interrupt Violence through Education)
- Crime Awareness Coordinating Effort Program (C.A.C.E.)

Clyde Townsend, Board President • LaDora Lattimore, Executive Director/CEO

If you or someone you know is in danger, call our 24-Hour Domestic Violence Hotline at: 913-321-1951

For more information call 913-321-1566 or visit: www.friendsofyates.org



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Pets are Medicine Too

By Cathy King, DVM, CVA

When the subject of improving health comes up, words and phrases like diet, exercise, adequate sleep, and avoidance of high fat and salty foods come to mind. Studies show that these things are important. Studies also show that pet ownership can be included in the list of healthy lifestyle choices. Not only are pets fun, they are healthy for us, too.

According to WebMD, it takes only 15-30 minutes with a pet to lower blood pressure and improve a person's mood. In that short time, levels of the stress hormone cortisol go down and levels of a natural "feel good" hormone called serotonin rise. Pets don't care how much or little we have or about our imperfections. They simply love us, and it feels good.

"When you're taking care of a pet, you're getting love and affection in return."

Phillip Arcinue, M.D.

As we take care of animals, we feel responsible, which makes us feel important and good about ourselves, according to Phillip Arcinue, MD, staff psychologist and clinical coordinator at California State University, Counseling and Psychology Services. "When you're taking care of a pet, you're getting love and affection in return. There's something about having responsibility, having commitment, doing

service for someone else that makes people feel good."

If we are caring for a dog, daily walks get us moving outside in the fresh air and often talking to our neighbors. Seeing a person with an animal brings ease and makes us more likely to greet one another.

Sue, a woman in Lawrence, Kansas, credits her dog, Dunbar, with saving her life. For six months, Dunbar rested his head on her side in the same place and didn't want to move away. Sue mentioned the behavior to her doctor, who was familiar with animals' keen senses. Upon her doctor's advice, Sue had tests done that showed that a tumor lay hidden in her abdomen under the place where Dunbar rested his head. He later gave the same attention to a friend of Sue's, who had undetected breast cancer.

The benefits of pet ownership are many and varied. They lower anxiety and stress, help us understand that we are connected to one another and the natural world, get us moving, make us smile, and give us a sense of the importance of service. In a pet's eyes, we see that we bring joy just as we are and it is gladly returned, and that's good medicine.

Cathy King is a veterinarian practicing at Mariposa Veterinary Wellness Center in Lenexa, Kansas. She is certified in Veterinary Acupuncture, Herbal Medicine and Traditional Chinese Food Therapy.

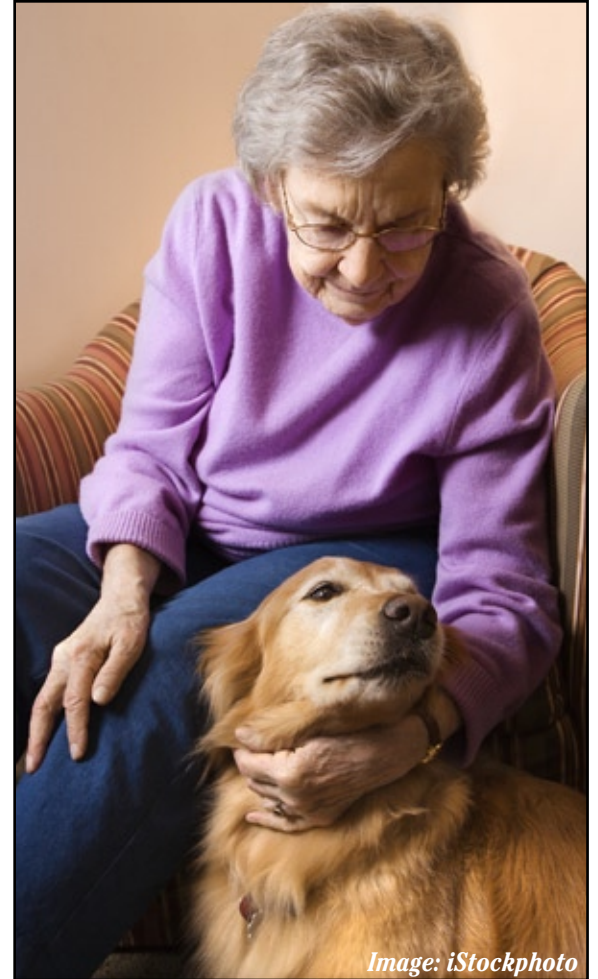


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Tuberculosis Still a Concern for Some Regions

While one-third of the world's population is infected with tuberculosis (TB), in the United States it is on the decline, according to the Centers for Disease Control and Prevention (CDC). In 2011, there were 10,528 TB cases reported in the U.S.: 20 were in Kansas City and Jackson County, Missouri; and 13 were in Wyandotte County and Johnson County, Kansas.

TB is a disease caused by bacteria called *Mycobacterium tuberculosis*. The bacteria can attack any part of your body, but they usually attack the lungs. TB is spread through the air from one person to another. The bacteria are expelled into the air when a person with TB of the lungs or throat coughs or sneezes. People nearby may breathe in these bacteria and become infected.

People who become infected with TB bacteria usually have had very close, day-to-day contact with someone who has TB disease (such as a family member, friend, or close co-worker). TB cannot be spread by touching someone. In most people who become infected, the body is able to fight the bacteria and stop them from growing. The bacteria become inactive, but they remain alive in the body and can become active later. This is called latent TB infection (LTBI). People with latent TB infection:

- Have no symptoms
- Don't feel sick
- Can't spread TB disease to others
- Usually have a positive skin test reaction
- Can develop TB disease later in life if they do not receive treatment for LTBI

Many people who have latent TB infection never develop TB disease. In these people, the TB bacteria remain inactive for a lifetime without causing disease. But in other people, especially people who have weak immune systems, the bacteria become active and cause TB disease. People with LTBI can take medicine so that they will never develop TB disease.

Though the bacteria may be in other areas of the body, TB bacteria usually grow in the lungs and may cause a bad cough that lasts longer than two weeks, chest pain, and causes coughing up blood or sputum.

Contact your health care provider or your County Health Department if you have questions about TB.

*Kansas City, Mo Health Department, Tuberculosis Clinic,
2400 Troost Ave., Suite 2100, Kansas City, MO 64108,
816-513-6152*

*Jackson County Health Department, 313 S. Liberty,
Independence, MO 64050, (816) 404-9880
or (816) 404-9884*

*Unified Government, Wyandotte Health Department,
619 Ann Avenue, Kansas City, KS, 913-573-6712*

*Source: Missouri Department of Health and
Senior Services*

DON'T FORGET TO VOTE

Tuesday, April 2, 2013

Health Levy

Kansas City is asking voters to approve Question 1, which will renew the city's health levy to help fund essential health care services in our community.

You Can Prevent TB

TB continues to be a public health concern in Missouri.



The TB germ is expelled into the air when a person with TB disease of the lungs or throat coughs or sneezes. People nearby may breathe in these germs and become infected.

If you have symptoms of TB, or have been around someone with TB disease, talk to your local health department or your doctor about getting tested.

Learn the Signs of Tuberculosis

- ✓ Persistent cough
- ✓ Weight loss
- ✓ Night sweats
- ✓ Chest pain
- ✓ Coughing up blood
- ✓ Fatigue

For more information 866-628-9891

World TB Day - March 24

Missouri Department of Health and Senior Services • Bureau of Communicable Disease Control and Prevention

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