

Health Exchange

FEBRUARY 2013

DID YOU KNOW?

- **Support the American Heart Association's mission to increase awareness about heart disease. Wear red Friday, February 1st!**
- **DHSS offers free and confidential HIV testing. Call 203.977-4379 to learn more.**
- **If planning to travel outside of the United States, vaccines may be required. Call the Travel Clinic to learn more about the vaccines available and the associated fee schedule. 203.977.4371**
- **Flu vaccine (for children ages 3-18) are still available at the DHSS. Call 203.977.4371.**

Healthy Heart Day

Join us on February 14th in the Government Center's Cafeteria to learn more about keeping your heart healthy.

Lynn Galgano, a Department of Health & Social Services (DHSS) community health nurse, will be on hand to offer blood pressure screenings. High blood pressure usually has no symptoms, but it raises the risk of stroke, heart attack, heart failure, and kidney failure.

Have a blood pressure check

on Healthy Heart Day and learn strategies for maintaining or controlling your blood pressure.

Meet Jamie McIntyre a Registered Dietician with ShopRite



A healthy diet and regular exercise are key to preven-

and pick up heart-healthy recipes and tips for meal planning.

Staff of Moore Physical Therapy & Fitness will offer strategies for starting an exercise routine or maximizing your existing one.

Healthy Heart Day

Feb. 14, 2012

11:30AM—1:00PM

Government Center Cafeteria

High Blood Pressure

The American Heart Association encourages everyone to know their blood pressure and notes that some people are at higher risk for high BP:

- Those with blood relatives with high BP
- African Americans
- People over age 35
- Overweight people
- People who are not physically active

- People who use too much salt
- People who drink too much alcohol
- People with diabetes, gout, or kidney disease
- Pregnant women
- Women who take birth control pills, are overweight, had high BP during pregnancy and have a family history of high BP or have mild kidney dis-

ease

If you have any of these risk factors, or suspect you may have high blood pressure, call your health care provider.

Visit www.heart.org to learn more about the American Heart Association's ongoing efforts to prevent heart disease as well as practical tips for living a healthier life.



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Sudden cardiac arrest (SCA) is a leading cause of death in the United States. According to the CDC, SCA affects nearly one person every two minutes. Victims of SCA have a much greater chance of survival if a defibrillator device is immediately available to deliver an electric shock to restore the heart to its normal rhythm.

Each floor of the Government Center is now equipped with an AED. The City's Safety Officer is offering training to all employees on the use of the machine. Members of the public are encouraged to learn as well. Learn how to use this life-saving tool during the week of Feb. 4th to the 8th at Government Center. Email mstuhلمان@ci.stamford.ct.us to register.



Children's Dental Health

February is Children's Dental Health Awareness Month.

The DHSS Dental Health program is a prevention-orientated program for Stamford's school children proved by public health dental hygienists. The program features the following:

- **Dental health education** provided in the classroom emphasizing brushing, flossing, and healthy nutrition for strong teeth.
- **Dental health screenings** provided yearly. Parents are

notified if concerns are found.

- **Dental sealant program** is offered to second grade students. Sealants are thin, protective coatings applied to fully erupted, permanent molars to prevent cavities.



Sealants fill in the groves on the chew-

ing surfaces where food & bacteria can stick and cause cavities.

- **Dental services** for all Stamford school children are offered in licensed dental offices in six schools (K.T. Murphy, Stillmeadow, Rogers, Toquam, Rippowam, & Cloonan.) Preventative and restorative services are available. Call with questions or to schedule an appointment at 203.977.6691.

DHSS Hygienists educate Stamford's school children on the importance of flossing & brushing.