

April/ May/June 2005

Volume 5, Issue 2

# Lafayette County Health Department

## Special Interest Articles:

- Public Health
- Mental Health Month
- Home Care
- Cholesterol
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- Donations and Memorials

### **REMINDER**

Prepare for mosquito season by doing the following:

- Rid your yard of low tree holes (which can be filled and capped)
- Remove old tires, cans and buckets
- Empty, remove, cover or turn any container that could hold water upside down
- Properly discard unwanted tires and keep wanted tires inside or under cover
- Wear clothing that covers arms and legs, especially in late afternoon (the mosquito peak biting period)
- Use insect repellent, but **only** on the clothing of children under 6 years of age

## Public Health

*Debbie Siegenthaler, RN,MSN Director*

### May is Mental Health Month

May is Mental Health Month and according to the National Mental Health Association, caring for your mind, as well as your body, is good for overall health and key to your success at home, work and school.

The major goals of Mental Health Month are to create mental health awareness and to reduce stigma attached to mental illness. Mental illnesses are physical complications within the body just like heart disease, high blood pressure, or diabetes; however, many times they are viewed as personal weakness.

If you think mental health issues don't pertain to you, the numbers may make you think again. According to the American Psychological Association:

- Seventy-five percent of doctor visits concern stress-related ailments.
- One in four people report missing work as a result of work-related stress.
- An estimated 16 percent of American adults will develop depression at some point during their life.
- About 11 percent of adults over age 55 have an anxiety disorder.
- Chronic stress can cause premature aging.
- People who are caregivers to spouses or other relatives may be at an increased risk for developing heart disease, arthritis, osteoporosis and some cancers due to long-term stress.
- Approximately 1 in 3 survivors of heart disease are affected by depression.
- An estimated 10 to 27 percent of Americans who have experienced a stroke have symptoms of depression.

The numbers can be startling so what can you do to maintain your good mental health? **The following are ten ideas you may find helpful.**

1. Make time to relax-set aside some time each day just for you to refuel your energy.

2. Surround yourself with positive people-a negative attitude is very contagious, however, so is a positive attitude.
3. Help others-doing something for someone else out of the goodness of your heart is very rewarding
4. Laugh and have fun-a good belly laugh has many positive affects on the body.
5. Explore your interests-learning new things is a great way to keep your mind sharp.
6. Exercise regularly-exercise keeps your body fit, reduces stress and can be a source of social activity. Go for a walk, you never know which old friend you may bump into.
7. Avoid excess amounts of alcohol-drowning your sorrows only adds more problems.
8. Get help when you need it-ask a friend for help or visit your doctor when you are feeling overwhelmed.
9. Take care of your body- eating a well-balanced diet and keeping your body fit can make you feel great both physically and emotionally.
10. Set realistic goals for yourself-You are only human so don't ask too much of yourself. Setting smaller obtainable goals is much more rewarding.



This information is brought to you by two groups, that the Health Department is proud to be a part of: 1) CSI (Community Suicide Intervention) Task Force of Lafayette County and 2) The broad-based community planning group newly formed in 2004 called the *Lafayette County Aging Well Living Well Coalition*.

The CSI Task force is a group concerned about the issue of suicide in our county. This is a broad-based community planning group newly formed in 2004. The mission of the CSI Task Force is: "To create a support network in Lafayette County so that anyone who suffers from mental illness or the despair of situational depression will be assured of a prompt, compassionate and confidential response from professionals and community members."

The Lafayette County AWLW (*Aging Well Living Well*) Coalition is also a broad-based community planning group newly formed in 2004. The mission of the AWLW Coalition is: "Helping older adults and those who care for them thrive." The Coalition is developing plans to address the pertinent issues affecting all those who are aging in Lafayette County.

If you would like information on the AWLW Coalition or CSI of Lafayette County, please call Debbie Siegenthaler at the Lafayette County Health Department at (608)776-4895.

## Home Care

*Jane O'Brien, RN*

### High Cholesterol:

Cholesterol is a waxy, fat-like substance made in the liver and found in certain foods, such as food from animals, like dairy products (whole milk), eggs and meat.

The body needs some cholesterol in order to function properly. The body's cell walls, or membranes, need cholesterol and the body uses cholesterol to produce hormones vitamin D, and the bile acids that help to digest fat. But, the body needs only a small amount of cholesterol to meet its needs. When too much cholesterol is present health problems such as coronary heart disease may develop.



### Understanding Cholesterol Numbers

Your cholesterol is measured by a blood test called a lipoprotein profile or “lip levels”. Your total blood cholesterol is made up of

- ❖ LDL (low density lipoprotein) also known as “bad cholesterol”
- ❖ HDL (high density lipoprotein) also known as “good cholesterol”
- ❖ Triglycerides (also called very low density lipoprotein)

A total blood cholesterol of less than 200 is desirable.

**LDL Cholesterol:** LDL cholesterol can build up on the walls of your arteries and increase your chances of getting heart disease. That is why LDL cholesterol is referred to as “bad” cholesterol. The lower your LDL cholesterol number, the better it is for your health. A LDL reading of less than 100 is optimal.

**HDL Cholesterol:** When it comes to HDL cholesterol “good cholesterol” the higher the number the better it is for your health. This is because HDL cholesterol protects against heart diseases by taking the “bad” cholesterol out of your blood and keeping it from building up in your arteries. An optimal level for HDL is higher than 60.

**Triglycerides:** Triglycerides are the chemical form in which most fat exists in food and the body. A high triglyceride level has been linked to the occurrence of coronary artery disease in some people. A normal level for triglycerides is less than 150.

**In summary, the following graph should help you interpret your own levels**

<b>Test</b>	<b>Desirable level</b>
<b>Total Cholesterol</b>	<b>less than 200</b>
<b>LDL</b>	<b>less than 100</b>
<b>HDL</b>	<b>greater than 60</b>
<b>Triglycerides</b>	<b>less than 150</b>

## Hospice

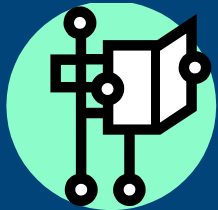
*Kristie Lueck RN, BSN*

### **Donations to Hospice:**

The Lafayette County Hospice is grateful to the many people who donated to the program in 2004. Donations allow us to provide more services (such as a grief support group, started this year) and recoup some of the costs of patient care that are not fully covered by reimbursement sources. Listed here are the donors for early 2004.

**DONATIONS AND IN-KIND GIFTS** were received from:

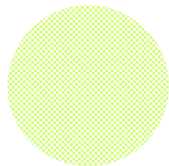
Immanuel United Church of Christ, Community Foundation of Southern WI, Inc/DUWI WI Right to Life - Lafayette County Chapter, Immanuel United Church of Christ Women’s



## MEMORIALS were received from:

### In Memory of

Marlene Pittz  
LeRoy King



Walter Roell  
Larry Burke



**Hospice  
would like  
to thank all  
who gave  
Memorials  
and  
Donations!!**

Annette Mckenna  
Margaret Martin  
Donna Johnson

### By

Monroe Clinic/ Jill Austin  
Jerry & Candace Guth  
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