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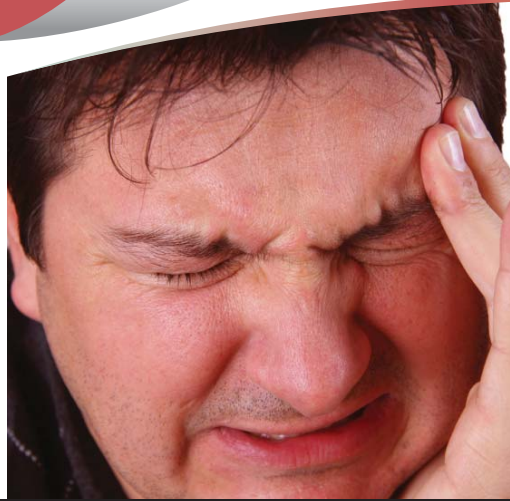


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Handling Headaches

Getting inside a common ailment

by chryss cada

Spend some time inside Christine Robinson's head and you'll never use the phrase "just a headache" again.

The 42-year-old Fort Collins resident has endured chronic headaches since she was 8.

"For a long time the message I was getting was, 'They're headaches. It's not like missing a leg or having a disease — just deal with it,'" she says.

For years she did just that — dealt with her frequent headaches by lying still in a dark, quiet room and taking over-the-counter medications. Then when she was in her 20s, her headaches could no longer be ignored.

"I'd have to wake my roommate up at 3 a.m. to take me to the ER for a Demerol shot for the pain," she recalls. "Sitting under those bright lights amidst the waiting room noise, not able to get comfortable — that was torture."

It wasn't until several trips to the emergency room that Robinson was diagnosed with migraines.

"After being diagnosed, I looked back at all I'd been through and I got angry about my pain being belittled," she says. "People tend to apply their own experience with headaches; but migraine sufferers know all too well that not all headaches are the same."

Robinson is one of an estimated 28 million Americans who suffer from migraines, part of the larger population of 45 million Americans who suffer from chronic recurrent headache, according to the National Headache Foundation. In addition, about 20 percent of children and adolescents have significant headaches. And 3 percent to 5 percent of

Americans have chronic daily headache (defined as more than 15 headaches a month).

Tamara Ann Miller, M.D., of Advanced Neurology of Colorado specializes in migraines. In the search for pain relief for chronic headache sufferers, Miller has overseen clinical trials evaluating a broad array of neurological agents.

"The rule of thumb is you should get help whenever headaches are interfering with your daily life," she says.

Miller, who has been practicing in Fort Collins since 1992, has seen an increase in the number of people seeking treatment.

"Seventeen years ago people would ignore their headaches, but now there is help out there," she says.

"The medical field has addressed headache and said that people don't have to live with the pain. More people are seeing doctors with the hope that they can improve their life."

Robinson has learned that the first step to getting your headaches under control is to identify what type they are. Unfortunately she knows the five major types — tension, cluster, sinus, rebound and migraine — because she's had them all.

'I've come to think of headaches as calls to action — messages from your body that you are being sent for a reason.'

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Information in this publication is not a substitute for medical attention from your healthcare provider.

fitness

Awakening Your Body

Experience the *benefits* of yoga

by
 aubrey hoover



If you have a hard time picturing yourself twisted like a pretzel chanting, “Om,” don’t rule out yoga just yet. With so many different styles of yoga out there, you’re bound to find one that allows you to experience its benefits in a comfortable, positive way.

Yoga can be for whatever you want it to be — flexibility, strength, meditation, restoration, breath control, physical challenge or relaxation. The trick is to be willing to try a few different classes to find the style that’s right for you.

The Fort Collins area is booming with yoga studios, all offering a different perspective on the practice. Most of them offer a free day or week to try them out, allowing you to experience a variety of styles and what each has to offer. Because so many choices can be overwhelming, it’s important to not only understand what distinguishes each style from the next but also what you are hoping to get out of it.

The difference between each style of yoga lies in the *emphasis*. For instance, the emphasis in **Kundalini** yoga is breath control, whereas **Bikram** yoga is practiced in a 95- to 105-degree room to encourage sweating as a way of cleansing.

Hatha yoga refers to a more gentle practice, in which poses are held for a period of time, whereas **Vinyasa** and **Ashtanga** are more fast-paced, flow-like practices. And **Iyengar** focuses on body alignment.

History of yoga

The classical techniques of yoga date back more than 5,000 years, originating on the Indian subcontinent of Asia. Yoga is believed to predate Hinduism, with which it is often associated.

In ancient times, the desire for greater personal freedom, health and long life, along with heightened self-understanding, gave birth to this system of physical and mental exercise that has since spread throughout the world. The word *yoga* means “to join or yoke together,” blending body and mind in a single experience.

If you’re just starting out or looking for a gentle, restorative experience, seek out classes titled “Restorative,” “Yin” or “Hatha” yoga. For a more intermediate practice, consider Iyengar or Kundalini. For something more challenging, try Vinyasa, Ashtanga or Bikram.

Yoga has become very popular in the past 10 years, with an estimated 16 million Americans participating.

If you’ve been wondering about yoga, it’s definitely worth trying. Although each style is different, they all have physical benefits and, for some, a meditative aspect.

Some yoga styles are not for everyone, so ask your doctor if you have any concerns. If a class isn’t what you expected, try a different studio or a different instructor.

Yoga has withstood the test of time. So, who knows, it might be right for you, too. ✨

Where to practice yoga

Become Fit Spinning and Sports Yoga

www.becomefitfc.com, 482-3868
 Set to high-energy music, sports yoga focuses on strength training, balance and flexibility.

Bikram Yoga

www.bikramyogafc.com, 472-5700
 Studio at 105° F, 26 set poses.

Breathe Yoga

www.gotyoga.com, 223-9642
 Vinyasa, Ashtanga, Yin, Vida (all hot or “normal”); partner yoga.

CorePower Yoga

www.corepoweryoga.com, 224-4615
 Vinyasa style, focusing on core strength, balance and flow: hot power fusion, yoga sculpt and yoga-Pilates combination.

Fort Collins Parks and Recreation

www.fcgov.com/recreator, 221-6655
 Beginning yoga, adaptive yoga, yoga routine, “buff” yoga.

Old Town Yoga

www.oldtownyoga.com, 222-2777
 The original studio in Fort Collins, all types and all levels.

Treetop Studio

www.treetopstudioinfo.com, 484-0828
 Hatha, Vinyasa; classes for men, women, parents with children, teens.

Seasonal Vegetables

Healthy foods to warm you in winter

by nancy nichols

As the days grow shorter and the thermometer continues to drop, you may notice your body craving warm, nutritious foods.

Turnips have sustained people since ancient times. They're best when small — 2 inches in diameter or less.



Fortunately, seasonal vegetables are the perfect way to add color, variety and nutrients to your winter meals. From parsnips to winter squash, cold-season produce includes many unfamiliar yet incredibly nutritious and delicious foods.

"Traditional winter vegetables are cold-season crops and those that were stored in root cellars for use all winter long," says Dianne Moeller, registered dietitian at the Health District of Northern Larimer County. "They're the forgotten vegetables that at one time sustained people through hard winters."

Rutabaga, also known as "swede" or yellow turnip, is the result of a cross between a turnip and a cabbage. It has a smooth, yellow-orange flesh that's sweet and flavorful.



Celery root, also known as celeriac, is a delicious ivory-fleshed alternative to potatoes and other starches. It's fabulous boiled, roasted, in soups or even raw in salads.



Included among them are root vegetables, which are plentiful this time of year and easy to store and prepare. Think beets, carrots, parsnips, rutabaga, turnips and celery root (celeriac) when you're planning winter stews, soups and casseroles. In fact, some people find these foods so tasty that

simple roasting or steaming is enough to create a wonderful, colorful dish. Many of these vegetables also work well raw — julienned or diced in salads.

And you can't forget winter squash. Native to the Americas, this traditional food, available in wonderful variety, is an absolute must for winter recipes.

Parsnips are shaped like carrots with a pale, cream-colored skin and a sweet, nutty flavor.



Here are some of the varieties of squash you'll find locally: acorn, banana, buttercup, butternut, delicata, Hokkaido pumpkin, Hubbard, pumpkin, spaghetti, and turban. These are available in many supermarkets and at the winter farmer's market in Fort Collins (see sidebar).

Winter squash are harvested in the autumn, and most varieties, if kept in cool temperatures (50 to 55 degrees), can be stored throughout the winter without canning or freezing. Squash meat is multifaceted, lending itself to savory, succulent or sweet preparations. Use it in every

course of a meal: pureed in a soup, chunked in a stew, stuffed with grains as an entree, or as a main ingredient in pies, cookies and breads.

Rounding out the winter vegetable options are Brussels sprouts, broccoli, cauliflower, cabbage and greens (kale,

Beets come in a variety of shapes and colors, including the traditional red beet shown here. Variations include baby beets, Chioggia (ringed) beets and golden beets.



collards, Swiss chard and the like).

"You can't go wrong using as many of these traditional foods as possible," Moeller says. "Some things our ancestors definitely got right — including winter vegetables."

When selecting **Brussels sprouts**, look for small sprouts with tight heads. Small sprouts are more tender, and the tight heads help indicate freshness.



Fort Collins Winter Farmer's Market

Although we're past the main growing season, that doesn't mean farmers have gone away. Our local farmers are still with us, and they're offering up a wonderful selection of winter fare for those who just can't get enough locally grown foods.

The Fort Collins Winter Farmer's Market features 40 vendors selling late-season produce, grass-fed meats, eggs, mushrooms, cheese, wine, salsas and sauces, baked goods and sweets. The event runs November–March and is sponsored by the Northern Colorado Food Incubator and Be Local Northern Colorado.

Check it out, and keep cooking seasonal, locally grown foods for best health.

Winter Farmer's Market

Opera Galleria
123 North College Ave.
10 a.m.–3 p.m. on select Saturdays
Upcoming dates: Dec. 12, Dec. 19, Jan. 16, Jan. 23, Feb. 13, Feb. 27, March 6, March 27

For more information, including a full listing of vendors, go online to www.nocofoodincubator.com or call 231-1197.

Serving suggestions

- Small chunks of squash and root vegetables are a great addition to soups and stews, pot roasts or braised dishes of any kind.
- Pureed squash and root-vegetable soups are thick, creamy and satisfying, either sweet or savory.
- Try grated raw winter squash, beets and roots; use them in coleslaw, grated carrot salad, green salad or wraps.
- Mashed winter vegetables make a great introductory baby food. Babies seem to love the texture and taste of many of these traditional foods.

Tension headaches, the most common type, feel like a constant ache or pressure around the head, especially at the temples or back of the head and neck. They usually don't interfere with participation in normal activity and can be treated with over-the-counter medicines. These headaches can be brought on by stress, which causes a tightening of the neck and scalp muscles.

Cluster headaches are one of the rarest yet most painful types and affect men more often than women. These recurrent headaches that occur in groups or cycles appear suddenly and are characterized by severe, debilitating pain on one side of the head.

Sinus headaches are caused when a sinus becomes swollen, usually through an infection. Treatment includes OTC pain relievers; non-antihistamine decongestants; and steam and warm compresses. (Antibiotics are usually not needed but are sometimes required for bacterial infection of the sinuses.) Sinus headaches are often misdiagnosed by the sufferer.

"We have a lot of people coming in saying they have a sinus headache; but when we take a closer look, they don't actually have any congestion," Miller says. "Often what they actually have is a migraine."

One of the great ironies for headache sufferers is **rebound headaches**, which are caused by overuse of painkillers. Culprits include over-the-counter medications as well as prescription drugs.

"Patients get into this cycle where they keep tak-

ing more drugs to get rid of the pain, and in the process they begin contributing to their own headaches," Miller says. "If you're taking 12 Excedrin a day, we need to look at alternatives to deal with your pain."

Migraine headaches come from a neurological disorder that can run in families and are defined by background (at least five previous episodes of headache), duration (lasting between four and 72 hours) and symptoms (such as moderate to severe throbbing pain that is aggravated by daily activity; nausea and/or vomiting; and sensitivity to light and sound).

Ways to manage migraines vary from avoiding triggers (see sidebar) and getting regular sleep, to pain-relieving medication and non-medication treatments such as acupuncture and hypnotherapy.

Thomas Kirby, an acupuncturist with The Acupuncture Center in Fort Collins, urges his clients to look at the whole system of their body for the cause of headaches.

"You can't just treat the symptoms. You have to get to the root cause," he says. "If the 'check engine' light comes on in your car, you don't just put a piece of tape over it."

Kirby believes headaches can stem from areas in life that need attention. "You have to start with things that help yourself, such as spending time with loved ones, doing things that inspire you and being in nature," he says. "If that doesn't work, you should definitely seek help."

Those who do seek relief from migraine headaches with medication will choose from preventive treatments such as anticonvulsants and antidepressants or acute treatments that are taken at the onset of a headache.

Miller is a pioneer in the use of Botox for the treatment of chronic headaches. Known for its use in cosmetic procedures, Botox inhibits the release of neurotransmitters, which reduces the pain associated with migraine headaches. In a clinical trial conducted by Miller, 70 percent of the participants said the Botox treatment was good to very good in relieving their migraine pain.



When to call the doctor

Occasional headaches are common. But it's important to take headaches seriously.

Consult your doctor if:

- You usually have three or more headaches a week
- You take a pain reliever for your headaches every day or almost every day
- You need more than the recommended dose of over-the-counter pain remedies to relieve your headaches
- Your headache pattern changes
- Your headaches are getting worse
- You are 50 or older and have new headache pain

Seek prompt medical care if your headache:

- Is sudden and severe
- Accompanies a fever, stiff neck, rash, confusion, seizure, double vision, weakness, numbness or difficulty speaking
- Follows a head injury
- Gets worse despite rest and pain medication

Source: Mayo Clinic and Bruce Cooper, M.D., Medical Director, Health District



Physiological

Menses
Late hours
No breakfast
Too much sleep

Psychological

Anxiety
Depression
Anger
Fear

External Stimuli

Diet
Alcohol
Weather
Bright light
Some medications

Source: Tamara Ann Miller, M.D.

As for Robinson, she's found a medication that relieves the pain from the tension and menstrual migraines she gets once to twice a month — but she tries not to let her headaches get to the point that she has to take it.

"I've come to think of headaches as calls to action — messages from your body that you are being sent for a reason," she says. "Pills won't provide that reason; they will only provide relief from the symptoms until you figure out what's triggering the message."

She keeps notes on what causes each headache, is on the lookout for allergens and watches her caffeine intake. When dealing with particularly stressful situations in her life, she releases stress by talking with a friend or going on a long walk with her dogs.

"Realize that you are the expert on your headaches, and then partner with a doctor you trust to find the problem and solution," Robinson says. "Know that your pain is real, and avoid feeling shame. While you may be doing something that adds to the triggers, you do not deserve to feel pain."



local resource profile

Rehabilitation & Visiting Nurse Association

Home is where the health is

by nancy nichols

Home healthcare is alive and well in Larimer County. Not only do a growing number of organizations make house calls, but one local agency has 30 years' experience doing nothing but house calls.

The Rehabilitation and Visiting Nurse Association (RVNA), a health agency with offices in Fort Collins and Greeley, has been providing skilled nursing and rehabilitation therapy to patients of all ages in their homes since 1979.

The agency has about 110 staff members, split equally between the two counties in which it operates, Larimer and Weld. The staff includes registered nurses, occupational therapists, physical therapists, speech pathologists, social workers, home health aides and personal care providers.

Whether a patient needs ongoing care for a chronic condition such as cancer, diabetes or congestive heart failure, or simply needs short-term care to recover from an injury or operation, RVNA can help.

"We're the only community-based nonprofit (in the area) providing in-home care, and we take care of everybody," says Vicki Petts, an RVNA nurse who specializes in cardiac care.

RVNA receives donations and grant funding to help provide care to those with inadequate or no health insurance, serving as a safety net for people who can't afford private care. Funding comes from the Larimer County Office on Aging, Community Development Block Grant funds and private donations. When a new patient isn't able to pay, grant money can cover initial costs until the staff determines whether the patient qualifies for Medicaid or other assistance.

Typically a referral to RVNA comes from a local medical office, a hospital discharge planner or other community agencies. Within 24 hours of the referral, an RVNA nurse or other staff member, as appropriate, visits the patient at home to assess his or her needs.

"They're sending people home from the hospital so quickly nowadays, that we try to get to them within 24 hours of their returning home," Petts says. This prompt attention helps prevent complications such as wound infections after surgery. To further help with the patient's recovery, the medical staff teaches family members how to assist with care.

Petts, who typically sees about five to seven patients per day, says many patients simply need someone to help them take their pills properly. This is particularly true for people with developmental disabilities and some elderly.

"We work closely with agencies such as Foothills Gateway to help people with their medications," Petts says. RVNA uses equipment such as electronic medication boxes and personal emergency response systems.

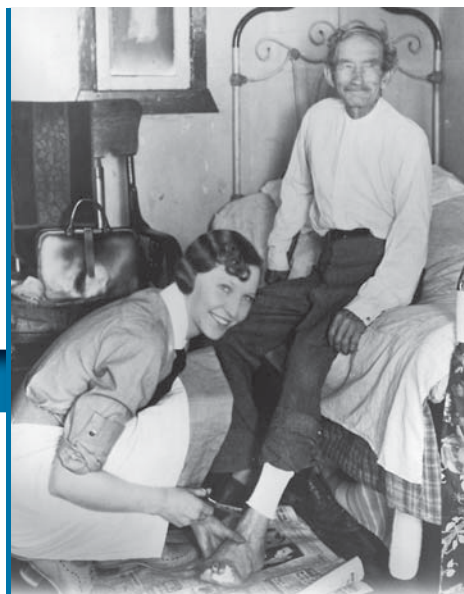
Before joining RVNA, the seasoned cardiac nurse honed her skills in a major ICU in Chicago, in the ICU at McKee Medical Center in Loveland and as owner of a local foot-care company.

Now that she's with RVNA, she notes the difference between healthcare delivered at a medical facility and at a person's home.

"When you go into a house, you're a guest there," Petts says, making the relationship with patients in some ways more challenging — and also truly special. ✨

HEALTH VISIT

Retired Kansas wheat farmer Eldon Treaster, now living in Fort Collins, gets his blood pressure checked by Vicki Petts, RVNA registered nurse.



Origin of home nursing

The history of visiting nurse agencies dates back to the 1880s in New York, where free nursing care was provided to the sickest and poorest who otherwise would not have access to healthcare. The influx of immigrants to the Northeast spurred several visiting nurse associations to emerge to address the increased prevalence of illness and infectious diseases, such as polio and smallpox.

Lillian Wald, the pioneer of public health nursing, advanced the principle that, "Society benefits when healthcare is provided in the least costly and most comforting setting — most often the home."

Source: *Visiting Nurse Associations of America*, www.vnaa.org

Bringing healthcare home

Larimer County residents can contact the Fort Collins RVNA office for information and services.

107 Cameron Drive
Fort Collins, CO 80525
225-9399
www.rvnahomecare.com

RVNA accepts Medicare, Medicaid, private insurance and private pay. Grant assistance is available for patients unable to pay. In addition to home healthcare, RVNA provides community health and wellness programs, including seasonal flu clinics.

SHINGLES



Vaccine now available for disease related to chickenpox

by nancy nichols

When you think of shingles, your roof probably comes to mind — unless you're one of an estimated one million people each year who fall victim to a serious illness with the same name.

Shingles is a disease among adults that starts as a skin rash and can become much worse. It is caused by the varicella zoster virus, the same virus that causes chickenpox in children.

After you've had chickenpox, your body retains the virus in a dormant, or inactive, form. If and when the varicella zoster virus in your body reactivates, most commonly after age 50, then shingles results.

A shingles rash begins with reddish bumps that become fluid-filled blisters. The rash usually appears on one side of the face or body and lasts from two to four weeks. Its main symptom is pain, which can be quite severe. Other symptoms of shingles can include fever, headache, chills and upset stomach.

"Shingles erupts around nerve roots and can be very painful, especially around the eyes," says Chandra Klein, R.N., who coordinates the immunization program at the Larimer County Department of Health and Environment.

In addition to being caused by the same virus, shingles and chickenpox have a fascinating relationship in terms of how the diseases can and cannot spread from person to person.

"An adult who has shingles can give an unvaccinated child the chickenpox," Klein says. "But an adult with shingles can't give shingles to another adult. And a child with chickenpox can't give shingles to an adult."

According to the Centers for Disease Control and Prevention, almost half of the U.S. cases each year occur in people age 60 or older, and the risk of contracting the disease increases with age.

For about one in five people who get shingles, severe pain can continue even after the rash clears up. This pain is called postherpetic neuralgia and can lead to complications that make it difficult to sleep, wear clothes comfortably, tolerate even slight temperature changes or leave the house.

Fortunately there is antiviral medicine that can reduce the severity and duration of symptoms. And a new vaccine, called Zostavax, has been developed for shingles, which is recommended and available for people 60 years and older.

The Zostavax vaccine is a stronger version of the same varicella vaccine given to children to prevent chickenpox. It has been licensed by the Food and Drug Administration since 2006 and is available through your doctor, community pharmacies and the county health department.

Zostavax is about 50 percent effective at preventing adults from getting shingles, and it has been shown to prevent postherpetic neuralgia by nearly 70 percent.

Although its ability to prevent shingles may not sound all that impressive, its greater effectiveness at preventing postherpetic neuralgia is something that can dramatically improve the lives of many elderly. "That's what I emphasize when I'm talking to people about shingles — the vaccine's effectiveness at preventing the more serious condition," Klein says.

For more information about vaccinations for shingles and chickenpox, visit the CDC online at www.cdc.gov/vaccines. Excellent information is also available from the American Academy of Family Physicians at www.familydoctor.org and from the Mayo Clinic at www.mayoclinic.com.

People 60 and older are most susceptible to the debilitating effects of shingles. Getting vaccinated can mean a longer, happier life for many seniors.



Why do adults need vaccines?

Some adults incorrectly assume that the vaccines they received as children will protect them for the rest of their lives. Generally this is true, except that:

- Some adults were never vaccinated as children
- Newer vaccines were not available when some adults were children
- Immunity can begin to fade over time
- As we age, we become more susceptible to serious diseases caused by common infections (for example, flu and pneumococcus)

Annual vaccinations are recommended for all adults to help prevent seasonal influenza (the flu), and your healthcare team may recommend shots or periodic "boosters" to prevent such diseases as tetanus (lockjaw), measles, mumps, rubella, meningitis, hepatitis, pertussis (whooping cough) and shingles. In addition, international travelers may be required to get vaccinated against illnesses such as yellow fever.

The CDC's guide to adult vaccinations ("Recommended Adult Immunization Schedule") is available online at tinyurl.com/9zsa7x.

Source: Centers for Disease Control and Prevention and Bruce Cooper, M.D., Medical Director, Health District of Northern Larimer County

Benefit Concert Helps Achieve \$20,000 Goal for Tooth Fairy Fund



Dance Party

3 Twins' accordion player John Magnie draws concertgoers to the dance floor with rich, rhythmic melodies.

The roots-rock band 3 Twins, a side project of the Subdudes, electrified a packed Drake Centre Oct. 2 at a concert benefiting the Health District's Tooth Fairy Fund for Grown-ups.

Dubbed "3 Twins for Grins," the event raised more than \$5,000, bringing our \$20,000 fundraising goal easily within reach by the Oct. 31 deadline.

Our sincere appreciation goes to major sponsor Henry Schein Dental, cosponsors Lucid Audio and Enhance Printing, as well as Sheafor, a local band that opened the concert.

Thanks to a challenge grant from a local anonymous donor, the \$20,000 raised has doubled to \$40,000. That means we now have \$40,000 available in financial support for adults who need critical

dental care but who are unable to pay even the low sliding-scale fees at the Health District's Family Dental Clinic.

Fundraising got a big boost earlier this year through a \$3,000 donation from the Larimer County Dental Society and a benefit event hosted by St. Paul's Episcopal Church. The 3 Twins concert and donations from individual community members made up the remaining balance.

Although we've reached an important fundraising milestone, it's not too late to donate to the Tooth Fairy Fund for Grown-ups. The more donations we receive, the more people we can help get critically needed care.

Learn more about the Tooth Fairy Fund for Grown-ups and donate online at www.toothfairyfund.org.



Health District Joins Flu Fight

This fall, the Health District teamed up with the Larimer County Department of Health and Environment to host "Larimer Fights the Flu," a series of H1N1 (swine) flu mass-vaccination clinics.



Despite challenges, including a major snowstorm and an uncertain supply of vaccine, the two agencies were able to vaccinate several thousand county residents against the new flu strain. Staffing the clinics were nearly 1,000 "Flu Fighters," half of whom were volunteers who did everything from give shots to entertain children.

Their generous contribution — in addition to close cooperation

between the Health District and Health Department — helped make "Larimer Fights the Flu" a success.

Supplies of H1N1 (swine) flu vaccine continue to expand, and so does the list of groups eligible to be vaccinated. To find out who currently is eligible for H1N1 vaccine, and for all other H1N1 news for our community, visit www.larimerflu.org.

Meanwhile, the traditional flu season is also under way, and demand for that vaccine has been equally strong. Many community flu shot providers were out of seasonal flu vaccine by the end of October. As we move closer to the peak of the traditional flu season, more vaccine is expected to be in supply. When seasonal flu vaccine is available, people are encouraged to get vaccinated, especially seniors and those at risk for flu complications.

Health District on Twitter and Facebook

You now can learn more about Health District programs and services through Twitter and Facebook.



Sign up to follow us on Twitter (www.twitter.com/healthdistrict) and receive the latest news updates from the Health District.

Or visit the Health District page on Facebook (www.facebook.com/healthdistrict) and become a fan.



You'll get health tips, news of upcoming classes and events, recipes, special discounts and links to local and national health information.

See you online!

COMPASS
your guide to local healthcare information

advisory committee seeks new members

We are looking to fill vacancies on the Health District Compass Advisory Committee. The group meets four times a year at the Health District to review the previous issue and brainstorm possible future story topics of interest to the public. Candidates must live within the Health District. If interested, please fill out and send in this application.

Name _____ Age _____

Address _____ City _____

ZIP _____ Phone _____ Occupation _____

Why do you want to be on the Compass Advisory Committee? What knowledge/perspective would you bring? (Attach additional sheet if necessary.) _____

Mail application to: Compass Advisory Search, Health District, 120 Bristlecone Drive, Fort Collins, CO 80524
Applications must be received by Dec. 31, 2009.

live and learn: classes & screenings

cholesterol screenings



Find out your total cholesterol, HDL, LDL, triglycerides and blood glucose. Results are available within 20 minutes.

A registered nurse will interpret your results and offer health information.

People who have never received a cholesterol screening from the Health District are eligible to receive their first screening for free. Cost for all others is \$15. Reduced fees are available depending on income for people living in northern Larimer County.

All screenings are 8:15–10:30 a.m. unless otherwise indicated. Appointments are required; call **224-5209**. No walk-ins accepted for cholesterol tests. A 12-hour fast is required; water and medications are permitted. Blood-pressure checks are free, and no appointment is necessary.

Visit www.healthdistrict.org/heart for more information.

Colorado State University

Lory Student Center
Feb. 10 and 11, 8–10:40 a.m.

Fort Collins Club

1307 E. Prospect
Feb. 23

Fort Collins Senior Center

1200 Raintree
Dec. 17 Feb. 18
Jan. 5 March 2
Jan. 21 March 18
Feb. 2

Harmony Library

Shields and Harmony
Jan. 12
March 23

Health District

120 Bristlecone
Jan. 28
Feb. 25
March 25

Larimer County Courthouse

200 W. Oak
Dec. 8
Jan. 19
Feb. 16
March 16

Miramont Central

2211 S. College
March 9

Miramont South

901 Oakridge
March 10

Northside Aztlan Community Center

112 E. Willow
Jan. 26

Spirit of Joy Lutheran Church

4501 S. Lemay
Jan. 7
Feb. 4
March 4

wellness

Sign up today! Classes are held at the Health District, 120 Bristlecone in north Fort Collins. Discounts on class fees are available depending on income. Prepayment is required to reserve a seat in Healthy Weighs. Call **224-5209** to register.

Healthy Weighs

Jan. 19–April 13
(No class March 16.)



10 a.m.–noon or
5:30–7:30 p.m.

This 12-week weight management program emphasizes a balanced, healthy lifestyle without dieting.

Cost: \$190 (less than \$16 per

week). Sign up with a friend and both of you get half your fee back. Both participants must be Health District residents and complete the program.

Your Sweet Heart

Thursday, Feb. 11
Noon–1:30 p.m. or 6–7:30 p.m.
Valentine's Day conjures up visions of rich desserts and boxes of chocolates. February is also Heart Month. We're going to prove that heart health and delicious sweets can



peacefully coexist as we make and enjoy some luscious and good-for-you desserts. Yes, there will be chocolate! Cost: \$10 per person.

Fighting Fire with Food

Thursday, March 11
Noon–1:30 p.m. or 6–7:30 p.m.
Chronic, low-grade inflammation is suspected to be the underlying cause of a wide range of medical conditions, including heart disease, cancer and Alzheimer's disease. What you eat (and how you cook it) can either aggravate inflammation or help quell it. Learn which foods, cooking practices and lifestyle choices can cause tissue-damaging inflammation and which reduce inflammation. Cost: \$10 per person.

Step Free From Tobacco

Our stop-smoking coaches assist adults in reclaiming their natural freedom from tobacco, using **free nicotine patches, gum or lozenges**, as appropriate, and with more than 30 proven quitting techniques and strategies. Our program is known for its straightforward, entertaining and supportive manner, with no coercion, guilt or shame. Take part in a group, or enjoy self-paced individual or couples sessions.



Our next six-week **Step Free** quit-smoking class starts Thursday, Jan. 21, 6–7:30 p.m. The class will run through Feb. 25. Individual and

couples sessions are offered continuously.

For residents of northern Larimer County, the cost for the six-session **Step Free** program is \$10 to \$100, depending on household income. A \$5 to \$50 rebate is awarded to people who attend all six sessions.

For a free introductory session, to determine if the **Step Free** program might work for you, contact the Health District at **224-5209**. Freedom from tobacco is easier now than ever before! The first step is: just call!

blood pressure checks

Free 5- to 10-minute walk-in blood pressure reading and consultation with a registered nurse.

The consultation includes discussion and materials on:

- What does blood pressure mean?
- How can I keep my blood pressure where it needs to be, lowering my risk of heart attack and stroke?
- What's the right way to monitor my blood pressure?
- Follow-up suggestions.

Checks are on the third Monday of the month from 10 a.m. to noon at the Fort Collins Senior Center, 1200 Raintree. No appointment necessary.

Visit www.healthdistrict.org/heart for more information.



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