



your guide to local healthcare information

COMPASS

Worry on the Web

**Use online health info wisely
and avoid anxiety**

by compass staff

Mary was devastated. Her dad had just called to tell her he might have skin cancer. She was sure that after years of enjoying the sun, her dad was paying the ultimate price. Mary turned to the Internet for answers.

What she found were horrific stories of melanoma and images of major skin deformities. Fresh from an appointment with his dermatologist, Mary's dad also was searching the Internet for information, with worrying results. Eventually Mary and her dad spent hours exchanging emails and anxieties – that is until Mary's mom caught wind of what was spreading between the two and put on the brakes.

Dad was fine, she explained. He'd just had a routine skin screening at the dermatologist where, among other things, he'd learned to recognize what to look for when he checked his own skin. But later he got on the Internet looking for more information, and search engines eventually took him to the same anxiety-producing websites Mary had viewed. He grew convinced he really had cancer.

Mary's dad did not have skin cancer, but he

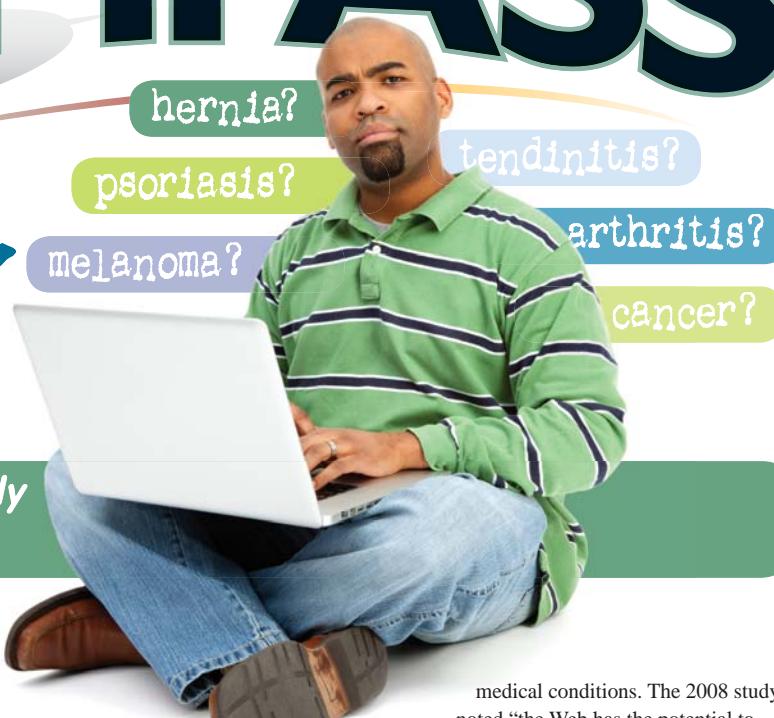
may have had what some have dubbed "cyberchondria," a form of hypochondria fueled by the abundance of health information on the Internet that can lead to unnecessary anxiety.

Like Mary and her dad, more than eight in 10 people will use an Internet search engine such as Google to search for medical information, according the Pew Research Center's Internet & American Life Project.

"The Internet can be a useful tool," says Dr. Bernard Birnbaum, a Fort Collins family medicine physician and faculty member with the residency program at the Family Medicine Center. But, he cautions, "Information on the Internet varies in quality, and it's only as useful as the background of the person interpreting it."

In one of the first large-scale studies of cyberchondria, researchers from Microsoft reviewed search results for online medical content, comparing how often searches for common symptoms escalated to searches for serious

hernia?
tendinitis?
psoriasis?
melanoma?
arthritis?
cancer?



medical conditions. The 2008 study noted "the Web has the potential to increase the anxieties of people who have little or no medical training, especially when [a] Web search is employed as a diagnostic procedure."

A 2012 study from the University of Oxford and published in the Journal of Anxiety Disorders found similar results. Among those who initially search online about common, harmless symptoms, 70 percent end up looking at information on rarer, more serious conditions. The researchers concluded that, "preliminary data suggests that searching for health information online may exacerbate health anxiety."

Talk it over with your health-care provider

"You can learn about many symptoms of a disease online, but there is very little feedback," says Dr. James D. Hendrick, a local bariatric specialist. "When you walk into the exam room, you don't want a computer – you want a real person."

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programs and services CHP+/Medicaid Outreach Project

Community Impact Team

Dental Connections

Family Dental Clinic

Health Promotion

Health Care Matters

Integrated Primary Care/
 Mental Health Program

Mental Health Connections

Prescription Assistance

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

emotional support

Coping after the High Park Fire

by kim lipker

Everyone in the Health District has a High Park Fire story to share. Everyone knows someone or is someone who has experienced a tremendous loss. This is the time to remember that it is going to be okay – it may be hard at times, but there is always help.

Following a disaster, emotions can be all over the place for weeks or even months. These are normal feelings to experience when faced with such an abnormal and traumatic situation. People often underestimate the impact stress can have on them and their families and how much it can impact their health.

Just a few common reactions

- Feeling numb, stuck, unable to accomplish things
- Self-doubts, anger, blame, irritability
- Already existing medical conditions getting worse
- Sadness, depression, crying, mood swings
- Feeling anxious or experiencing new fears
- Difficulty concentrating
- Changes in appetite or problems sleeping

Tips for helping yourself or others cope

- Talk about it
- Allow yourself and your loved ones time and space to recover
- Take care of yourself: Get enough healthy foods, sleep and exercise
- Maintain your normal routines
- Seek support and talk about it with people who care and who understand
- Make life simpler for a while
- Help others if you can

When to seek further help

- Anytime you feel as if your feelings are too intense or prolonged
- If a medical condition has worsened
- If any of the following, or other issues, are severe or last more than a few days or weeks:
 - Anxiety or panic
 - Depression
 - Excessive drinking
 - Problems sleeping, bad dreams
 - Anger or irritability
 - Inability to cope with regular life



Asking for help is an important positive step for your future health.
 You can call Mental Health Connections anytime at (970) 221-5551
 (or walk in M-F, 8 a.m.- 4 p.m., at 525 W. Oak St., Fort Collins).



Rich-Colored Foods Help the Heart

Flavonoids tied to many health benefits

by kim lipker

Recent studies find that a diet full of rich-colored foods will lower your risk of heart disease. This may be done as simply as adding one or two additional servings of flavonoids each day. You may not realize you are already a fan of flavonoids, because, like many, you've probably never even heard of them.

Flavonoids are found in many popular fruits and vegetables. Research by the Cancer Prevention Study II Nutrition Cohort found that participants who ate the most flavonoid-rich foods were nearly 20 percent less likely to die of heart attack or stroke.

"Flavonoids are a group of compounds that are made by plants," says Sarah Morales, M.S., R.D., wellness dietitian for community and foundation development at University of Colorado Health. "The key is eating a variety of fruits and vegetables in different colors. Or, said differently, botanical diversity is most beneficial!"

"Look for color. Strawberries, raspberries, and blueberries contain flavonoids," says Morales, "as do citrus fruits like oranges, grapefruits and lemons. Vegetables that contain flavonoids include broccoli, kale, celery and onions."

Morales also pointed out that flavonoids are present in red wine, teas (particularly green tea) and chocolate. Soybeans, soy foods and legumes contain isoflavones, which are a sub-category of flavonoids.

According to Morales, various types and dietary sources of flavonoids are available all year. Berries are available throughout the summer and into early fall and may be present at farmers markets throughout Fort Collins. While many citrus fruits are available in grocery stores all the time, they are especially popular during the winter months. Almost all flavonoid-containing vegetables are available all year at grocery stores and, like flavonoid fruits, many are found at local farmers markets.

With the availability of fresh berries in the summer, try a refreshing parfait for breakfast. Morales says this is as easy as layering low-fat or non-fat yogurt, berries and granola or nuts for a delicious and satisfying summer meal. Orange and grapefruit segments are a wonderful addition to salads. Top a spring mix or lettuce blend with orange segments, toasted walnuts and a sprinkle of goat cheese and finish with a drizzle of balsamic vinaigrette.

Morales also advises adding a flavonoid-rich side dish to your lunch or dinner meal. This can be done with sautéed kale or steamed broccoli. To sauté kale add one or two tablespoons of heart-healthy olive oil to a large saucepan. Add 1 ½ cups of washed and chopped kale and ½ cup of vegetable stock or water. Allow to cook down until all the liquid has evaporated. Add salt and pepper to taste.

Adding one or two more servings of flavonoids to your diet may be as simple as eating a handful of nuts or eating an apple. Morales even suggests having a mid-afternoon or after-dinner drink of steeped green tea.

Add a squeeze of lemon and you're all set with an extra flavonoid boost.

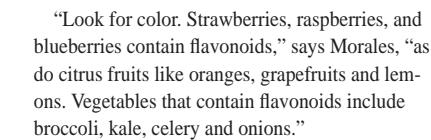
Flavonoid Facts...

There are many types of flavonoids, and their concentration in specific foods varies greatly, depending on how a product is grown and processed. So use the list here as a general guideline for foods that tend to be rich in flavonoids. Get your fill of flavonoids by eating plenty of fresh fruit and vegetables every day – recommended are four servings of fruit and five servings of veggies. Tea, red wine and dark chocolate also contain flavonoids – but do not overindulge.

- Raspberries
- Blueberries
- Blackberries
- Cherries
- Lemons
- Oranges
- Yellow peppers

Nuts

- Apples
- Broccoli
- Cabbage
- Capers
- Dark chocolate and cocoa
- Onions
- Strawberries
- Red grapes
- Red wine
- Tea



cover story continued from page 1

Birnbaum says using the Internet to diagnose a condition omits a crucial step used by health-care providers: the differential diagnosis. Faced with symptoms that could be caused by more than one medical condition, a health-care provider will systematically compare and contrast all relevant factors to come up with the most likely cause for the complaint.

"If someone comes in with a cough, a doctor will want to know if the patient is a smoker or has a family history of respiratory problems. Does he have asthma or allergies? Has he just gotten over a respiratory illness? The provider will go through all of these different questions," Birnbaum explains.

Finding the worst-case scenario

When people research symptoms on the Internet, they may be unintentionally searching for the worst-case scenario. If someone uses a general search engine, as Mary and her father did, they are likely to find a disproportionate amount of information on serious or rare medical conditions. The reason, the Microsoft researchers concluded, is that when worried users click on a page that contains information about a serious illness, that in turn drives the page rank up, increasing the likelihood that another worried user will come across that page as well. In one example cited by the Microsoft team, searches about headache led to pages about brain tumor.

Still, it's easy to see the appeal of the Internet for health advice.

Rochelle, a Fort Collins mother of three, says she feels particularly susceptible to the Internet because she keeps track of her family's health and wants to stay current on medical and health issues. She looks to the Internet for health information, especially when she gets the feeling that something is wrong, the doctor's office is closed and she needs answers.

On a recent, anxiety-filled weekend, her son was stung by a bee. His hand swelled, Rochelle panicked, and since her doctor's phone was answered by an answering service, she went online and found horror stories about bee stings. She had no idea what to do or if her son was allergic to bees. A neighbor helped get the stinger out of Rochelle's son and calmed everyone down. In no time her son was back playing with his friends, and Rochelle followed up with his doctor.

It's not all bad

Birnbaum says the Internet can play a vital role in educating people about health and wellness issues. He says researching symptoms online can be valuable, too, as long as it leads to

shared decision making with a health-care provider. "Rather than jumping to conclusions, use that information to have an informed discussion with your provider."

"Engaged, self-educated patients are going to get better health care because they're more informed. Someone who relies only on the Internet is going to miss things."

Birnbaum likens the situation to working with a financial advisor. "You may know a lot of separate pieces of financial information, but you go to an advisor to put it all together and make sure you're not missing anything."

Choose websites wisely

Just like you would take the time to research and interview to find a new primary care physician, be sure you are doing the same to find credible health information. Birnbaum suggests using noncommercial websites such as MedlinePlus, operated by the National Library of Medicine, and FamilyDoctor.org, which is maintained by the American Academy of Family Physicians.

"Engaged, self-educated patients are going to get better health care because they're more informed. Someone who relies only on the Internet is going to miss things."

– Dr. Bernard Birnbaum

One local link to reputable online health resources is HealthInfoSource.com, a website operated by the Health District, with support from the Poudre Valley Hospital Foundation and the Larimer County Department of Health and Environment. In addition to up-to-date listings of local health-care providers and classes, it has information on a variety of health topics, with links to credible local and national resources that are reviewed annually.

Birnbaum cautions against relying on Wikipedia or blogs as they are not peer-reviewed for accuracy and may be biased by opinion. He also advises people to avoid medical literature, which may have statistics and definitions that could easily be misinterpreted.

Finding support online

The Internet can serve as a valuable tool when navigating some of life's health obstacles. Melissa Venable, executive director of Hope Lives!, a nonprofit dedicated to helping cancer survivors, says online health resources can be useful.

With so much information online, Venable says Hope Lives! helps survivors locate reputable resources. "They (survivors) want reassurance," she says. "We help them navigate the information they've been given. We help them piece it together and come up with a game plan."



The Internet also can be a good source of support, but only if used carefully. In the Oxford study, many of those with high health anxiety reported looking online for descriptions of other people's experiences of illness. That anxiety was further fueled by the use of message boards, online support groups and social media to research and discuss health issues.

Fort Collins physician James Hendrick says it is important to remember that one person's experience with a medical condition might not be the same as another's. It's best to use online forums and social media as tools for emotional support, not diagnostics.

When it comes right down to it, sometimes the best cure for the anxiety of cyberchondria is simply to unplug. Give yourself a day or two away from the Internet, and then take what you've learned online and talk to your health-care provider if you really feel like something may be wrong. *

Plug into websites you can trust

U.S. National Library of Medicine
www.medlineplus.gov

American Academy of Family Physicians
www.familydoctor.org

American Academy of Pediatrics
www.healthychildren.org

HealthInfoSource
www.healthinfosource.com
For more information on reputable health websites, visit HealthInfoSource and see "Evaluating Health Information on the Web" under Health Topics.



local resource profile

At 13 I turned my mother in for distribution of meth... When I was growing up my mom's boyfriends abused me... My dad is an alcoholic and convicted drunk driver... I have been in seven different schools... and transferred to 5 different schools... I am 17 and have been in jail more than I have been at home... everyone tells me that I will fail... No one believes in me... I don't believe in me...



The Matthews House

Nurturing Youth in Transition

by kim lipker

Think about what childhood is supposed to be like. Then think about what life would be like without a childhood. That is what many of the youth who reach out to The Matthews House live with every day. The quotes above were gathered from youth that have or currently participate in The Matthews House program. The good news is that there are many happy endings here, and at The Matthews House childhood is not restored, but the promise of a future is instilled.

Jerri Howe, founder and executive director at The Matthews House, likes to quote Mother Teresa, and that is fitting considering her role as a youth champion in Larimer County. In a famous quote, Mother Teresa speaks about poverty and how being poor isn't so much about having nothing to eat or having nothing to wear. Real poverty is more about being unwanted and unloved.

The Matthews House helps stop the cycle of poverty and gives youth the life-skills they need to get off the endless loop of being unwanted, being labeled no-good and being poor. The Matthews House, founded in 2005, is a unique program that serves at-risk youth ages 16-21 who need help navigating the road to self-sufficiency. They provide the resources and support necessary to empower these youth to take control of their lives and shape positive futures, while becoming successful contributors to their community.

"The morning of my graduation all I could

think about was what a family member said to me: 'No matter what you do with your life, I will always expect you to screw it up,' says Terra, a former foster-care youth. "I had gone through so much and had statistics and my own family going against me. But I saw the bit of light in the dark and made it shine into something bigger and brighter than what it was."

The Matthews House Community Based Program provides one-on-one coaching to help at-risk families. This helps build resilience and navigate difficulties in areas of parenting, money management, job readiness and healthy relationships. This assistance increases self-sufficiency of families and reduces the need for children to be removed to out-of-home placement such as foster care and breaks the very cycle that leads youth to need The Matthews House services later.

Lydia, 22, was a young mother living in an abusive meth house with no plans for her future and was at great risk of losing her children who were in foster care. Within

three months of beginning her intensive work on goals with her Family Coach, she obtained housing near her children, was allowed visitation, had a full-time job and maintained her sobriety.

Their newest concept, The Matthews House Community Life Center, will help build a stronger community.



The Matthews House Snapshot:

Address: 415 Mason Ct, #1, Fort Collins
Open: Mon.-Fri., 9 a.m. to 5 p.m.

Youth Served in 2011: 440

Families Served: 114

Active Volunteers: 295

Staff: 9 full-time, 5 part-time

Administrative Office: (970) 472-4293
Youth Services: (970) 472-0609

www.thematthewshouse.org

It provides one consolidated location for meeting both basic needs and providing specialized, enriching programs for community members of all ages. The Community Life Center, while operated by The Matthews House, includes collaborative participation of Poudre School District, Larimer County Department of Human Services and numerous local nonprofit organizations.

In talking about her vision for creating a place for family-oriented programs with a broader scope, Jerri says, "We are doing a good job at 'pulling youth out of the river.' Now it is time to move upstream and do what we can, to keep them from 'falling in' in the first place." *



Volunteers are the heart of The Matthews House and here they work on Cultivate – their community garden project.

Four-Season Fitness Plan

by Kim Lipker



WELCOME TO Seasonal Fitness

This is the first of a four-part, four-season fitness plan. Join us at Compass as we combine the fundamental principles of fitness with the sensibility of the four seasons. In every issue for the next three issues, we'll feature a seasonal fitness focus.

Nancy's Fit Focus for Summer: Swimming

Swimming is an easily accessible sport in the summer. The key to swimming for fitness is to actively warm up and stretch every time you exercise.

Pre-workout stretching

Swimming is an all-body workout so try to stretch all the major muscle groups before you swim. Hold your stretches for 15 seconds and run through the routine three times. If you are stretching in the water, your body will cool down rapidly so maintain your temperature by continuing to move.

Warm-up

Keep warming up your body by building up your intensity. If the water is cold, it is going to take longer to warm up. Concentrate on relaxing your joints and gliding through the water. Gradually raising your heart rate during warm-up will help you avoid any oxygen deficiency or over-tiredness.

Cool-down

You should also stretch after your training. Do this in a warm shower by holding each stretch for 30 seconds to clear waste products from the muscles. This also improves post-exercise flexibility and stimulates the muscle receptors that promote relaxation.

The middle of summer and the hint of fall brings with it long days and time for exercise. To become fit and maintain your motivation, this is the perfect time to start a new fitness plan.

Summer is a time for growth, for preparing for winter, and for natural light. Summer is most commonly associated with increased outdoor activity, vacation time, longer days, hotter days and families exercising together. This is also a good season to find fitness for all ages and abilities.

"Many outdoor activities provide plenty of flexibility and are great opportunities for fitness," says Nancy Stilson-Herzog, local health and wellness coach, certified fitness trainer and founder of Fitter Fort Collins Health & Wellness. "A day at home with lawn games like horseshoes, badminton or croquet can keep everyone active. These moderate activities should never be discounted and are as important as any traditional exercise."

In the summer you can cycle, swim, run, play tennis, walk and more. Boating, specifically canoeing and rafting on lakes and rivers, can also be excellent exercise. Gardening and heavy outdoor chores also count.

"Summer gives you a great opportunity for variety and it also lends itself to longer periods of exercise. For example, a 90-minute hike is a great workout, no matter what the intensity because you are moving for an extended period of time," says Stilson-Herzog. "As long as you are moving, achieving your fitness goals and feeling good — you are making progress."

Stilson-Herzog always recommends an appropriate warm-up for whatever physical activity you choose for your workout. She says that it is important to get your body to the appropriate temperature to prevent injury to the muscles, ligaments and tendons. Along with a warm-up, Stilson-Herzog advises light or active stretching.

"Time and time again I have seen people get out of their cars at a hiking trailhead, after an hour or more in the car, and start up the trail," says Stilson-Herzog. "If you are going on a hike, no matter what the length, you have got to warm up and stretch. Not only does this prevent injury, but it keeps you from being too sore the next day."

Summer tends to be scheduled around vacations, school breaks, and plenty of holidays. This means that this season gets busy very easily, so scheduling time for fitness is important. Take out the calendar and make your exercise a recurring event or schedule yourself far enough out so you can be held accountable for workout days. Scheduling your exercise is a good reminder of the importance of prioritizing physical activity and is also a good motivator to keep on track.

Summer means it is hot outside so respect the heat. Physical activity in the heat requires more hydration and awareness of heat-related complications. Make sure you drink plenty of water, rest, wear appropriate clothing and use sunscreen.



Health District responds to High Park Fire

The Health District joined in the community response to the devastating High Park Fire in June even as some of its employees were touched by the tragedy.

Staff from the Health District and Touchstone Health Partners (formerly Larimer Center for Mental Health) worked closely with the American Red Cross to coordinate mental health support for those directly affected by the fire. That included making sure that trained mental health professionals were



Sue Zasadil, Touchstone Health Partners; Kristen Ward, University of Colorado Health; and Dee Colombini, Health District, at the Red Cross evacuation center at The Ranch.

on hand to offer support to people when they were notified of the fate of their homes.

Responders were part of the CARE (Counseling and Resilience Enhancement) Team, a mental health disaster response unit created in the wake of the 1997 Spring Creek Flood by the Health District and the then Larimer Center for Mental Health. It includes professionals from both organizations (and their Connections resource center), as well as specially trained volunteer therapists from the community.

For more than a week, the Health District also parked its Health Van outside the evacuation center so that doctors and nurses from the Colorado Health Medical Group could provide free medical care to evacuees and responders.

Finally, the Health District provided coordinated onsite prescription assistance service to evacuees at The Ranch and arranged for dental care to be provided at the Health District's Family Dental Clinic.



Cycling event benefits local dental care

Cyclists took to the trails May 5 to help community members who are unable to afford dental care. For the second year, the Fort Collins Cycling Club donated proceeds from its annual Spring Warm-up Ride to the Tooth Fairy Fund at the Health District. The fund provides financial assistance to local residents who cannot afford even the low sliding fees at the Health District's Family Dental Clinic.

This year, 137 riders raised \$2,828 for the Tooth Fairy Fund. The event, which was organized by the Fort Collins Cycling Club with help from more than two dozen volunteers, featured routes ranging from 12 to 62 miles.

Donations such as those received from the Spring Warm-up Ride help to alleviate a huge unmet need for dental care in our community. For more information or to get involved in helping others get the dental care they need, contact Jim Becker, (970) 224-5209 or jbecker@healthdistrict.org.

Health District executive director honored for improving local health care

Health District executive director Carol Plock received a Health Care Champion Award from the Colorado Coalition for the Medically Underserved (CCMU) at the coalition's 15th anniversary event May 14 in Denver. Plock, who was an early member of the coalition's steering committee, was recognized for improving the health status of Fort Collins and "making the Health District a success story in meeting community health needs."

Other recipients of the Health Care Champion Award included former Colorado Governors Bill Ritter and Dick Lamm, as well as city and state officials, policymakers and healthcare leaders from around the state.

CCMU has a diverse membership of healthcare providers, policymakers and decision makers, industry experts, advocates and individuals working to meet the needs of those who are medically underserved, as well as the care providers who serve them.

Birnbaum, Thorson re-elected to Health District board

Voters in May elected incumbents Bernard Birnbaum and Steven Thorson to new four-year terms on the Health District board of directors.

Birnbaum is a family physician at the Family Medicine Center in Fort Collins and is a faculty member with the residency program there. Thorson has been a full-time family physician in Fort Collins since 1974 and practices at the Family Clinic of Fort Collins. Both were elected to the board in 2008.

The Health District board has five members who serve staggered, four-year terms and are elected at-large from the community. Elections are held every two years in even-numbered years.



Bernard Birnbaum



Steven Thorson

classes, screenings and services

heart-health screenings

Find out your total cholesterol, HDL, LDL, triglycerides and blood glucose. Health District residents who have never received our screening are eligible to receive their first screening for free.

Cost for all others is \$15. Sliding fees available.

All screenings are 8:15–10:30 a.m. unless otherwise indicated. Appointments are required; call **(970) 224-5209**. No walk-ins are accepted for cholesterol tests. A 12-hour fast is required; water and medications are permitted.

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

Fort Collins Club
1307 E. Prospect
Sept. 27

Fort Collins Senior Center
1200 Raintree
Aug. 16 Sept. 20
Aug. 21 Oct. 2
Sept. 5 Oct. 18
Sept. 15 (special Saturday clinic!)

Front Range Community College Student Center
4616 S. Shields
Sept. 19

Harmony Library
4616 S. Shields
Sept. 25

Health District
120 Bristlecone
Aug. 9
Sept. 12



Larimer County Courthouse Office Building
200 W. Oak
Aug. 14
Sept. 11
Oct. 9

Spirit of Joy Lutheran Church
4501 S. Lemay
Aug. 2
Sept. 18
Oct. 4

Timnath Presbyterian Church
4020 Main St., Timnath
Sept. 26

blood pressure checks

OFFERED MONTHLY!

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.

step free from tobacco

Our stop-smoking coaches assist adults in reclaiming their natural freedom from tobacco, using free nicotine patches, lozenges or gum, 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.

Group Sessions — Our next six-week Step Free from Tobacco class starts on Aug. 15 at 6 p.m. The class runs through Sept. 19.

Individual and Work-group Sessions — Individual and couples sessions are offered continually at the Health District, and on-site classes are available for work groups (eight or more).

For residents of northern Larimer County, the Step Free program (group or individual) costs \$10 to \$100, depending on household income. A \$5 to \$50 rebate is awarded to qualifying participants who attend all six sessions.



For a free introductory session to determine if the Step Free program might work for you, or for information about work-group sessions, contact the Health District at **(970) 224-5209**.

Freedom from tobacco is easier now than ever before! The first step: just call!

additional services

Eligibility requirements vary for these services. For specific eligibility requirements, check the Health District website at www.healthdistrict.org or call the number listed. Sliding fees are available for most services.

Mental Health Connections *A partnership with Touchstone Health Partners*
Mental health and substance abuse resources
525 W. Oak • (970) 221-5551

Family Dental Clinic
Affordable dental care for both children and adults
202 Bristlecone • (970) 416-5331

Dental Connections *A partnership with the Women's Resource Center*
Referrals to dentists and help finding affordable care
202 Bristlecone • (970) 493-3366

Child Health Plan Plus (CHP+)/Medicaid Outreach Project
Assistance with enrollment in public health insurance
120 Bristlecone • (970) 472-0444

Prescription Assistance
Help with affordable prescriptions
120 Bristlecone • (970) 416-6519

Health District
OF NORTHERN LARIMER COUNTY

Join the Conversation

Your voice matters, because decisions about your health care are too important to be left solely to someone else. The Health District of Northern Larimer County, a grantee partner of Project Health Colorado, is presenting a series of community discussions designed to collect your thoughts on health care to share with Colorado leaders.

To sponsor a discussion or learn more, email info@healthcarematters.net or call (970) 224-5209 and ask to speak with the Health Care Matters Team.

**Health Care
Matters!**
Too important to ignore

www.healthcarematters.net