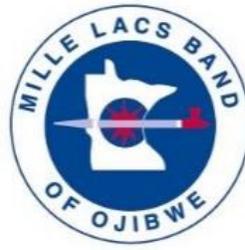


## Inside this Issue

# Public Health Newsletter



## What is Asthma?

Asthma is a **chronic disease of the airways** that makes **breathing difficult**. Irritated cells in the airways make more mucus than usual, **narrowing the tiny airways**.

**Mucus is normally a protective**, sticky liquid that helps shield your lungs from irritants like dust, bacteria and smoke. During **normal breathing, air flows freely** in and out of the lungs. However, **during an asthma attack** or episode, swelling of the airway's lining increases, **muscles surrounding the airways tighten**, and **thick mucus clogs the tiny airways making it difficult to breathe**.

Asthma can be **challenging, disruptive and frightening** for those who have it, and for family, friends and caregivers. Asthma is **different for everyone**, and its symptoms and onset varies greatly from person to person. There is **currently no cure** for asthma but **with proper treatment**, people who have asthma can live **normal, healthy lives**.

*For more information about Asthma,  
continue reading on pages 2 and 3.*

- Asthma Symptoms.....2
- Common Asthma Triggers.....2
- Start an Asthma Action Plan.....3
- Asthma, Allergies, and the Change of Seasons.....3
- Re-Think Your Drink.....4
- What Should Be In Your Car Emergency Kit.....5
- Summer Safety on the Road.....5
- Celebrate June!.....6
- June Recipe: Cinnamon Rhubarb Muffins.....6
- Check It Out! .....7
- Contact Us.....7



*Information on this page adapted from the Minnesota Department of Health website at : [www.health.state.mn.us](http://www.health.state.mn.us)*



## Start an Asthma Action Plan

If you are unsure about how to deal with breathing issues, you can begin an **asthma action plan** to **manage your symptoms**. You and your doctor can start a plan of care including **medications, treatments, and emergency care** if needed. These will **work together** to show you how to prevent wheezing and coughing on a daily basis.

**Your asthma action plan should include everything that you need to prevent and treat asthma attacks anytime or anywhere.**

*Information on this page adapted from the Safe Treatments for Asthma website at: [www.safetreatmentsforasthma.com](http://www.safetreatmentsforasthma.com)*

## Asthma, Allergies, and the Change of Seasons



When spring and fall arrive, flowers and leaves change colors, and the cycle of life continues. But for those who suffer with asthma, this chronic condition **can be painful** and can **lead to more severe breathing problems** that require hospitalization, such as bronchitis.

Allergy season usually **begins with mid-spring and ends with summer**. During this time, a large amount of pollen impacts people with breathing problems. Another prime time is the period from **late summer to fall** when weed pollens flourish, particularly ragweed.

### Ways To Control Seasonal Asthma

- **Watch pollen levels** and plan to adjust your medication and outdoor activities.
- **Clean** your house regularly and use **allergy-free products**.
- Consider wearing an **allergy mask**.
- Try **allergy bedding**, which is organic and fights dust mites.
- Keep your **windows closed** when the pollen count is high.
- Use an **air conditioner and/or a humidifier**.
- **Dust** once a week with allergy-free furniture cleaner.
- Use **home air cleaners** to maintain better air quality.
- Have an **asthma action plan**. (See sidebar.)

The right action plan can make a huge difference. Different asthma types have different treatments, and each person has **unique triggers and reactions**. With a little help from your medical provider and a plan of action, **asthma can be controlled**.

# Rethink Your Drink



What you drink **plays a big role** in weight management and controlling blood sugar.

**Soda and Pop** — Because soda or pop is a **liquid sugar**, it digests in the body quickly and causes a **rapid spike** in blood sugar. One can of coke contains 39 grams of sugar which is equivalent to almost 10 teaspoons of sugar and contains 140 calories. These can **add up** quickly over time and are a reason for **weight gain**.

**Diet Soda and Pop** — Artificial sweeteners, such as aspartame or sucralose, found in sugar free beverages and diet soda, **do not raise blood sugar**. Artificial sweeteners are **regulated by the FDA** and are **generally recognized as safe**.

**Juice** — Juice contains a **lot of carbohydrate and calories** in a small portion, so count it in your meal plan and keep portions small. If you drink juice, choose juices that are **100% juice** with **no added sugar**. Juice should be limited to no more than 4 oz per day for children ages 1-3 years and no more than 6 ounces per day for children ages 4-6 years.

**What about vegetable juice?** — **Low-sodium** vegetable juice, such as tomato juice, is a **great alternative to fruit juice**. It often has **less carbohydrates** than fruit juice, but **lots of vitamins**. At 50 calories and 10 grams carbohydrate in 1 cup, it's a **healthy choice**.

**Sports and Electrolyte Beverages** — These beverages were **designed for athletes** because they contain excess carbohydrates, electrolytes, and calories that refuel the body. Too many people sip on these sports drinks when they haven't been physically active. People **should only have sports drinks during heavy exercise for longer than an hour**.

**Water** — Water is one of the **best and cheapest** ways to hydrate yourself! Aim to drink at least one half ounce of water per pound of body weight. **A person who weighs 150 pounds should be drinking at least 75 ounces or about 9 cups of water per day**.

**What if I don't like to drink plain water?** — **Water enhancers** can add flavor to plain water and **make it easier** to drink more water. These water enhancers come in a variety of flavors, and some even have caffeine. Also, **carbonated water drinks** are a healthier choice than soda and may **help you drink more water and less sugary drinks**.

*Information on this page adapted from one provided by Jackie Braun, Ne-la-Shing Clinic Diabetes Coordinator.*

# Summer Safety On The Road

## What Should be in Your Car Emergency Kit

- Cell phone & charger
- First aid kit
- Flashlight
- Flares & a white flag
- Jumper cables
- Tire pressure gauge
- Jack (& ground mat) for changing a tire
- Work gloves & a change of clothes
- Basic repair tools & some duct tape
- Water & paper towels
- Nonperishable food, water, & medicines
- Extra windshield washer fluid
- Maps
- Emergency blankets, towels and coats

## Advice From Our Expert



*From all my years' experience driving for work and personally, I have found these tips to be helpful.* — **Bob Mitchell**

## Buckle Up. Every Trip. Every Time.

All passengers must agree to **wear their seat belts every time** they are riding in your vehicle.

Set the example by **always wearing your seat belt.**

## Protect the Children

All **children under 13** should ride in the **back seat.**

Make sure **car seats and booster seats are properly installed** and that any children riding with you are in the **correct car seat, booster seat, or seat belt** appropriate for their size.

**Never leave your child unattended** in or around a vehicle.

Always remember to **lock your vehicle** when exiting so children do not play or get trapped inside.

## Watch Out For Vulnerable Road Users

Warmer weather attracts many types of roadway users, including **motorcyclists, bicyclists, and pedestrians.**

Leave **more distance between you and a motorcycle**—

3 or 4 seconds worth.

**Do not assume that pedestrians can see you** or that they will **act predictably.** They may be distracted, or physically or mentally impaired.

*Information on this page provided by Robert Mitchell, CHR Coordinator, Mille Lacs Band of Ojibwe Public Health Department*



## Celebrate June!

June 3 —  
World Bicycle Day

June 6 — National  
Frozen Yogurt Day

June 8 —  
Best Friends Day

June 10 —  
Herbs and Spices Day

June 13 —  
Sewing Machine Day

June 16 —  
Fresh Veggies Day

June 18 —  
Take a Road Trip Day

June 21 —  
International  
Yoga Day

June 27 — National  
Onion Day

June 29 —  
International  
Mud Day

June 30 —  
Meteor Day

# Cinnamon Rhubarb Muffins

It's that time of year – rhubarb season! This crisp spring plant offers a good source of dietary fiber, vitamins C and K, calcium, and potassium. But be careful! The leaves attached to rhubarb stalks are poisonous and should always be discarded. Raw rhubarb often has a bitter taste. The darker red the stalk, the sweeter the taste.

## Ingredients:

- 2 cups whole wheat flour
- 1/2 cup granulated sugar
- 2-1/2 tsp. baking powder
- 1 tsp. ground cinnamon
- 1/2 tsp. baking soda
- 1/2 tsp. kosher salt
- 1 cup sour cream
- 8 Tbsp (1 stick) butter, melted and cooled
- 2 large eggs
- 1 tsp. pure vanilla extract
- 1.5 cups 1/4-inch-diced rhubarb



## Directions:

Preheat the oven to 400°F. Line a 12-cup muffin tin with paper or foil baking cups.

In a large mixing bowl, combine the flour, sugar, baking powder, cinnamon, baking soda, and salt and whisk to blend.

In a medium bowl, whisk together the sour cream, melted butter, eggs, and vanilla.

Lightly stir the sour cream mixture into the dry ingredients with a spatula until the batter just comes together; do not overmix. Gently stir in the diced rhubarb.

Divide the batter among the muffin cups. The batter should mound a bit higher than the tops of the cups.

Bake the muffins until they're golden brown and a toothpick inserted in the center comes out clean, about 18 to 22 minutes.

*Recipe provided by Jackie Braun, Ne-la-Shing Clinic Diabetes Coordinator.*

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# Check It Out!



**Learn About Shopping for  
Healthy Eating  
Mille Lacs Band of Ojibwe  
Health and Human Services  
Presents  
Virtual Grocery Store Tours  
At  
Grand Market  
With**

Jackie Braun,  
Diabetes Program Coordinator

For this month's tour, go to:

<https://www.youtube.com/watch?v=mTUNFCFbXHE>

**New Segments Monthly**