

PENNINGTON & RED LAKE COUNTIES WELLNESS NEWSLETTER November 2020



November is National Diabetes Month

This year's focus is on taking care of youth who have diabetes.

Diabetes is one of the most common chronic conditions in school-age youth in the United States, affecting about 193,000 youth under 20 years old.

Regardless of their age, sometimes youth who have diabetes need support with their diabetes care. That's why it's important to help your child or teen develop a plan to manage diabetes, and work with their health care team to adjust the diabetes self-care plan as needed.

An infographic with a light blue border. At the top left is the title "Tips to help youth who have diabetes" in bold blue text. To the right is the NIH/NIDDK logo. Below the title are five tips, each with a blue icon and text: 1. "Manage blood glucose levels" with a glucose meter icon. 2. "Encourage healthy habits" with a heart and pulse icon. 3. "Stay prepared for emergencies" with a first aid kit icon. 4. "Monitor for diabetes complications" with a "CHILD TALKS" icon. 5. "Seek mental health support" with a brain icon.

Manage blood glucose levels.

Keep their blood glucose in the target range and make sure they take their medicines as prescribed to prevent or delay other health problems.

Encourage healthy habits.

Try following a meal plan, get enough sleep, and aim for regular physical activity.

Seek mental health support.

Encourage them to connect with other youth who have diabetes, stay alert for signs of feeling down and anxious, and be prepared to seek help with your youth.

Monitor for diabetes complications.

Earlier diagnosis and treatment of complications, including heart, kidney, and eye diseases, can improve overall health.

Stay prepared for emergencies.

Prepare for the unexpected by packing a "go kit" that includes medical supplies and equipment.
<https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month/toolkit>



COPD, or chronic obstructive pulmonary disease, is a progressive disease that makes it hard to breathe. COPD is a major cause of disability, and it is the fourth leading cause of death in the United States. COPD develops slowly. COPD can cause coughing that produces large amounts of mucus, wheezing, shortness of breath, chest tightness, and other symptoms. Symptoms often worsen over time and can limit your ability to do routine activities. Severe COPD may prevent you from doing even basic activities like walking, cooking, or taking care of yourself.

Most of the time, COPD is diagnosed in middle-aged or older adults. The disease is not contagious, meaning it cannot be passed from person to person. COPD can often be prevented. Cigarette smoking is the leading cause of COPD. Most people who have

COPD smoke or used to smoke. However, up to 25 percent of people with COPD never smoked. Long-term exposure to other lung irritants—such as air pollution, chemical fumes, or dusts—also may contribute to COPD. COPD has no cure yet, and doctors do not know how to reverse the damage to the lungs. However, treatments and lifestyle changes can help to stay more active, and slow the progress of the disease.

<https://www.nhlbi.nih.gov/health-topics/copd>

Web Poison Control Tool

Web Poison Control recently developed an app, web**POISONCONTROL**, a free online tool and app that provides instant triage recommendations and follow up for acute, unintentional poison exposures.

When should I use the web**POISONCONTROL** tool?

[web**POISONCONTROL**](#)® can help you decide if it's safe to stay home, or if a call to Poison Control or visit to an emergency room is required.

Use [web**POISONCONTROL**](#) if the exposed person meets all these criteria:

- **No serious symptoms.** If the individual collapses, has a seizure, has trouble breathing or can't be awakened, call 911 right away.
- **Most substances.** web**POISONCONTROL** can help -a drug or medicine, household product, flower, leaf, berry, seed, bite or sting, or an inhaled gas.
- **Single substances** (only one product) involved. The drug or product can have multiple ingredients, but web**POISONCONTROL** can't handle multiple drugs or products at this time.
- **Unintentional.** No self-harm or suicide attempts. When self-harm is involved, immediate evaluation by a healthcare provider, usually in an ER, is always advised.
- **Age 6 months to 79 years.** Special issues arise in the very young or in older adults.
- **Not pregnant!** We haven't addressed risks to the fetus or the pregnant mom.
- **Otherwise healthy.** If you have a serious pre-existing medical condition, don't use this tool. Call Poison Control at 1-800-222-1222 instead to make sure there are no special considerations for your disease.
- **Human.** Don't use this tool for your pets! Toxicity differs between species.

You can Download the free web**POISONCONTROL**® app.

For more information:

<https://www.webpoisoncontrol.org/about-us>

Parenting Tips

10 Classic Parenting Tips

1. What you do matters
2. You cannot be too loving
3. Be involved in your child's life
4. Adapt your parenting to fit your child
5. Establish rules and set limits
6. Help foster your child's independence
7. Be consistent
8. Avoid harsh discipline
9. Explain your rules and decisions
10. Treat your child with respect

I would like to add one more to the list, a parent is not above telling their child they are sorry when they are. I think it shows the child their worth.

Happy Thanksgiving



**INTER-COUNTY
NURSING
SERVICE** 

Public Health & Home Health Care
Serving Pennington & Red Lake Counties
218-681-0876 TRF or 218-253-4378 RLF

www.intercountynursingservice.com