

FITTING ALL THE PIECES

Central Michigan District Health Department
Case Management Program

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JANUARY IS RADON AWARENESS MONTH

Radon is a cancer-causing radioactive gas. You cannot see, smell, or taste radon, but it may be a problem in your home. When you breathe air which contains radon, you increase your risk of getting lung cancer. In fact, the Surgeon General says that "indoor radon is the second-leading cause of lung cancer in the United States and breathing it over prolonged periods can present a significant health risk to families all over the country." More than 20,000 Americans will die each year of radon-related lung cancer. If you smoke and your home has high radon levels, your risk of lung cancer is especially high.

Radon is a naturally occurring radioactive gas resulting from the natural breakdown of uranium. Most soils contain varying amounts of uranium. Radon in soil, groundwater, or building materials enters working and living spaces and begins to disintegrate into its decay product. This decay product can attach to the surface of aerosols, dusts, and smoke particles. These particles then may be inhaled, whereby becoming deeply lodged or trapped in the lungs.

Radon and its decay products are more concentrated in confined air spaces. "For this reason, radon levels are typically higher in homes during the winter months when doors and windows are closed more often and air circulation is poor."

Radon is a national environmental health problem. Elevated radon levels have been discovered in virtually every state. The EPA estimates that as many as 8 million homes throughout the country have elevated levels of radon. State surveys to date show that 1 out of 5 homes have elevated radon levels. Indoor radon has been judged to be the most serious environmental cancer-causing agent to which the general public is exposed.

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Catrina's Corner

I certainly hope that everyone really enjoyed the holiday season! I know that I had a lot of fun being lazy at home, but now it's back to more important things. Speaking of important stuff, January is radon awareness month and if you've never tested your home before now is the perfect time. It's very simple to do and could save your life. Please read this article and consider taking the test. If you're unable to get a kit on your own, let me know and I'll see what I can work out for you. Other interesting news...Kati has a really neat blog spot, for those of you who like to be online. Check it out at <http://aroundthepatenutrition.blogspot.com>. Also, I'm excited to say that our very awesome group meetings have a new time. Beginning in February, the group meetings will be 1:30pm - 3:00pm. I know that there have been several people who have wanted to attend but couldn't because of the time so I'm hoping to see all of you at the next meeting. It really is a lot of fun being able to get together and talk about whatever is on your mind that day. Speaking of group, if there are any topics that you would like to discuss or learn more about, give me a call and let me know. We're always looking for new ideas. See you soon.

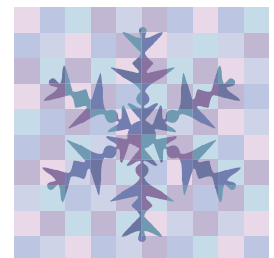


Clinic Dates

February 19, 2010
9:00 am - 4:30 pm

February 26, 2010
9:00am - 4:30pm

March 26, 2010
9:00am - 4:30pm



Commitment To Change

Ready.

Willing..

And Able...

Making Health A Priority

KATTI'S TIPS - Welcoming the New Year Deliciously

With the beginning of each new year the opportunity for renewal begins. For many, the new year is associated with life change, redirection, and personal growth. For others, it's simply about getting a fresh start. Many times these changes we want to make result in goals (aka resolutions) being set that sound good, but are not practical.

This year, instead of making one big huge goal, I ask you to make just one small adjustment to your life. If it's realistic and specific it is much more likely to be achieved and you will find yourself moving one step closer to meeting that larger, looming,

end goal as a result. Similar to this, improving your diet can be achieved in the same sort of way. Instead of making one huge drastic change, try changing your diet one small, achievable goal at a time. One possible way to do this is by improving the meals you are already eating. How you may ask? By changing a few of the ingredients to make its nutritional quality better! This can usually be accomplished with minimal effort and allows you to still eat many of the ingredients you already know that you love. Of course, myself or Amanda are always around to help you out with this if you need us to, just let us know what changes you

want to make in your diet and we will do our best to help get you there! This month I already made the recipe changes for you...

After much searching I finally came across a recipe that I think most of you will

enjoy! It is something you can eat alone or share with a group (super bowl party anyone?). It has also been modified to be better for you than the regular version. So come on, don't be scared! I think you are really going to like this one!



Radon...continued from page 1

Testing is the only way to know your homes radon levels. Contrary to popular belief, "radon exposure **does not** cause headaches, nausea, fatigue, or skin rashes like other environmental toxins." There are no immediate symptoms that will alert you to the presence of radon. It typically takes years of exposure before any problems surface and then it is too late.

During the month of January, test kits will be available from Central Michigan District Health Department. Residents may pay \$5 per kit or bring a non-perishable food items which will be donated to the local food pantry.

Support Group

NEW TIME IS 1:30PM - 3:00PM

Jan. 18, 2010 Topic to be Announced

Feb. 22, 2010 Topic to be Announced
*date change

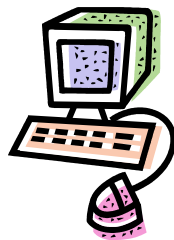
March 15, 2010 Topic to be Announced

April 19, 2010 Patient Ed. Dinner
*location change and time change

Support Group meets 5:30-7:00pm. Call Catrina at 989-539-6731 ext. 8221 for location and directions

Websites

www.thebody.com
www.cmdhd.org
www.aidsinfo.nih.gov
<http://aroundthepatenutrition.blogspot.com>
<http://www.epa.gov/radon/index.html>



Questions? Comments? Concerns?

Contact:

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