



Naugatuck Valley Health District Newsletter

May 2018

Serving Ansonia, Beacon Falls, Derby, Naugatuck, Seymour, & Shelton

May is Asthma Awareness Month!

Asthma is a chronic (long-term) lung disease that inflames and narrows the airways. Asthma causes recurring periods of wheezing (a whistling sound when you breathe), chest tightness, shortness of breath, and coughing. The coughing often occurs at night or early in the morning.

To understand asthma, it helps to know how the airways work. The airways are tubes that carry air into and out of your lungs. People who have asthma have inflamed airways. The inflammation makes the airways swollen and very sensitive. The airways tend to react strongly to certain inhaled substances. When the airways react, the muscles around them tighten. This narrows the airways, causing less air to flow into the lungs. The swelling also can worsen, making the airways even narrower. Cells in the airways might make more mucus than usual. Mucus is a sticky, thick liquid that can further narrow the airways.

This chain reaction can result in asthma symptoms. Symptoms can happen each time the airways are inflamed.

Asthma Triggers — can be different for each person with asthma and can cause your asthma attacks.

Try to stay away from your triggers!

- Tobacco or other smoke
- Animals with fur or feathers
- Dust mites
- Strong smells and sprays
- Mold and mildew growing in places that are damp
- Pollen from trees, flowers, and plants
- Being physically active
- Breathing cold air
- Illnesses that cause breathing problems



Remember, you can control your asthma! Speak with your doctor about treatment and medicines to manage your asthma. Have an asthma action plan. Templates for an asthma action plan can be found at: www.ct.gov/dph/asthma

Source: www.cdc.gov & ct.gov/dph

NVHD
98 Bank Street
Seymour, CT
203-881-3255

Immunization Clinic:

Vaccines for adults and children are given at NVHD, by appointment, 203-881-3255, ask for Kristin.

Blood Pressure

Program: Screening and education, by appointment 203-881-3255, ask for Kristin.

Lead Program for

Children: Children up to age 6 are screened for lead by their doctor. Education, case management, physician referral, environmental investigations are provided for children with high lead levels.

Women, Infants, and Children (WIC):

Supplemental food and nutrition program. Monday-Friday 8:30-4pm by appointment, 203-888-1271.

NauVEL: Grants available to remove lead hazards from your home. For eligibility and applications call Carol at 203-881-3255 or visit: www.nvhd.org/nauvel

Check out our new **Asthma Public Service Announcement!**

The PSA was an initiative of the 2016-2018 Naugatuck Valley Community Health Improvement Plan Focus Area: Asthma Prevention and Self-Management. This focus area is made up of staff from NVHD, Griffin Hospital, Valley Parish Nurses, School Nurses and community members and aims to raise asthma awareness in the community, provide asthma management, and reduce rates of asthma visits to the Griffin emergency Department. This focus area is pleased to share the finished PSA with our community members!

Watch it here! Link: <https://youtu.be/xjBu4KRINWc>

If you want to host or go to an asthma education community presentation, call us! NVHD's asthma program, Freedom2Breathe, can offer education sessions in your community! Thank you to the Valley Community Foundation for funding this initiative.



NVHD's National Public Health Week Walking Team Results

During National Public Health Week, the staff, friends and family of NVHD completed the American Public Health Association's 1 Billion Steps Challenge. Team NVHD contributed nearly 6 million steps during the 6 week period, from February 26th through April 2nd, 2018.

The NVHD steps also counted towards the Connecticut Public Health Association's Team which totaled 102,457,223 steps altogether – 45% more than last year! Congratulations to all the teams that participated!



Seasonal Allergies

An Allergy is when your body reacts to something that doesn't bother most people.

Some things you can be allergic to:

- A food
- A medicine
- A cat or dog
- A plant or flower

You may have seasonal allergies if, each year at the same time, you:

- Have itchy, watery eyes
- Have a stuffy or runny nose
- Have a swollen face or headache
- Sneeze or cough a lot
- Have trouble breathing

Why do seasonal allergies happen during certain seasons?

- Seasonal allergies can be caused by pollen
- Pollen is powder (similar to dust) that comes from trees, weeds and grasses as they grow during the year

You're even more likely to have a seasonal allergy if:

- You're allergic to other things like dust or animals
- You have asthma or eczema
- Other people in your family have seasonal allergies

Ways you can avoid pollen:

- Stay inside on warm, windy days when pollen is in the air
- Use air conditioning and air filters at home
- Change your furnace filters regularly
- Close car windows
- Wear a dust mask and wrap-around sunglasses outside
- Take a shower to rinse pollen off yourself

Tips to help treat some allergies:

- If you have a stuffy nose — a hot shower may help with breathing
- If your eyes are swollen and itchy — cover them with a cool, damp cloth
- Ask your doctor about safe alternatives to relieve symptoms without medicines
- Your doctor may also give you medication that can — clear your nose, stop itchy eyes, and control allergic reactions

source: www.CT.gov/dph



This Month's Recipe — Broccoli Fritters!



Ingredients needed: 3 cups of broccoli florets (roughly chopped), 2 tbsp. oil, for batter—1 garlic clove (minced), 1/2 cup plain flour, 1/4 cup of parmesan, 1 egg, 1 tbsp. of milk, 1/2 tsp salt, black pepper, for yogurt sauce—1/4 cup of plain yogurt, 1 tsp lemon juice, salt and pepper

1. Steam or boil the broccoli until tender (but not mushy). Can be done in microwave using a steamer - 3 minutes on high.
2. Use a potato masher to roughly "squish" the broccoli. Not to look like mashed potato, but just to squish it a bit so when cooked it can be flattened with a spatula to make fritters with a smooth surface rather than having big lumps sticking out.
3. Combine the Yogurt Sauce ingredients and mix well.
4. Place egg in a bowl and use a fork to lightly beat the egg. Add the remaining Batter ingredients and mix until combined. The Batter may seem a little thick but it will loosen up when you add the broccoli.
5. Add the broccoli and mix to evenly disperse throughout the Batter.
6. Heat 1 tbsp. of oil in a fry pan over medium heat.
7. Scoop 1/4 cup of Batter and drop into the pan and use a spoon to gently flatten to about 1cm/1/3" thickness. Cook 3 fritters at a time.
8. Cook each side for 2 to 3 minutes until golden brown. Repeat with remaining Batter.
9. Serve with the Yogurt Sauce and extra lemon wedges, if desired. Recipe from: Recipetineats.com