

Watch out for Contagious Hand, Foot and Mouth Disease in Children

Please be aware we have seen many cases of hand, foot and mouth disease, which is very common in this area in the spring and fall.

Hand, foot and mouth disease (HFMD) is a common viral illness of infants and children. We have had several cases at the Siletz Community Health Clinic over the last month. The disease causes fever and blister-like eruptions in the mouth and/or a skin rash.

This is a contagious disease that children can get from touching objects contaminated by a sick person. Children are exposed to the virus by contact in the classroom, on playgrounds or anywhere toys or other objects are shared.

HFMD symptoms include:

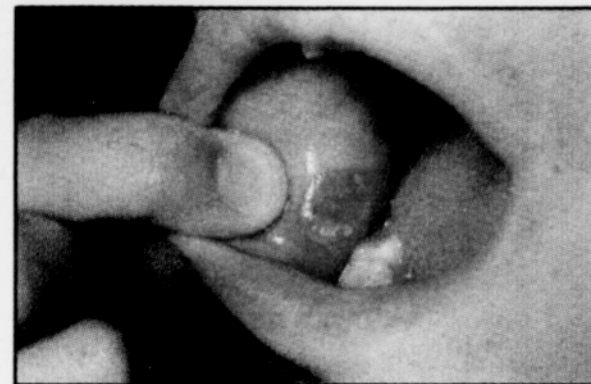
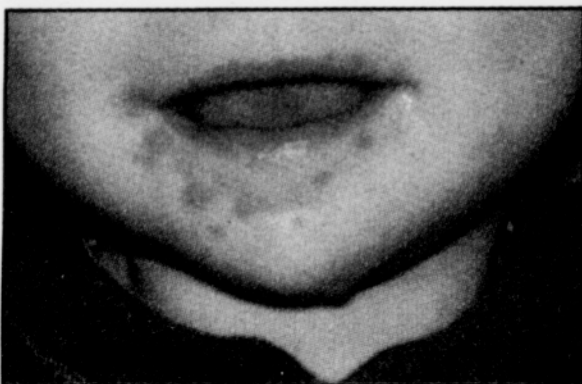
- Fever
- Tiredness
- Sore throat
- Poor appetite
- One or two days after fever onset, painful sores usually develop in the mouth. They begin as small red spots that blister and then often become

ulcers. The sores usually are located on the tongue, gums and inside of the cheeks.

- A non-itchy skin rash develops over one or two days. The rash has flat or raised red spots, sometimes with blisters. The rash usually is located on the palms of the hands and soles of the feet. It also may appear on the buttocks and/or genitalia.

- A person with HFMD may have only the rash or only the mouth sores

Children are considered potentially contagious up to one week after symptoms disappear. If your child is experiencing the symptoms above, please see your doctor and help prevent the spread of the disease by restricting your child's activities in public areas.



Courtesy photos

The various looks of hand, foot and mouth disease, a contagious but common disease for children in the spring and fall

Tips for Living with Arthritis – Exercise, Eating Well and Sleeping Well

Living with arthritis is at best challenging and oftentimes difficult, frustrating and all-consuming for arthritis sufferers. Understanding the on-again, off-again nature of the disease is essential to coping with it.

Knowing your triggers – the weather and activities that cause flare ups for you – is an important step in prevention. It's purely logical that a healthy lifestyle will promote better overall health and better disease management. Good nutrition, building your strength and stamina, and being well-rested are all essential to living well with arthritis.

The Basics: All types of arthritis (rheumatoid, osteo, autoimmune) affect the joints in some way and generally involve an inflammatory reaction in the joint space.

Our body relies on good mechanics for maximum efficiency. When one area is compromised, other areas are affected. Many people have back pain that gets better when treating knee or feet problems. It's important to pay close attention to body mechanics while standing, walking and sitting.

Posture is important for bone alignment. Sloppy habits change the ways muscles push and pull on the bones. Retraining your muscles to ensure proper posture while sitting or standing is harder than it seems and doing strengthening

exercises for the core muscles (central abdomen and spine) can help.

Ergonomics is the science of designing the job, equipment and workplace to fit the worker and prevent repetitive injuries and muscle strain.

Weight is determined mostly by the amounts of fat, muscle and water in our bodies. The more you weigh, the more gravity pulls on our bones and joints and the more pressure you put on your joints with movement.

Taking the stairs causes three times your weight in pressure on your knees and hips with every step. Running adds six times the pressure and jumping adds nine times the pressure on joints – meaning that if you weigh 200 pounds, you exert 600 pound of pressure on your joints while on stairs, etc. Over time, this extra pressure causes even more inflammation and damage to the joints.

Exercise is a core component of keeping joints healthy, but keep in mind what weight does to the joints. Exercise is categorized as low- or high-impact as it relates to the pressure put on joints. It does not relate to the amount of calories you burn or the heart benefit from the activity.

Low-impact exercises such as treadmill walking, recumbent bike riding, tai chi, yoga and swimming are excellent ways to get the benefits of exercise without causing more arthritis damage.

It's important to know the difference between "good" and "bad" pain associated with activity. Some amount of discomfort is expected after exercise, but this should be in the muscles around the joints, not in the joints themselves.

Make sure you stretch and do a warm up and cool down phase with your exercise. Start out slow and be consistent. It's better to walk 10 minutes per day than to run for one hour on the weekend.

Sleep is an important component of mental and physical well-being. Pain can interfere with your ability to sleep. Without proper sleep, you are less tolerant of pain during the day. You also are tired, which leads to using your muscles in a lazy way that affects posture, bending and lifting. You can see how a vicious cycle can easily start here.

Diet is linked in its importance to weight and energy levels as well as specific effects on inflammation. A diet rich in anti-oxidants and low in saturated fats can help minimize inflammation. These suggestions also prevent heart disease and other diseases such as Parkinson's and Alzheimer's.

Foods to Avoid

- Trans and saturated fats from fast foods and fried foods
- High-sugar foods that also are processed, like sodas and pastries

- Processed foods high in nitrites, such as bologna, hot dogs and sausage
- Whole milk and dairy products rich in arachidonic acid
- Tomatoes, potatoes and eggplant, which contain solanine
- Red meat from cows often on antibiotics or hormones

Foods to Consume

- Omega-3 essential fatty acids in oily fish, flax seed and walnuts
- Extra-virgin olive oil while cooking or for dipping bread instead of using butter
- Lean red meat, such as bison, venison and game meats or grass-fed beef
- Soy beans, tofu and soy milk with isoflavons
- Whole grains, vegetables and fruit as a carbohydrate source
- Foods high in fiber, such as whole grains, fruits and vegetables
- Leafy green vegetables rich in nutrients
- Blueberries and other berries high in phyto-chemicals and antioxidants
- Apple and red onion skins that have quercetin
- Lots of water, 100 percent fruit juices, herbal teas, vegetable juice and low-fat milk
- Use garlic, ginger, turmeric and cinnamon spices for flavor

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