



September 2011

Red Cliff Community Health Center Newsletter

Top 10 Myths About ADHD

Just released from government statistics confirm that ADHD (Attention Deficit/Hyperactivity Disorder) is more prevalent than ever before, increasing over the past decade from 6.9% to 9% among children ages 5 to 17. With nearly 1 in 10 kids being diagnosed with ADHD, and more adults learning they have it, too. It's become commonplace to blame it for everything from bad behavior to a messy house. Everyone, from friends and neighbors to Hollywood celebrities, has something to say about it, much of it with no basis in science. Here to help you get your facts straight, the top 10 misconceptions about ADHD:

Myth #1: Only kids have ADHD.

Although about 10% of kids 5 to 17 years old have been diagnosed with ADHD, at least 4% of adults have it, too—and probably many more, since adult ADHD is often undiagnosed or misdiagnosed. That's partly because people think only kids get it.

Myth #2: All kids "outgrow" ADHD.

Not nearly always. Up to 70% of children with ADHD continue to have trouble with it in adulthood, which can create relationship problems, money troubles, work strife, and a rocky family life.

Myth #3: Medication is the only treatment for ADHD.

Medication can be useful in managing ADHD symptoms, but it's not a cure. And it's not the only treatment. Lifestyle changes, counseling, and behavior modification can significantly improve symptoms as well. Several studies suggest that a combination of ADHD treatments works best.

Myth #4: People who have ADHD are lazy and lack intelligence and will-power.

This is totally not true. In fact, ADHD has nothing to do with intelligence or determination. It's a neurobehavioral disorder caused by changes in brain chemicals and the way the brain works. It presents unique challenges, but they can be overcome—which many successful people have done. Even Albert Einstein is said to have had symptoms of ADHD.

Myth #5: ADHD isn't a real disorder.

Not so. Doctors and mental-health professionals agree that ADHD is a biological disorder that can significantly impair functioning. An imbalance in brain chemicals affects brain areas that regulate behavior and emotion. This is what produces ADHD symptoms.

Myth #6: Bad parenting causes ADHD.

Absolutely not! ADHD symptoms are caused by brain-chemical imbalances (see #4 and #5) that make it hard to pay attention and control impulses. Good parenting skills help children deal with their symptoms.

Myth #7: Kids with ADHD are always hyper.

Not always. ADHD comes in three "flavors": predominantly inattentive; predominantly hyperactive-impulsive; and combined, which is a mix of inattentive and hyperactive-impulsive symptoms. Although kids with hyperactive-impulsive or combined ADHD may be fidgety and restless, kids with inattentive ADHD are not hyper.

Myth #8: Too much TV time causes ADHD.

Not really. But spending excessive amounts of time watching TV or playing video games could trigger the condition in susceptible individuals. And in kids and teens who already have ADHD, spending hours staring at electronic screens may make symptoms worse.

Myth #9: If you can focus on certain things, you don't have ADHD.

It's not that simple. Although it's true that people with ADHD have trouble focusing on things that don't interest them, there's a flip side to the disorder. Some people with ADHD get overly absorbed in activities they enjoy. This symptom is called hyperfocus. It can help you be more productive in activities that you like, but you can become so focused that you ignore responsibilities you don't like.

Myth #10: ADHD is overdiagnosed.

Nope. If anything, ADHD is underdiagnosed and undertreated. Many children with ADHD grow up to be adults with ADHD. The pressures and responsibilities of adulthood often exacerbate ADHD symptoms, leading adults to seek evaluation and help for the first time. Also, parents who have children with ADHD may seek treatment only after recognizing similar symptoms in themselves.

Source: Realage.com

SEPTEMBER 2011

<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THUR</i>	<i>FRI</i>	<i>SAT</i>
				1 "Nooni Circle" Breastfeeding Support Group 10am-Noon	2 Making Healthy Choices Support Group 10am-11am	3
4	5 CLINIC CLOSED	6 WIC	7 WIC	8 Centering Pregnancy 10am-Noon	9	10
11	12 Diabetic Support Group 6:00pm	13	14	15 "Nooni Circle" Breastfeeding Support Group 10am-Noon _____ Podiatry Clinic	16 End of Walking Club Sign-in 9am-12pm	17 <u>Frog Bay Walk/Run</u> 9:30 registration 10:00 Walk/Run Meet at St. Francis Church
18	19	20	21	22 Centering Pregnancy 10am-Noon	23	24
25	26	27	28 Diabetic Clinic	29 "Nooni Circle" Breastfeeding Support Group 10am-Noon _____ Podiatry Clinic	30 CLINIC CLOSED	

OCTOBER 2011

<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THUR</i>	<i>FRI</i>	<i>SAT</i>
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2	3	4 WIC	5 WIC	6 Centering Pregnancy 10am-Noon	7 Making Healthy Choices Support Group 10am-11am	8
9	10 Diabetic Support Group 6:00pm	11	12	13 "Nooni Circle" Breastfeeding Support Group 10am-Noon	14 HOC Consortium 10am - 12pm	15
16	17	18	19	20 Centering Pregnancy 10am-Noon	21 Making Healthy Choices Support Group 10am-11am	22
23	24	25	26	27 "Nooni Circle" Breastfeeding Support Group 10am-Noon	28	29
30	31					

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, or white onions. For more variety, try new fruits and vegetables regularly.

So, if you're the apple-a-day type, throw some berries in the mix. Or a peach. Or a kiwi. You get the idea.

you'll look great in reds

AND GREENS
 YELLOWS
 BLUES
 PURPLES
 WHITES
 ORANGES...



BEAUTY. INSIDE AND OUT.

Fruits and veggies come in terrific colors and flavors, but their real beauty lies in what's inside.

Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases. Some of these nutrients may also be found in other healthy foods. Eating a balanced diet and making other lifestyle changes are key to defending your body's good health.

FIBER

Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease.

Excellent fruit and vegetable sources: navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas, lentils, artichokes

FOLATE*

Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.

Excellent fruit and vegetable sources: black eyed peas, cooked spinach, great northern beans, asparagus

POTASSIUM

Diets rich in potassium may help to maintain a healthy blood pressure.

Good fruit and vegetable sources: sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice

VITAMIN A

Vitamin A keeps eyes and skin healthy and helps to protect against infections.

Excellent fruit and vegetable sources: sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage

VITAMIN C

Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.

Excellent fruit and vegetable sources: red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower

* According to the Institute of Medicine, a daily intake of 400 micrograms of synthetic folic acid from fortified foods or supplements in addition to food forms of folate from a varied diet is recommended for women of childbearing age who may become pregnant.

how many cups do you need?

Go to the charts below and choose your age range.

Choose your level of physical activity. Use these definitions to determine your lifestyle physical activity that is above the light activity of everyday life:

Less Active: You average less than 30 minutes a day.

Moderately Active: You average 30 to 60 minutes a day.

Active: You average more than 60 minutes a day.

Your physical activity level and age determine how many calories you need each day and your calorie needs determine how many fruits and vegetables you should eat.

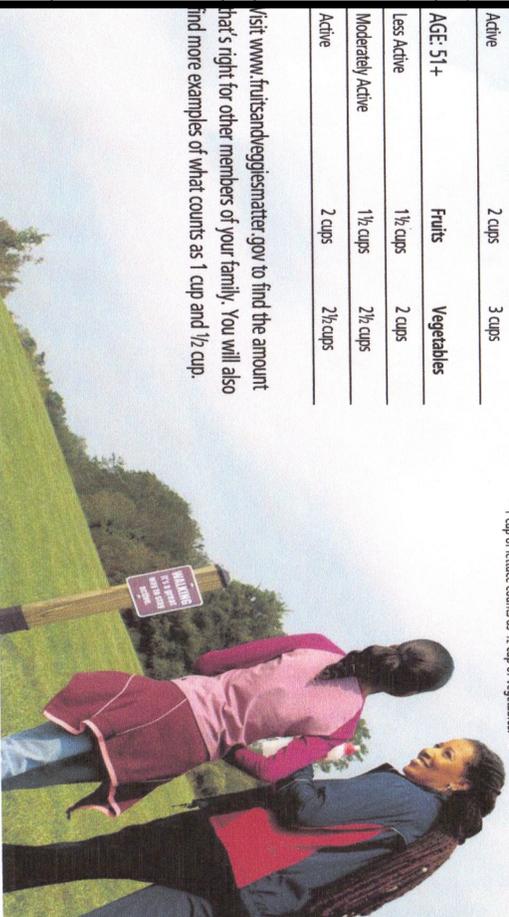
AGE: 19 – 30	Fruits	Vegetables
Less Active	2 cups	2½ cups
Moderately Active	2 cups	2½ cups
Active	2 cups	3 cups
AGE: 31 – 50	Fruits	Vegetables
Less Active	1½ cups	2½ cups
Moderately Active	2 cups	2½ cups
Active	2 cups	3 cups
AGE: 51 +	Fruits	Vegetables
Less Active	1½ cups	2 cups
Moderately Active	1½ cups	2½ cups
Active	2 cups	2½ cups

Visit www.fruitsandveggiesmatter.gov to find the amount that's right for other members of your family. You will also find more examples of what counts as 1 cup and ½ cup.

Simple ways to enjoy fruits and vegetables throughout your day:

MORNING	MID-DAY	EVENING
1 cup  1 small apple 1½ cup  1 small banana	1 cup  1 cup of lettuce* and ½ cup of other vegetables 1½ cup  6 baby carrots	1 cup  ½ large sweet potato and ½ cup of green beans 1½ cup  ½ cup of fresh mixed fruit

* 1 cup of lettuce counts as ½ cup of vegetables.



Healthy Aging Mental Wellness

*If you think old,
you ARE old.*



A decline in memory is not always a function of serious disease, like Alzheimer's. Sometimes memory loss is caused by factors that can be changed — such as diet, medication misuse, depression, etc... At the National Institute on Aging, research is showing that memory may be like other parts of the body. Research showed that the very gradual declines in memory take place until age 70 — when the pace increases, but not so much as to im-

pair us. The conclusion?

The process of normal aging do not rob you of your memory.

The greatest enemy to the healthy senior mind is depression. New activities, hobbies, and exercise are wonderful anti-depressants. If you truly are depressed, don't bear it alone — SEEK HELP!

Stay active doing things that use your memory:

- Take a class, play games, be with people.

- Pick up the phone now and call someone, just to “chat”.
- Volunteer your time. Get involved with a cause you believe in or in something that interests you.
- Seek out variety and challenge in your daily life.

Source: *Healthy Aging*

Eating Well and Staying Active are key ingredients to staying mentally alert and physically sound. Eating well consists of making good food habits a must by eating vegetables and fruits, reading and understanding food labels. Staying active means walking, bicycling, kayaking, running, or other activities that help keep your blood pressure down and burn calories. This is what you can do for yourself and your family.

Good nutrition means eating enough food and the right kind of food for the body to grow, be healthy, and fight off disease.

From “Journey Woman” A Native Woman’s Guide to Wellness

In much of Indian Country people eat one main low-cost food with almost every meal. Depending on the region, this may be rice, potatoes or bread (including buns, pasta or pizza crust). This main food usually provides most of the body's daily food needs. By itself, however, the main food is not enough to keep a person healthy. Other ‘helper’ foods are needed to provide protein (which helps build the body), vitamins and minerals (which help protect and repair the body), and fats and sugar (which give energy). The healthiest diets have a variety of foods, including some foods with protein, and fruits and vegetables rich in vitamins and minerals. You need only a small amount of fat and sugar to be healthy.

When money is limited, it is important to use it wisely. Here are some suggestions for getting more vitamins,

minerals, and proteins at low cost:

1. **Protein foods.** Beans, peas, lentils, and other similar foods (called legumes) are a good, cheap source of protein. Eggs are one of the cheapest sources of animal protein. Liver and fish are often cheaper than other meats and are just as nutritious.
2. **Grains.** Rice, wheat, and other grains are more nutritious. Whole grains, such as whole wheat bread or flour or brown rice are more nutritious and add fiber.
3. **Fruits and vegetables.** The sooner you eat fruits and vegetables after harvesting, the more nutrition they have. When you store them, put them in a cool, dark place to preserve vitamins.
4. **Milk and milk products.** They are rich in body-building proteins and in bone building calcium.
5. **Avoid spending money on packaged foods.** If parents took the money they often use for sweets or sodas and spent it on nutritious foods, their children would be healthier for the same amount of money.

Cook vegetables in as small an amount of water as possible, because vitamins from the vegetables go into the water during cooking. Then use the water in soups. Many wild fruits and berries are rich in vitamin C and natural sugars, and can provide extra vitamins, fiber, antioxidants and energy.

Option #1

Ingredients:

Black pepper seeds, coarsely powdered 3-6 g
Water 2 cups

Preparation Method:

Mix the pepper with the water and boil the mixture till the quantity of liquid is reduced to ½ cup. Strain the decoction and sweeten with a little sugar.

Preparation time: 25 minutes

Dosage: ¼ cup, twice a day

Option #2

Ingredients:

Coriander seeds, crushed 1 teaspoon
Boiling water 2 cups

Preparation Method:

Add the coriander seeds to the boiling water, cover and steep for 15 minutes. Strain the infusion and drink several times a day.

Preparation time: 15 minutes

Dosage: ¼ cup, 4 times a day

Option #3

Ingredients:

Garlic pods, grated 10 g
Water 1 ½ cups
Milk 3 tablespoons

Preparation Method:

Combine the milk and water and add the garlic. Bring this mixture to a boil and continue cooking till the liquid is reduced to ½ cup, then strain.

Preparation time: 15-20 minutes

Dosage: 3 tablespoons a day

<http://herbaltearecipes.blogspot.com/>

* Please remember that if you should always consult your Physician if you are concerned about your fever and/ or symptoms.

Definition of Whole Grains

Whole grains or foods made from them contain all the essential parts and naturally occurring nutrients of the entire grain seed. If the grain has been processed (e.g., cracked, crushed, rolled, extruded, and/or cooked), the food product should deliver approximately the same rich balance of nutrients that are found in the original grain seed.

List of Whole Grains

The following, when consumed in a form including the bran, germ and endosperm, are examples of generally accepted whole grain foods and flours.

- Millet
- Oats, including oatmeal
- Quinoa
- Rice, both brown rice and colored rice
- Rye
- Sorghum (also called milo)
- Teff
- Triticale
- Wheat, including varieties such as spelt, emmer, faro, einkorn, Kamut, durum and forms such as bulgar, cracked wheat and wheatberries
- Wild rice
- Amaranth
- Barley
- Corn, including whole cornmeal and popcorn



Healthy Recipe

Turkey-Wild Rice Casserole

Slow cook a hearty dinner for the family with this turkey, rice and vegetable recipe.

-prep time: 25 mins

-start to finish: 5 hrs 25 mins

-makes: 5 main-dish servings

4 slices bacon, cut into 1/2 inch pieces

1 lb turkey breast tenderloins, cut into 1/2 - 1 inch pieces

2 medium carrots, coarsely chopped (1 cup)

1 medium onion, coarsely chopped (1/2 cup)

1 medium stalk celery, sliced (1/2 cup)

1 cup uncooked wild rice

1 can (10 3/4 oz) condensed cream of chicken soup

2 1/2 cups water

2 tablespoons reduced-sodium soy sauce

1/4 to 1/2 teaspoon dried marjoram leaves

1/8 teaspoon pepper

1. In 12-inch skillet, cook bacon over medium heat, stirring occasionally, until almost crisp. Stir in turkey, carrots, onion and celery. Cook about 2 minutes, stirring frequently, until turkey is brown.

2. Spoon turkey mixture into 3 to 4 quart slow cooker. Stir in remaining ingredients.

3. Cover; cook on low heat setting 5 to 6 hours.

Nutritional Information

1 Serving: Calories 340 (Calories from Fat 70); Total Fat 8g (Saturated Fat 2 1/2g, Trans Fat 0g); Cholesterol 70mg; Sodium 870mg; Total Carbohydrate 38g (Dietary Fiber 4g, Sugars 3g); Protein 30g

Percent Daily Value*: Vitamin A 70%; Vitamin C 2%; Calcium 4%; Iron 15%

Exchanges: 2 1/2 Starch; 0 Other Carbohydrate; 0 Vegetable; 3 Very Lean Meat; 1 Fat

Carbohydrate Choices: 2 1/2

*Percent Daily Values are based on a 2,000 calorie diet.

Whole Grain Serving 1 1/2

Source: *Eat Better America*

Cancer Prevention: 7 Tips to Reduce Your Risk

By Mayo Clinic Staff

Concerned about cancer prevention? Take charge by making small changes in your daily life, from eating a healthy diet to scheduling regular cancer screenings.

1. Don't use tobacco
2. Eat a healthy diet

3. Maintain a healthy weight and include physical activity in your daily routine.
4. Protect yourself from the sun.
5. Get immunized.
6. Avoid risky behaviors: such as practice safe sex, don't

share needles, etc..

7. Take early detection seriously.

Take cancer prevention into your own hands, starting today. The rewards will last a lifetime.

September is National Cholesterol Education Month!

Your blood cholesterol level has a lot to do with your chances of getting coronary heart disease. More than 65 million Americans have high blood cholesterol. By itself, the condition usually has no signs or symptoms, so many people are unaware that their cholesterol level is too high. This month, take time to get your blood cholesterol checked, and talk to your doctor about your other modifiable risk factors for heart disease. You can control your risk for heart disease up to 82% just by living a healthy lifestyle.





Erin Tenney WHNP, CNM

Health Center Clinic days

MONDAYS

8:00am to 3:30pm

Call (715)779-3707 for appointment!



Anna Carlson CPNP, CLC

Health Center Clinic days

Tuesdays, September 6th & 13th: 1:00pm to 3:30pm

Thursdays, September 8th & 15th: 1:00pm to 3:30pm

Anna's New Schedule

Starting September 19th

Mondays: 9:00am to 12:00pm & 1:00pm to 3:30pm

Fridays: 9:00am to 12:00pm

Red Cliff Community
Health Center
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Bayfield, WI 54814
715-779-3707
715-779-3777 fax

We're on the Web!
www.red-cliff-health.com

HEALTH CENTER HOURS

Clinic 715-779-3707
Mon-Fri 8am to 4:30pm

Pharmacy 715-779-3157
Mon-Fri 9am to 12pm
& 1pm to 4pm

Optical 715-779-3707
Mondays & Wednesdays
1pm to 4pm

Dental 715-779-3707
Mon-Fri 8am to 4:30pm

SCHOOL DISTRICT OF BAYFIELD



TAP Your Potential! Family Indoor Walking Club

Troller After-school Program

*Family Indoor Walking Club
M, T & Th
3:30—4:30 p.m.*

*Register today with the contact
information below.*

SCHOOL DISTRICT OF
BAYFIELD

300 North 4th Street
Bayfield, WI 54814

Linda Weber
Phone: 715-779-3201 Ext. 144
Fax: 715-779-5268
E-mail: lweber@bayfield.k12.wi.us



TAP is partnering with the Red Cliff Health Center to offer healthy lifestyle choices for students, their families, staff and community members.

The TAP Family Indoor Walking Club will provide disabled accessible indoor access to three walking courses, each of varying difficulty.

The courses are marked with a green circle for easy, a blue square for moderate difficulty, and a black diamond for most difficult. Walking dates and times are during after school program as indicated above left. **Non-marking athletic shoes required.** Registration information at left.



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