



Hey Girlfriend!

A good friend is a connection to life - a tie to the past, a road to the future, the key to sanity in a totally insane world. ~Lois Wyse

Rabies

Avoiding wild animals and getting your pets vaccinated each year, can protect you and your family from a deadly virus called rabies. More than 90% of all rabies cases are with wild animals. The main animals to watch out for are raccoons, skunks, bats, and foxes. Even if the animal seems friendly, do not feed or pet it. Also, call animal control if the animal seems to be acting funny.



Make sure all family pets are vaccinated. They generally get rabies due to contact with a wild animal which also puts your family at risk. If

exposed to rabies, your domestic pets have to be quarantined for six months or immediately put down.

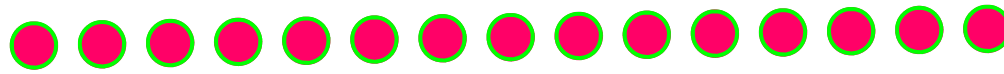
After you have been bitten by a rabid animal, immediately take action. Wash down the wound with soap and water, and contact your health-care provider. And if necessary, contact animal control. There is a series of shots that you can get to prevent rabies called post-exposure prophylaxis (PEP).

When camping, hiking, and playing outdoors, you and your family should be cautious. Teach your family about live and dead wild

animals and how they should never come in contact with them. This also goes along with unfamiliar domestic animals. Keep your family healthy and safe by teaching them about the seriousness of rabies. Although there are very few deaths from rabies, life-threatening complications can arise when exposed to this disease. Approximately 30,000 to 40,000 people in the United States need PEP shots due to rabies exposure. Become educated, and keep your family safe and healthy. For more information, got to www.cdc.gov!



For more information, got to www.cdc.gov! Features/RabiesSafeFamily/



Girlfriends

<http://cdc.gov/Features/GirlfriendsHealth/>

Help your girlfriends live a healthier and safer life!

Eat healthy at gatherings. Make healthy choices in what you eat and drink. Don't drink and drive. Designate a non-drinking driver.

Be active while having fun. Enjoy each other's company. Regular physical activity is

important for good health, and it's especially important if you're trying to lose weight or to maintain a healthy weight. Adults should be active for at least 2½ hours a week.

Face the facts, manage stress, and be supportive. Do what you can to be sup-

portive, help find needed services, and maintain your own mental and physical health.

Be a great role model. Get exams and screenings, vaccinations, and other health care you need. Take steps to live a safer and healthier life.

To help reduce the risk of rabies:

- Visit your veterinarian with your pet on a regular basis and keep rabies vaccinations up-to-date for all cats, ferrets, and dogs.
- Maintain control of your pets by keeping cats and ferrets indoors and keeping dogs under direct supervision when outdoors.
- Spay or neuter your pets to help reduce the number of unwanted animals that may not be properly cared for or vaccinated regularly.
- Call animal control to remove all stray animals from your neighborhood since these animals may be unvaccinated.
- Do not feed or water your pets outside and keep your garbage securely covered. These items may attract wild or stray animals.

<http://cdc.gov/Features/>

August 1st is National Girlfriend's Day!

► Tip of the Day

To increase physical activity at home try doing stretches, exercises, or pedal a stationary bike while watching television.

<http://www.mypyramid.gov/>

www.iowachiroclinic.com



If you're alone, I'll be your shadow.
If you want to cry, I'll be your shoulder.
If you want a hug, I'll be your pillow.
If you need to be happy, I'll be your smile.
But anytime you need a friend, I'll just be me.
~Author Unknown

Sexual Health Data

Unintended health outcomes seem to be very common in young, American people due to their engagement of sexual risk behaviors. For example, young people increase their chance of pregnancy, HIV/AIDS, and other sexually transmitted diseases. Promoting adolescent reproductive health should be available, which would benefit our youth.

CDC has compiled data about sexual health into one report. Many young people experience negative sexual health outcomes. For example:

*About 1 million adolescents and young adults aged 10-24 years were reported to have Chlamydia, gonorrhea, or syphilis in 2006.



*Nearly a quarter of females aged 15-19 years, and 45% of those aged 20-24 years, had a human papillomavirus (HPV) infection during 2003-2004.

*In 2006, the majority of new HIV diagnoses among adolescents and young adults aged 10-24 years occurred among those aged 20-24 and among males.

*Approximately 100,000 females aged 10-24 years visited a hospital emergency department for a nonfatal sexual assault injury during 2004-2006.

Furthermore, improvements seem to be halting.

*Teen birth rates increased in 2006 and 2007, following large declines from 1991 to 2005.

*Rates of AIDS cases among males aged 15-24 years increased during 1997-2006.

*Syphilis cases among teens and young adults aged 15-19 and 20-24 years have increased in both males and females in recent years.

In conclusion, sexual health promotion is much needed in our young Americans. We have numerous programs to educate and help adolescents, but we need to make sure that they are being used to their full potential. Talk with your children and open up that parent-child communication line. You may save their life.

<http://cdc.gov/Features/SexualHealthData/>