

DON'T GET TICK-ED!

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We hope that, when the insects take over the world, they will remember with gratitude how we took them along all our picnics. ~Bill Vaughan

TICKS

Doing outdoor activities can be fun during the summer, but we can't forget about ticks that may be in the same environment. There are many tactics that can help you and your family prevent bites and reduce tick-borne diseases.

Depending on the life stage of the tick, they can be so small that they can be difficult to see. They can be found in various places depending on the species of the tick; mainly in or near wooded areas. Diseases from ticks can happen worldwide, so take precaution for you and your family.

Protect Yourself from Ticks

***Know where to expect ticks.** Ticks live in moist and humid environments, particularly in or near wooded or grassy areas. You may come into contact with ticks during outdoor activities around your home or when walking through vegetation such as leaf litter or shrubs. Always walk

in the center of trails.

***Use a repellent with DEET or permethrin** and wear long sleeves, long pants and socks. Products containing permethrin can be used to treat boots, clothing and camping gear which can remain protective through several washings. Repellents containing 20% or more DEET can be applied to the skin, and they can protect up to several hours. **Always follow product instructions!** Parents should apply this product to their children, avoiding the hands, eyes, and mouth.

***Wear light-colored clothing,** which allow you to see ticks crawling on your clothing.

***Tuck your pant legs into your socks** so that ticks cannot crawl up inside of your pant legs. Some ticks can crawl down into shoes and are small enough to crawl through most socks.

Perform Daily Tick Checks

Check your body for ticks after being outdoors. Use mirrors to check all parts of your body

and remove any tick you find. Common areas to check are:

- *Under the arms
- *In and around the ears
- *Inside belly button
- *Back of the knees
- *In and around the hair
- *Between the legs
- *Around the waist

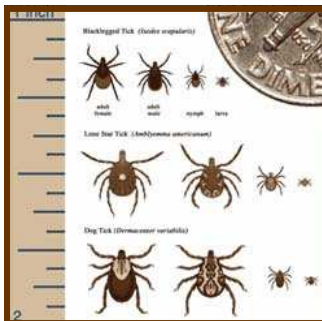
Check your children for ticks; especially their hair.

Check your clothing and pets for ticks. Ticks can get into your house from your clothing and/or your pets. Placing clothing into a dryer on high heat can effectively kill ticks.


Reduce Ticks in Your Yard

- ***Modify your landscape to create Tick-Safe Zones.**
- ***Provide a vegetation-free play area.**
- ***Use a chemical control agent.**
- ***Discourage deer.**

For more on Tick-Safe Zones, visit www.cdc.gov/



Congratulations
to
Monica Yori!



2009
Most Flexible
Patient





old dog.
new tick



Tip of the Day

Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks and are refreshing on a hot summer day.



YOUR BODY MASS INDEX (BMI)

Your BMI is calculated on your weight and your height. It is a great indicator for body fatness on people. Measuring your BMI is an inexpensive screening for your health management.

BMI is mainly a screening tool for physicians to identify any possible health problems and risks. Physicians will then do further assessments and/or appropriate health screenings.

The Center of Disease Control and Prevention use BMI to measure overweight and obesity because it's the best method to use for a population. The main reason for this assessment is cost. Calculating your BMI is based only on your height and weight, which means no tests have to be done. There are other ways to determine overweight and obesity among the general public. Physicians can use skinfold thickness, underwater weighing, bio-

electrical impedance, etc. These can be expensive or a highly trained professional is needed.

The following is the formula to calculate your BMI. It is based off of your pounds and inches.

Formula: $\text{weight (lb)} / [\text{height (in)}]^2 \times 703$

Calculate BMI by dividing weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703.

Example: Weight = 150 lbs, Height = 5'5" (65")

Calculation: $[150 \div (65)^2] \times 703 = 24.96$

As you can see below, this person would be borderline overweight for their height and weight.

The BMI calculation is a very good indicator for body fatness. Although

the correlation can vary by sex, race, and age. The following are examples:

*At the same BMI, women tend to have more body fat than men.

*At the same BMI, older people, on average, tend to have more body fat than younger adults.

*Highly trained athletes may have a high BMI because of increased muscularity rather than increased body fatness.

There are two other predictors for overweight and obesity; they are waist circumference and other risk factors, such as high blood pressure and inactivity.

For more information, visit CDC's website!



http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html

WEIGHT lbs	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	
kgs	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7	
HEIGHT in/cm	Underweight					Healthy					Overweight					Obese					Extremely obese				
5'0" - 152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	
5'1" - 154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	36	37	38	39	40	
5'2" - 157.4	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	33	34	35	36	37	38	39	
5'3" - 160.0	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38	
5'4" - 162.5	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37	
5'5" - 165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35	
5'6" - 167.6	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34	
5'7" - 170.1	15	16	17	18	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33	
5'8" - 172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32	
5'9" - 175.2	14	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	31	
5'10" - 177.8	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	27	28	28	29	30	30	
5'11" - 180.3	14	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30	
6'0" - 182.8	13	14	14	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29	
6'1" - 185.4	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	
6'2" - 187.9	12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	
6'3" - 190.5	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26	
6'4" - 193.0	12	12	13	14	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26	

