

A publication of the
Pinellas County Health Department

April 4 - 10 is National Public Health Week

Empowering Americans to
Live Stronger, Longer!



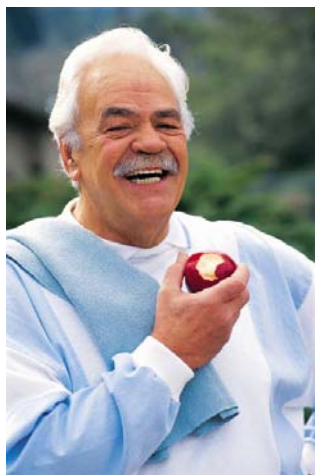
Thanks to advancements in public health and new treatment options for illness, Americans are living longer. In fact, the average life expectancy in the U.S. is now 74 years for men and 78 years for

women. But there's more to life than living longer. It is also important for us to be stronger and healthier.

By eating a healthy diet and being physically active, you can help prevent or even reverse the start of several chronic conditions and reduce the risk of getting certain cancers. We can all **Live Stronger, Longer** by following dietary guidelines and by making physical activity a part of our routine.

Healthy Diet

- ◆ More than 80% of older adults have a diet that is poor or needs improvement.
- ◆ Less than 1/3 of older adults eat 5 or more fruits or vegetables a day.



◆ Older adults living in poverty are much less likely to eat a good diet than those who live above the poverty level.

Recommendations

- ◆ Eat at least 2 servings of fruit each day and at least 3 servings of vegetables.
- ◆ Drink 3 cups of milk or eat 3 cups of yogurt or cheese each day.

Calcium-rich foods help keep bones strong.

- ◆ Eat 3 servings of whole grain cereal, bread, crackers, rice, and pasta each day. These foods are rich in fiber and can reduce your risk of getting some diseases.
- ◆ Eat 2 servings of protein including fish, poultry, nuts, and eggs each day.



These lean sources of protein contain less saturated fat; saturated fat can lead to heart disease.

Physical Activity

◆ Nearly 80% of older adults do not engage in regular leisure-time physical activity.

Recommendations

- ◆ Check with your doctor before increasing your level of physical activity.
- ◆ Start with as little as 5 or 10 minutes of physical activity each day and gradually work up to 30 minutes most days of the week. Moderate activities, such as walking or gardening, make a big difference in your overall health.
- ◆ Add strength-building exercises, such as lifting weights. This can improve muscle mass and can decrease a woman's risk of getting osteoporosis.
- ◆ Balance exercises can prevent falls.
- ◆ Stretching exercises can improve movement and flexibility. For examples of exercises for older adults, visit www.nihseniorhealth.gov/exercise.

As we celebrate National Public Health Week, remember that it's possible to **Live Stronger, Longer** by adopting a healthy lifestyle. Visit www.PinellasHealth.com for more information.

Our Vision

***Healthier
People in a
Healthier
Environment***

Pinellas County Health Department

April is STD Awareness Month



What are STDs? Sexually Transmitted Diseases (STDs) are serious, sometimes painful diseases that can cause a lot of damage. Some STDs infect your sexual and reproductive organs. Others, such as HIV, hepatitis B, and syphilis cause general body infections.

Sometimes you can have an STD with no signs or symptoms.

Other times, the symptoms go away on their own. Either way, you will still have the STD until you get treated. A few STDs cannot be cured, but many can be cured if you get treated.

How do STDs spread? STDs are spread during close, sexual activity and during vaginal, anal, and oral sex. Some STDs (HIV and hepatitis B) are also spread by contact with infected blood. Most STD germs need to live in warm, moist areas. That's why they infect the mouth, rectum, and sex organs (vagina, vulva, penis, and testes).

What can be done? If you think you might have an STD, you need to get checked. Don't just hope the STD will go away because it won't! It may be hard for you to go to a doctor or clinic for help. But, you must get treatment no matter how hard it is for you to do. This is the only way you will get well.

You must also tell your sexual partner(s) that you have an STD. If they aren't treated, they can get sick. They can spread the STD, and they might even give it to you again!

The Pinellas County Health Department has a special STD clinic. Private physicians also treat STDs. **CALL US FOR MORE INFORMATION.**

Many people have no symptoms. If you do have symptoms, you may notice any of the following:

Women may notice...

- ◆ An unusual discharge or smell from your vagina.
- ◆ Pain in your pelvic area.
- ◆ Burning or itching around your vagina.
- ◆ Irregular vaginal bleeding.
- ◆ Pain deep inside your vagina when you have sex.

Men may notice...

- ◆ A drip or discharge from your penis.

Women and men may notice...

- ◆ Sores, bumps, or blisters near your sex organs, rectum, or mouth.
- ◆ Burning and pain when you urinate or have a bowel movement.
- ◆ Need to urinate often.
- ◆ Itching around your sex organs.
- ◆ A swelling or redness in your throat.
- ◆ Flu-like feelings, with fever, chills, and aches.
- ◆ Swelling in your groin.

If you have any of these symptoms, stop having sex. Go to an STD clinic or to your own health care provider.

Don't put it off -- get checked right away.

You can protect yourself...

- ◆ Not having sex is the best way to protect yourself.
- ◆ Having sex with only one uninfected partner who has only had sex with you is also safe.
- ◆ Talk to your partner about past sex partners and about needle drug use.
- ◆ Before you have sex, look closely at your partner for any signs of STD - a rash, a sore, redness or discharge. If you see anything that you are worried about, don't have sex!
- ◆ Use a latex condom for vaginal, anal, and oral sex.
- ◆ Get checked for STDs regularly if you are sexually active. We can help you decide how often and what tests you should have.
- ◆ Know the signs and symptoms of STDs. If you notice a symptom that worries you, get checked.
- ◆ If you have an STD, your partner(s) must get tested and treated too.
- ◆ If you have an STD, don't have sex until your treatment is complete.



For more information about STDs, please call us at 824-6900 or visit

www.pinellashealth.com/DiseaseControl/std.asp



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