



Dedicated to YOUR Wellbeing

Kendall County Health Department

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Opiod Addiction? We are here to help!

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The opioid crisis has led to much pain, despair, and death. According to the National Institute on Drug Abuse, everyday more than 115 Americans die after overdosing on opioids. The misuse of and addiction to opioids—including prescription pain relievers, heroin, and synthetic opioids such as fentanyl—is a serious national crisis that affects public health as well as social and economic welfare.

The Health Department is committed to providing effective and meaningful substance abuse prevention and treatment to combat the opioid crisis. While we frequently hear of the large scale effects of the opioid crisis, it is critically important that we are able to hear the stories from those in our own communities. We asked several persons served through addiction treatment to describe their personal perspective on the opioid crisis, from their lived experiences. Responses provided very real insight into the devastation caused by opioid abuse. Local individuals reported;

“I was below rock bottom—homeless, emotionally bankrupt, and had accepted that my addiction was going to take my life.”

- *“The opioid crisis has really caused great pain.”*
- *“The opioid crisis is very terrible, very degrading, and pure evil. It does not discriminate. It will ruin and take over your life if not treated.”*
- *“I believe that a lot of people are affected by it (opioid abuse), more than who would like to admit. People can get pain meds so easily. I have buried many friends to opioid addiction.”*

These individuals reflect experiences of lives lost, families shattered, personal degradation, and a deep sense of hopelessness that resulted from opioid abuse and dependence.

[Click here for OPIOID REPOSITORY.](#)



Through treatment – recovery can happen. We take an integrated approach to addiction treatment and mental health that focus on all aspects of wellbeing, addiction, and recovery. Effective treatment for opioid abuse and dependence requires development of protective factors to promote lasting change and include: impulse control / emotional regulation, family education, promotion of academic and vocational

engagement, and development of healthy support networks including twelve-step programming. We again asked persons served at the Health Department to share their experiences related to the treatment process. Persons served reported;

- *“Treatment has changed my life drastically. It has helped me to find the underlying cause to my addictions. My life has made a complete 360 degree change since the time I began treatment to now going on eleven months clean. I went from being homeless, losing my kids, and not even having a dollar or item to my name. I had robbed and lied to every family member. Now I have my own home, a family who loves me, and a program I live by every day.”*
- *“Treatment has helped me to learn how to deal with life on life’s terms. I was below rock bottom – homeless, emotionally bankrupt, and had accepted that my addiction was going to take my life. Treatment has helped me to learn how to love myself and to keep my past in the past. I am almost ten months sober and I couldn’t be happier. I am proud of the person I am becoming and how far I have come.”*
- *“Treatment has changed my life in many ways. I have found healthy coping skills that I use on a daily basis and they help me to stay sober. I have found how to enjoy life in recovery. Counseling has helped me to address personal struggles that I cannot deal with on my own. Life is very different for me today. I have one year clean and sober, I am working full time, and I now have my family back in my life.”*

If you or a loved one is struggling with prescription opioid or heroin abuse – we are here to help. Please call us at (630) 553-9100 .



Bleeding in your Digestive Tract?

A simple test- **fecal immunochemical test (FIT)** is often used to detect bleeding in the digestive tract that cannot be seen with the naked eye (called occult blood), when there are no other signs or symptoms of a digestive problem. Blood in the stool can be caused by a number of conditions, including cancers of the digestive tract such as colon cancer.

Why FIT Is Used Fecal occult blood tests such as the FIT are usually recommended at regular intervals to screen for colon cancer in people who are the age of 50 – 75 years with no prior history of colon cancer or inflammatory bowel conditions. It is important to remember that the colonoscopy is the first choice for colorectal cancer screenings and the FIT does not replace the colonoscopy but rather can be used if a patient chooses not to have a colonoscopy screening.

What's the preparation for FIT The FIT doesn't require any special diet or preparation, but there are some conditions that could affect the results. You should not use the FIT if you:

- Have active bleeding from hemorrhoid or anal fissure
- Have a history of colon cancer or Inflammatory Bowel Syndrome (IBS, Crohn's Disease, colitis)
- Have blood in your urine
- Are a woman having your menstrual period or during the three days after the end of your period

How to use FIT This method requires no preparation, is safe, and pain free. You will be given a kit to be used for collecting stool samples for the test.

Simple instructions are listed within the kit. The complete kit can be immediately returned via mail or drop off in the envelope provided in your kit at the **Kendall County Health Department, 811 W. John St., Yorkville, IL.**

We will perform the test and the results will be charted by a trained personnel. The participant will be informed by letter or phone call of results within 7-10 days. Please call (630)553-9100 for an appointment to get your FIT kit and to learn more about program qualifications.

Every day in Illinois, 17 people are diagnosed with colorectal cancer.
(IDPH 2017)

Sodium and Your Health

The facts are simple. Sodium is a mineral that's essential for life. It's regulated in the body by your kidneys, and it helps control your body's fluid balance. It also helps send nerve impulses and affects muscle function.

However, according to the American Heart Association (AHA), we are eating too much sodium and it's putting our health at risk. When there's extra sodium in your bloodstream, it pulls water into your blood vessels, increasing the total amount (volume) of blood inside your blood vessels. With more blood flowing through your blood vessels, blood pressure increases. It's like turning up the water supply to a garden hose — the pressure in the hose increases as more water is blasted through it. Over time, high blood pressure may overstretch or injure the blood vessel walls and speed the

Watch for more information about #Breakupwithsalt

build-up of gunky plaque that can block blood flow. The added pressure also tires out the heart by forcing it to work harder to pump blood through the body (AHA). High blood pressure, *the silent killer*, is one of the major risk factors for heart disease, the number one killer worldwide.



Vaping and E-Cigarettes

Vaping and e-cigarettes are not the way to quit tobacco. They still introduce nicotine into your system and cause immediate reactions in your body:

- * Increased blood pressure
- * Stimulated heart
- * Raised blood fat levels
- * Constricted blood vessels

The purity of e-cigarette vapor results in very powerful dose of nicotine, and that's not quitting.

We can help you quit.





As spring brings warmer weather, it also brings many ways to save energy. Spring-cleaning a few items will help to make your home more energy efficient and will cost you nothing, but time.

First, make sure all the fans in your home are working properly and dust-free. Changing the direction of the airflow on your ceiling fan to draw the warm air upward is helpful. Turn off ceiling fans when you leave the room. Remember that fans cool people, not rooms.

Next, set your thermostat as high, as comfortably possible in the summer. The smaller the difference between the indoor and outdoor temperatures, the lower your overall cooling bill will be. Make sure to vacuum registers regularly to remove any dust or pet hair buildup and ensure that furniture is not blocking the airflow through the registers.

Also, clean your seals. On a sliding glass door, make sure the track is clean. A dirty track can ruin the door's seal and create gaps where cold air can escape. Your refrigerator accounts for up to 11% of your households energy use so make sure the seal is clean and tight. Consider walking around your home and seal cracks or openings to prevent warm air from leaking into your home.

Finally, use warm days to cook outside on the grill instead of the stove. This small act will keep heat out of your home and take the load off your air conditioner.

Please feel free to contact us at (630)553-9100 to learn additional ways to save money on your utility bill each month. We have the expertise to walk you through tailored energy tips.



What can I do with my Electronic Waste?

Technology has created a new waste-stream, electronics. Electronics don't last forever though and some such as phones, laptops and games need to be replaced every few years. Some other types of E-waste have longer life spans, such as TVs and desktops.

Proper disposal of E-waste is now state law to protect our environment from the heavy metals (i.e. lead) that can leech into our soils and groundwater. These wastes are banned from landfills and other options must be utilized:

- ⇒ Residents of Plano, Oswego and Yorkville have "curbside" E-waste collection built into their municipal hauling contracts. Call your City or check their websites for information on this service. Pickup will likely be different than your regular waste.
- ⇒ All county residents can take E-waste to Best Buy in Oswego on Rt. 34. Be sure to call them at (630) 551-3233 or check their [website](#) for details and fees.
- ⇒ A-Team Recyclers is a "curbside" pickup program option available to all Kendall County residents. For a fee, they can come to your property and pick up e-waste. Visit their [website](#) or call them at (815) 600-3608 for more information.

If you have further E-waste recycling questions, feel free to visit our [Green Pages](#) or call us at (630)553-9100 for more information .



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For questions about the newsletter,
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Mission Statement
The mission of the Kendall County Health Department is to promote physical health, mental health, environmental health, protect the community's health, prevent disease, and promote family economic self-sufficiency through both person based services and population based services.



Looking for something? Click [here](#) to see the Resource Directory.

Visit thousanddays.org to learn more.

Why should you breastfeed?

For baby...

- Exclusive breastfeeding gives your baby tailor-made nutrition
- Breast milk protects your baby from infections and diseases
- Breastfeeding can prevent obesity and chronic disease such as diabetes



For mom...

- Protection from osteoporosis and high blood pressure
- Breastfeeding promotes natural weight loss after you give birth
- Can help mother and baby bond

Breastfeeding is baby's best start!

Contact your Kendall County Health Department at
 (630) 553-9100 or www.kendallhealth.org for more information!

