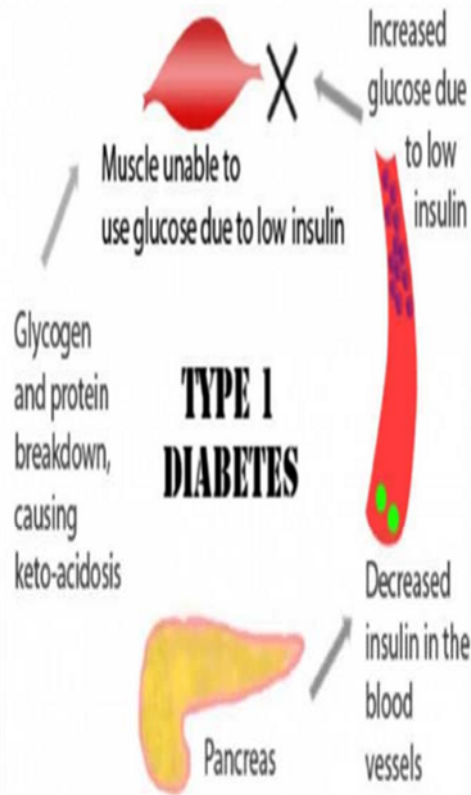


Type 1 Diabetes



Type 2 Diabetes



LCBOE HEAD START

NOVEMBER 2017

NURSE'S NOTES



GREAT AMERICAN SMOKEOUT



Welcome to the November issue of *Nurse's Notes*. During this month our topics of focus are: **Diabetes awareness, Nutrition, Postpartum depression, and smoking cessation.** November is Diabetes awareness month, have you been screened for diabetes? The American Cancer Society has designated November 16th as this year's Great American Smoke out day, it's never too late to quit. I hope you find this information not only interesting but useful as well.

~Nurse Robinson

Baby Blues



Postpartum Depression

- Weepiness/crying for no apparent reason
- Feeling "I'm not like myself" or, "this isn't me"
- Impatience
- Irritability
- Restlessness
- Anxiety
- Sadness
- Mood changes
- Poor concentration
- Difficulty sleeping, insomnia, exhaustion
- Lack of energy
- Low sex drive
- Changes in appetite, weight loss or gain
- Weepiness, excessive worry, agitation, anxiety
- Feelings of inadequacy, hopelessness, despair
- Guilt, Sadness, fear of being alone
- Irritability
- Difficulty concentrating, panic, anger
- Scary thoughts about baby, over-concern for baby's health

• You may experience all of these symptoms or only a few

Live 54321+10

It takes just a few small steps each day for kids to stay healthy...

5 servings fruits & vegetables
Fruits and veggies are colorful, taste great, and do good things for your body. Eat a rainbow every day!

4 glasses water
Choose water over fat milk or 100% juice when you're thirsty instead of sugary drinks.

3 good laughs
Share a funny story or joke with a friend. Laughing and giggling adds to your happiness.

2 hours or less screen time
Turn off the TV and step away from the computer. Read a book, play a game, spend time outside.

1 hour physical activity
Jump, skip, dance, or walk. Move your body for 1 hour every day.

+10 hours or more sleep
Plenty of sleep at night. Get by for school and play!

Diseases caused by smoking

Nicotine affects almost every organ system in the body, no matter how you smoke it.

- Various cancers
- CVD
- Stroke
- Asthma
- Reproductive defects in women
- Premature birth
- Diabetes
- Blindness/Cataract/Eye defects
- Mood Stimulation
- Anxiety & irritability
- Cold & flu
- Bronchitis
- Constricted blood vessels
- Yellow fingers
- Stained teeth
- Infertility
- Erectile dysfunction
- Early menopause
- Suppresses appetite

