



Spotlight

Breasts: What's the BIG Deal?
with Dr. Libby Shadinger
Tuesday, Nov. 10
6:30 p.m.
Merrimack Hall
Refreshments

FREE. Please register by calling (256) 265-8317.

Let's have a candid conversation about breast health. After all, about one in every seven women gets breast cancer over a 90-year lifespan. Awareness is empowering!

More events:
Heart Headlines
Feb. 2 at 6:30 p.m.

Nogginology:
Maintaining Your Brain
May 11 at 6:30 p.m.

Facts about the "swine" or "novel" flu

H1N1 — it's all over the news — but it may be difficult to decipher the facts. The Centers for Disease Control & Prevention provides updated information at cdc.gov/H1N1FLU.

A specialized vaccine is expected mid-October for high risk groups — pregnant women, caregivers of children less than six months old, healthcare and emergency medical personnel, people six months to 24 years of age, and persons 25 through 64 years of age with health conditions that may put them at higher risk for complications. As we wait, consider these H1N1 facts:

- Generally milder than seasonal flu, and symptoms typically last two to four days
- Can be spread to others beginning one day before getting sick to five to seven days after or longer in some people, especially children
- Signs and symptoms resemble seasonal flu including fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue; some experience vomiting and diarrhea
- Treatments include over-the-counter fever reducing medicine, such as Tylenol and Motrin; drinking fluids and getting plenty of rest are very important
- A physician may prescribe Tamiflu or Relenza to help alleviate the symptoms

If you are ill, **please stay at home and avoid public places.** If an ill person's symptoms are severe ... trouble breathing, signs of dehydration, persistent vomiting, skin discoloration ... then emergency medical care is recommended.

Practice **good hygiene** to help keep you healthy.

- Wash hands with soap and warm water 15 to 20 seconds, especially after coughing or sneezing (alcohol-based hand wipes or gel sanitizers are also effective)
- Use a tissue when you cough or sneeze and dispose of it immediately
- Always avoid touching eyes, nose and mouth
- Try to avoid close contact with sick people
- Follow public health advice in regard to school closings; avoid crowds and maintain personal space

Sources: Dr. Ali Hassoun, Infectious Disease Specialist; Dr. Thomas Calvert, Emergency Medicine Specialist and Medical Director of Huntsville Hospital Emergency Department; cdc.gov

End-of-summer Potato Salad (healthyeats.com)

Dressing:

3 tablespoons red wine vinegar
1 tablespoon olive oil
2 teaspoons Dijon mustard
Salt and pepper to taste

Salad:

5 cups unpeeled, cubed red potato (about 2 pounds)	1/2 cup chopped red onion
1/2 cup chopped celery	1/2 cup chopped radicchio
3/4 cup sliced grape or cherry tomatoes	1 tablespoon chopped fresh parsley
1 cup chopped bell pepper (orange, red, yellow)	1 tablespoon chopped fresh dill

For the **dressing**, combine all ingredients in a bowl, whisk together and set aside. For the **salad**, bring potatoes to a boil in a medium saucepan, reduce heat and simmer 8 to 10 minutes or until tender. Drain. Add potato and dressing in a bowl, tossing gently to coat. Refrigerate 15 minutes. Stir in celery and remaining ingredients and toss well. (Makes 8 servings. Per serving: 112 calories, 2 grams total fat.)

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