

WOW!

WORKING ON WELLNESS

CITY OF GRAND PRAIRIE WELLNESS NEWSLETTER ★ JUNE 2014

June is National Men's Health Month

Men can make easy changes to take charge of their health. Make your health a priority and take these steps to become healthier and stronger.



- **Get a good nights sleep** - Insufficient sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity and depression. Also, insufficient sleep is responsible for motor vehicle and machinery-related accidents, causing substantial injury and disability each year.
- **Toss out the tobacco** - It's never too late to quit. Quitting smoking improves your health and lowers your risk of heart disease, cancer, lung disease and other smoking-related illnesses.
- **Move more** - Adults need at least 2½ hours of moderate-intensity aerobic activity (such as brisk walking) every week, and muscle strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) on two or more days a week. You don't have to do it all at once. Spread your activity out during the week, and break it into smaller chunks of time during the day.
- **Eat healthfully** - Eat a variety of fruits and vegetables every day. They are sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases. Limit food and drinks high in calories, sugar, salt, fat and alcohol. Choose healthy snacks.
- **Tame stress** - Sometimes stress can be good. However, it can be harmful when it is severe enough to make you feel overwhelmed and out of control. Take care of yourself. Avoid drugs and alcohol. Find support. Connect socially. Stay active.
- **Stay on top of your game** - See your doctor or nurse for regular checkups. Certain diseases and conditions may not have symptoms, so checkups help diagnose issues early or before they can become a problem. Pay attention to signs and symptoms such as chest pain, shortness of breath, excessive thirst, and problems with urination. If you have these or symptoms of any kind, be sure to see your doctor right away.

CDC

FREE PSA Screenings

Tues., June 17 • 8 a.m.-noon

Wed., June 18 • 1 p.m.-5 p.m.

**Annex Training Room
City Hall Annex Building
318 W. Main St.**

Methodist Health System will be conducting FREE prostate screenings to all male City of Grand Prairie employees age 40 and over. The American Cancer Society recommends prostate cancer screening for most men starting at age 50 and then yearly for men who do not have major medical problems.

Please bring your ID and insurance cards as well as your physician's mailing address.

Men's Health: Women's Work

Women are usually the gatekeepers of health in the family. They are often the ones who make medical appointments for other family members. Many men will not see a doctor unless prodded by the women in their life. If you're a man, you can learn from women that getting suggested screenings and checkups can lead to a longer, healthier life. Early detection and treatment of cholesterol and blood pressure problems can prevent a heart attack or stroke. Detecting a tumor before it has spread can make the difference in whether or not a cancer is treatable.

Fight the Bite While Working Outdoors

When are outdoor workers at greatest risk of WNV exposure?

Outdoor workers are at risk of West Nile Virus exposure any time infected mosquitoes are biting. Most WNV infections occur from July through September. Many mosquitoes are most active from dusk to dawn. However, some are active during the day. If possible, avoid working outdoors during peak activity times for mosquitoes. When you must work at such times, pay special attention to the use of personal protection such as protective clothing and insect repellent to reduce the potential for exposure.

Where are mosquitoes most commonly found?

Mosquitoes develop in any standing body of water that persists for more than four days. Stagnant pools, ponds, watering troughs, irrigation ditches, rain barrels, manure lagoons and other stagnant bodies of water increase mosquito populations. Weedy, bushy, and wooded work environments may also have mosquito populations. Emptying containers of stagnant water every four to five days or treating these breeding sites with larvicides can help to reduce mosquito populations.



Learn more at gptx.org/FightTheBite.

7 Tons of Hummus Recalled

The dip has been pulled from Target, Trader Joe's and Giant Eagle stores due to possible listeria contamination.

Lansal Inc. voluntarily recalled over seven tons of hummus across the

United States due to a possible listeria contamination, the Food and Drug Administration announced in a press release May 22.



The dips were pulled from Target, Trader Joe's and Giant Eagle stores. Listeria is a type of bacteria that primarily affects pregnant women, babies, adults with weakened immune systems and the elderly. It causes fever, muscle aches and gastrointestinal problems. It can be deadly, according to the Center for Disease Control.

The recalled brand names include Archer Farms, Giant Eagle, Tryst and Trader Joe's in-house label.

There have been no reported illnesses yet.

Time

Learn How to Help Save a Life

Sudden Cardiac Arrest – when the heart suddenly and unexpectedly stops beating – is a leading killer of Americans. Approximately 300,000 people die each year due to SCA. In the event of SCA, it is imperative that swift action is taken to restart the heart. When it comes to Sudden Cardiac Arrest, "Every second counts. Every action matters." What would you do if someone suddenly collapsed in front of you? Visit HeartRescueNow.com to find out and to get more information on this fatal occurrence.

Guys Night Out

7:05 p.m. • Tuesday, June 17

QuikTrip Park, 1600 Lone Star Pkwy.

Come see the AirHogs play the Rail Cats for FREE (with voucher) and celebrate Men's Health Night. Visit gptx.org/GetFitGP for more info.

Gentlemen, Get Your Checkups!

Screening tests can help men stay healthy. Find out which tests you need based on age, health and risks for other health problems from your primary care physician. This checklist is meant only as a general guideline.

The tests and screenings you need depend on your individual risks, age and medical and genetic histories. Talk with your doctor to know what you need to do to keep up your health. Your doctor can also tell you how often you should have these tests and screenings.

- Regular Checkup: Yearly visits should include (at a minimum) testicular exam, blood pressure check, cholesterol testing, and diabetes testing
- Prostate Cancer Screening: Yearly screening should start at age 45 for men who have a high risk for prostate cancer, including African Americans or men who have two or more relatives with prostate cancer
- Colon Cancer Exam: Everyone should be screened for colon cancer starting at age 50
- Dental Exam: Two visits per year for cleaning are typically advised
- Eye Exam: It is advised to have your eyes checked every one to four years

9 Places We Never Remember to Put Sunscreen

Skin cancer remains the most common form of cancer in the U.S., and more than 9,000 people died from aggressive skin cancers in 2010, the most recent year from which data is available, according to the CDC. A history of sunburns significantly increases the risk.

With early detection, many new cases are highly treatable, but some skin cancers are also highly preventable, especially if we stop ignoring the problematic areas we so often skip in our sunscreen routines. Here are just a few of those pesky parts.

1. **Ears:** According to a 2007 study from The Skin Cancer Foundation Journal, the ears are the third most frequent location for basal cell carcinomas, which make up about 80 percent of the 1.3 million new cases of non-melanoma (less-aggressive) skin cancer in the U.S. each year, according to the University of California, San Francisco School of Medicine.
2. **Scalp:** You might not even realize until you run a comb through your hair the next day that you completely missed your part. Ouch.
3. **Eyelids:** You forget 'em under those huge shades, but then you take your shades off to avoid funky tan lines. Protect that very gentle skin! Because getting your sunscreen in your eyes is almost as much fun as getting a sunburn, Consumer Reports recommends using a moisturizer or eye cream that contains SPF, since those are absorbed more easily. Just be sure to reapply if the SPF count is low.
4. **That Pesky Armpit Skin:** It's easy to miss, scrunched there next to your strap, but you won't be happy about it if you do.
5. **Under Those Straps:** Unless you're wearing a UV-blocking swimsuit, you can get burned through the fabric. Plus, if you only apply around the straps, even the slightest movement can expose unprotected skin. That's at least part of the reason why some experts recommend putting on your sun protection while you're in the buff, so you can't miss a single strap-covered spot.
6. **Tops of Feet:** Your flip-flops are the bikini straps of your feet. Cover up!
7. **Backs of Hands:** Yes, we know, you wash your hands after you're done applying sunscreen because, well, ick. But in the process, you're also leaving your hands woefully unprotected. The palms of our hands (and soles of our feet, for that matter) are protected by a thick layer of dead skin cells that limits the amount of UV light that can get in. The backs of our hands are in no such luck, Popular Science reported.
8. **Lips:** The lower lip in particular needs some sunscreen love, as it's 12 times more likely to develop cancer than the top lip, according to the Skin Cancer Foundation. And men, don't shy away from lip balm: You're up to 13 times more likely to develop lip cancer than women.
9. **Back of Knees:** They're in no-man's-land – not quite lower leg, not quite upper leg – and we can't see 'em. Whatever the reason we neglect our knee pits, forget this crucial crease and you'll never want to walk or sit again.

Huffington Post

June at Farmers Market

The Grand Prairie Farmers Market features events – from crawfish to cooking demonstrations, gardening classes to car shows – to entertain the entire family.

Saturday, June 7

- **Crawfish Boil!** Farmers Market will sell Louisiana mudbugs with corn and potatoes. There will also be a beer garden, live entertainment and family fun!

Saturday, June 14

- Come see all the classics, compacts and coupes during the 6th Annual Car & Motorcycle Show at Farmers Market and neighboring areas.
- Check out a cooking demonstration featuring CJ Singleton of Good Spice at 10:30 a.m.
- The Carter BloodCare Bus will be at Market Square from 9 a.m.-12:30 p.m. as part of the World Health Organization's World Blood Donor Day. All donors will receive a free cake ball from Sweet Delights by Dama!

Saturday, June 21

- Chef Ernst of Texas Chef Services will host a cooking demonstration at 10:30 a.m. Come participate and learn!

Saturday, June 28

- Check out the cooking demonstration at 10:30 a.m.
- Learn about urban gardening with Horticulturist Susan Henson at 11:30 a.m.
- Beat the heat with a snowcone from the Kona Ice Truck.

For more information, call 972-237-4599 or visit gptx.org/farmers-market.

Employee of the Month



Sheri Adams, Emergency Medical Services Coordinator for the Fire Department, has been named the Employee of the Month for June. Since joining the Fire Department and EMS team last year, Sheri has proven herself to be invaluable. She is a self-starter and works meticulously. She takes on every challenge sent to her with a positive attitude, and she completes every task long before the deadline.

Sheri is responsible for overseeing the Fire Department's entire EMS continuing education program, which, in itself, is a full time job. That's not all that she does, however. Last month she was a major contributor in revising the Quality Improvement and Assurance program, and she now chairs that committee.

This month she has taken control of the student ride-out program, which involves close communication with approximately ten area colleges. "These colleges send us dozens of EMT students monthly, and it is now Sheri's responsibility to coordinate accessibility to available fire stations in order to provide skill evaluations during clinical ride-outs," writes Randy Overton, the Fire Department's EMS Captain. "As her responsibilities have increased, so has her focus. She needs very little supervision and is a tremendous asset to the Fire Department and the City of Grand Prairie," he added.

Message From the Manager

May was an exciting month! We awaited the election of our council members and whether or not voters would pass the sales tax election for our city's new recreation center, The Epic. Our city council remains the same as before the election, with Jorja Clemson, Lila Thorn and Jeff Copeland winning re-election. I'm excited that voters overwhelmingly approved The Epic proposition. This means that Grand Prairie residents will be able to enjoy a new multi-purpose recreation center, indoor/outdoor water park, amphitheater, all-accessible playground, library and more at Central Park, west of State Highway 161 between Arkansas and Warrior.

Our hope is that The Epic and new amenities at Central Park will provide a common place for residents to gather as a community. The Epic will also have the potential to change lives by providing exercise classes, walking trails and exercise equipment to get residents into shape and healthy. There will also be a library to enhance everyone's access to discovery and education. Further, we know that Central Park will provide some opportunity for economic development. The area may eventually feature amenities such as restaurants and possibly hotels.

The Parks, Arts and Recreation Department will begin what they are calling "Envision the Epic Encounters," which will be public input meetings for residents to tell us what amenities they would like to see at The Epic and at Central Park. Watch gptx.org for upcoming meeting times.

Thank you for all you do to make Grand Prairie a World Class City. Your hard work really makes a difference, and you are appreciated.

Tom Hart
City Manager

News

Snap and Send App is Now Available!



With the city's new "Snap and Send" app, reporting issues when you're out and about is a breeze. You can now report issues, such as street light outages and code violations, using your smartphone. The app, currently compatible with iPhone, iPad and iPod touch, allows users to specify the location of an issue and attach a photo to send directly to city staff as well as track the status of their service requests.

Search "Snap and Send Grand Prairie TX" in the Apple App Store and download for free. The city plans to make the app available for Android users in the future.

You can also report issues directly through the city's website at www.gptx.org/report or call city offices at 972-237-8000.