

## September 2021 PSA's

### 9/2/2021 Telehealth 101

Sometimes it's hard to go to the doctor's office; and sometimes it's just not an option. During COVID-19, Telehealth became a good option for many people. Telehealth is the same as a regular doctor's visit, but via video or phone call. I'm Clarissa Moon here to weigh in on whether or not telehealth is a good option for you as we move forward out of this pandemic.

Let's start with the pro's:

- Cuts out travel time
- Save on transportation
- Spend less time in the waiting room
- Easier access to specialists in bigger hospitals and cities.

Negatives:

- Don't have a device or internet access
- Hard to find a private place to talk

What is it used for?

- General questions and concerns
- Cold symptoms
- Medication refill
- Mental health issues

Telehealth is not a good option for some visits such as:

- Newborn appointment
- Regular check-ups
- Lab work
- Shots

If you want to learn more about telehealth, start by calling your doctor to see if they offer such visits. Then check with your insurance company to see if they will provide coverage. Telehealth is likely here to stay, so I'd encourage you to learn more at [healthychildren.org](https://www.healthychildren.org) or [Panola.Agrillife.org](https://www.panolaagrillife.org)

<https://www.healthychildren.org/English/family-life/health-management/Pages/Telehealth-101.aspx>

## **9/8/2021 Cholesterol Education Month**

Heart disease is the leading cause of death in the United States. High cholesterol is a major risk factor for heart disease and yet has no symptoms. I'm Clarissa Moon here with the down-low on high cholesterol.

Everyone can benefit from knowing their cholesterol so that they can control it. The only way to know your numbers is by visiting the doctor and getting blood drawn. Many risk factors for high cholesterol are outside of our control such as age and family history. Yet there are a lot of things we CAN do to control our risk. So what can we do? If you guessed healthy eating and exercising, you're right! Those are among the most important things you can do to take charge of your health. However, tobacco usage and taking medication are also good ways to control your cholesterol.

Honor National Cholesterol Education Month by getting checked and taking charge of your health today. For more info visit [heart.org](http://heart.org) or [panola.agrilife.org](http://panola.agrilife.org)

[https://www.heart.org/-/media/files/professional/million-hearts/national-cholesterol-education-month-ucm\\_500458.pdf?la=en](https://www.heart.org/-/media/files/professional/million-hearts/national-cholesterol-education-month-ucm_500458.pdf?la=en)

## **9/15/2021 Habit Stacking- Every Practice Counts**

Do you ever wonder why you do what you do and why you don't do that you still want to do? If so, you're not alone. Human behavior is a science and you have to think like a scientist in order to change your habits. I'm Clarissa Moon here with a basic intro to building good habits.

- 1) Start Small. Don't set out to run two miles every day when you haven't ran in two years. Start by taking a one minute walk and build from there.
- 2) Build positive habits on top of preexisting habits. This way you have a reliable prompt and don't have to think about fitting something brand new into your day.
- 3) Here's an example. Every time you turn on the shower to warm up, try taking a few deep breaths. Or do one minute of stretching every morning when you first get out of bed.

Living a healthy life doesn't happen overnight. Give these tips a try and learn more at [mondycampaigns.org](http://mondycampaigns.org) or [panola.agrilife.org](http://panola.agrilife.org)

<https://www.mondycampaigns.org/destress-monday/habit-stack-your-way-to-a-more-relaxed-monday>

## **9/20/21 Water and Nutrition**

Getting enough water every day is important for your health. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, and lead to constipation and kidney stones.

Water helps your body:

- Keep a normal temperature

- Lubricate and cushion joints

- Protect your spinal cord and other sensitive tissues

- Get rid of wastes through urination, perspiration, and bowel movements

Your body needs more water when you are:

- In hot climates

- More physically active

- Running a fever

- Having diarrhea or vomiting

Most of your fluid needs are met through the water and beverages you drink. You can get some fluids through the foods that you eat – especially foods with high water content, such as many fruits and vegetables.

Tips to Drink More Water

- Carry a water bottle with you and refill it throughout the day.

- Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.

- Choose water over sugary drinks.

- Opt for water when eating out. You'll save money and reduce calories.

- Serve water during meals.

Add a wedge of lime or lemon to your water. This can help improve the taste and help you drink more water than you usually do.

Make sure your kids are getting enough water too. Learn more about drinking water [in schools](#) and [early care and education settings pdf icon](#)[PDF-3.68MB].