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Drive Carefully - Deer More Active This Time of Year

OCTOBER 08TH 2013 BY DEE LOFLIN

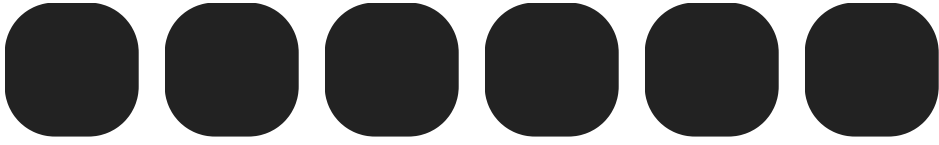
Missouri - Colonel Ron Replogle, superintendent of the Missouri State Highway Patrol, reminds drivers that deer are more active this time of year, and to please be especially vigilant during evening and early dawn hours. Deer behavior changes due to mating season, which may cause an increase in sightings and roadway crossings. Hunting and crop harvesting may result in these animals being in places they aren't usually seen. Drivers are urged to remain alert.

Last year, drivers in Missouri experienced 3,980 traffic crashes where deer-vehicle strikes occurred. One deer strike occurred every 2.2 hours in the state. In these crashes, five people were killed and 411 injured.

When you see deer, slow down and proceed with caution. Deer often travel in groups--stay on guard after a close call or when you see a single deer. Natural features also affect deer movement. In areas where there are streams or wooded corridors surrounded by farmland, look for more deer to cross roadways. Remember: Rural areas are not the only place where deer/vehicle strikes occur. In 2012, 25.5% percent of the traffic crashes involving deer happened in urban areas.

The majority of deer strike crashes occur from October through December each year, with the largest number taking place in November. Most deer strikes occur between the hours of 5 p.m. and 6:59 a.m. The Missouri State Highway Patrol reminds drivers that an attempt to avoid striking a deer could result in a more serious crash involving oncoming traffic. Try to remain calm. Panicking and overreacting usually lead to more serious traffic crashes. Deer create hazards for Missouri motorists. Please stay alert, and make sure you and the occupants of your vehicle buckle up!

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Jenni Hosfelt Wins iPad

OCTOBER 02ND 2013 BY DEE LOFLIN

[Jenni Hosfelt Wins iPad](#)

*Submitted to
news@showmetimes.com*

Dexter, Missouri - Sue Ann Williams, Assistant Administrator at SoutheastHEALTH Center of Stoddard County, presents the iPad mini to Jenni Hosfelt of Campbell. Jenni was the lucky winner of the Apple iPad Mini that SoutheastHEALTH Center of Stoddard County gave away at the Stoddard County Fair.

Congratulations Jenni!

LAST UPDATED ON OCTOBER 02ND 2013 BY DEE LOFLIN

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National Child Passenger Safety Week, Sept 15-21

SEPTEMBER 15TH 2013 BY DEE LOFLIN

National Child Passenger Safety Week, Sept 15-21

Submitted by

Dee Loflin, SMT Manager/Editor

Jefferson City, Missouri - The Missouri State Highway Patrol joins the National Highway Traffic Safety Administration (NHTSA), the Ad Council, and other safety advocates to commemorate National Child Passenger Safety Week (September 15-21, 2013).

The primary goal of this program is to remind all parents and other adults responsible for children traveling in motor vehicles of the importance of child safety seats and seat belts. Every year, children suffer needless injuries. Preliminary statistics indicate that in 2012, 17 children under the age of eight were killed in traffic crashes, and another 1,743 were injured.

Troopers issued citations to 2,362 drivers who failed to secure children less than eight years old in a child restraint/booster seat in 2012. Troopers issued citations to an additional 572 drivers who failed to secure a child 80 pounds or more or over 4'9" in a seat belt in 2012.

Troopers investigate traffic crashes every day. Nothing is more disturbing than a traffic crash that includes a child being hurt or killed. Child safety seats protect children. The Missouri State Highway Patrol encourages every driver to make sure child passengers in their vehicles are restrained properly.

Missouri law states:

- * Children less than four years old are required to use an appropriate child passenger restraint system. [The fine for not complying with the law is \$50.]
- * Children less than 40 pounds, regardless of age, must be secured in a child passenger restraint system appropriate for the child. [The fine for not complying with the law is \$50.]
- * Children ages four to eight years old who weigh at least 40 pounds, but less than 80 pounds, and are under 4'9" tall, must be secured in a child passenger restraint system or booster seat appropriate for that child. [The fine for not complying with the law is \$50.]
- * Children ages eight through 15 must wear seat belts regardless of the type of vehicle in which they are riding or where they are seated (front or back). Like the child restraint law, this is a primary law, meaning you can be pulled over by law enforcement for noncompliance. The fine is \$10.
- * Persons less than 18 years of age operating or riding in trucks (regardless of gross weight for which licensed) must wear seat belts.
- * No person under age 18 is allowed to ride in the unenclosed bed of a truck with a licensed gross weight of less than 12,000 pounds on lettered highways, federal, state maintained highways, and within city limits. There are exemptions for agricultural purposes, special events, and parades.
- * It is the driver's responsibility to ensure passengers under the age of 16 are buckled up safely. Those 16 and over are responsible for themselves.

There are many styles of child safety seats from which parents may choose. Infant seats are designed for children up to 22-30 pounds depending on the seat manufacturer. This type of seat should be placed into a vehicle so the infant faces rearward in a semi-reclined position. It is important to remember rear-facing infant seats should NOT be used in a front passenger seat equipped with an active air bag. If deployed, an air bag could hit the infant seat and injure or kill the baby. Airbag or not, the back seat is the safest place for a child.

Most convertible child safety seats are designed for children from five pounds up to 40 - 80 pounds, depending on the manufacturer. Like all seats, they have manufacturer's labels on the side indicating the maximum height and weight of the seat. They recline and face rearward in an infant position, and convert to sit upright and face forward for the toddler position. Most newer convertible seats can hold children who weigh up to 35 pounds in the rear-facing position. NHTSA recommends keeping children rear facing until they reach the maximum height and weight for the car seat. The child can then be turned around forward facing.

Booster seats are designed for children who have outgrown other safety seats and must be used with an adult lap and shoulder belt. Lap/shoulder belts are designed for children who are at least 4' 9" tall or 80 or more pounds. Make sure the lap belt stays low and snug across the lower hip/upper thigh area, and the shoulder belt does not cross the face or the neck.

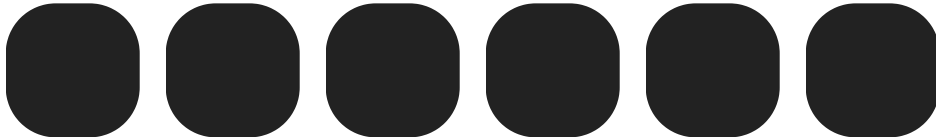
“Missouri's child safety seat survey revealed that when drivers are not buckled up, 28 percent of children were not restrained either. Parents, your child's safety begins with you. Please teach your children the value of using seat belts by setting the example. Place your child in the proper restraint or safety seat every time they ride in a vehicle,” said Colonel Ron Replogle, superintendent of the Missouri State Highway Patrol. “It’s a habit that could one day save their life.”

For safety reasons, the Missouri State Highway Patrol discourages the purchase of child safety seats at a garage sale. Also, a safety seat that has been in a vehicle during a traffic crash should be replaced.

There is no one "safest" child safety seat. Use the one that fits your child, fits in your vehicles correctly, and one that you will use every trip, every time. According to the National Highway Traffic Safety Administration, three out of four child safety seats are installed improperly. Car seat inspection stations are located all over Missouri. For more information about the proper use of child restraint systems or to schedule a child safety seat inspection, contact the nearest Missouri State Highway Patrol troop headquarters and ask for the public information and education officer, or visit www.seatcheck.org.

<https://showmetimes.com/Blogpost/upmb/National-Child-Passenger-Safety-Week-Sept-1521>

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Drive Sober or Get Pulled Over Campaign

AUGUST 22ND 2013 BY DEE LOFLIN

[Drive Sober or Get Pulled Over Campaign](#)

Submitted by

Dee Loflin, SMT Manager/Writer

Jefferson City, Missouri - Missouri state and local law enforcement agencies will participate in the national effort to deter substance-impaired driving by conducting statewide sobriety checkpoints and DWI saturation patrols Aug. 16 through Sept. 2.

Officers will focus on enforcement of Missouri's DWI laws and keep impaired drivers off the road. The strong enforcement presence reinforces the importance of driving sober and the legal consequences of ignoring that advice. Missourians will hear and see the Drive Sober or Get Pulled Over messages during this

statewide public awareness campaign.

"A drunk driving arrest could cost you thousands of dollars in fines, court costs and lawyers fees," said Leanna Depue, executive chair of the Missouri Coalition for Roadway Safety. "If you're convicted of a DWI you could also lose your license, lose your job and even spend time behind bars."

The message is clear - Drive Sober or Get Pulled Over.

The end of summer is always a busy travel time. Statewide, law enforcement made 714 DWI arrests during the impaired driving campaign in August and September of 2012. Unfortunately, substance-impaired driving contributes to nearly 30 percent of all Missouri traffic fatalities. We are all a part of the solution.

Please consider the following tips:

- Don't risk it - if you plan to drive, don't drink.
- Encourage safe driving behaviors among family, friends and co-workers.
- Choose a designated driver before partying. A designated driver is someone who drinks NO alcohol at all.
- Take mass transit, a taxicab or ask a friend to drive you home if you have no designated driver and no other means of transportation.
- Party hosts should include alcohol-free beverages for designated drivers.
- Report impaired drivers to law enforcement.
- Always wear your safety belt - it's your best defense against an impaired driver.

If drivers choose to ignore the drive sober messages, there's a good chance they'll be stopped by law enforcement officers and ticketed. That's a tough experience, but it's much better than being arrested for causing a fatal crash.

In 2012 there were 230 people killed and 868 seriously injured in crashes that involved at least one impaired driver.

To learn more about impaired driving and how you can Arrive Alive, visit saveMOlives.com, or follow social media at Save MO Lives, #drivesoberMO.

<https://showmetimes.com/Blogpost/upin/Drive-Sober-or-Get-Pulled-Over-Campaign>

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Unprocessed Baby Food May Protect Children Against Food Allergies

AUGUST 15TH 2013 BY BETH FARRAH

Unprocessed Baby Food May Protect Children Against Food Allergies

Babies who ate more fruits and vegetables and fewer packaged foods were less likely to develop food allergies in a new study that looked at overall diet patterns instead of just specific foods.

"We have been aware that certain diets seem to reduce the risk of allergy in infants," said Dr. Magnus Wickman, a professor at the Karolinska Institute in Stockholm, Sweden, who was not involved in the study.

"The mechanism behind that is that we think that different kinds of fatty acids and antioxidants, different kinds of vitamins and essential minerals are good for your health and also prevent allergy," he said.

Researchers estimate that up to eight percent of children have a food allergy. Parents are sometimes advised to avoid certain foods as a means of preventing food allergies from starting. But Kate Grimshaw, lead author of the new study and a researcher at the University of Southampton in the UK, said she's been concerned that parents are reducing the nutritional diversity of their infants' diet without there being a great deal of evidence to back it up.

To see how parents are feeding their infants, and whether that appears to have any influence on food allergies, Grimshaw and her colleagues collected food diaries from the parents of 1,140 babies.

The parents typically maintained the diet log for the first year of life, Grimshaw and her colleagues report in *The Journal of Allergy and Clinical Immunology*.

During that time, 41 children were diagnosed with a food allergy, and Grimshaw's group compared these infants to 82 similar babies without an allergy.

The researchers scored the babies' diets based on the combination of different foods they ate.

They found that babies without food allergies scored higher than babies with allergies on a diet that was rich in healthy, often homemade, foods - including fruits, vegetables, poultry and fish - and scant on processed foods such as pre-made meals, potato chips, cook-in sauces and bacon.

"The analysis showed that the infants who were having more fruits and vegetables and less commercially produced baby foods and also less adult foods were the ones who were less likely to develop an allergy by the time they were two," Grimshaw said.

"It's not that they didn't have commercially-made baby foods, it's just that they did not have them predominantly in their diet," she added.

The study could not determine why the fresher type of diet seemed to protect against food allergies. And the results do not prove that the dietary patterns caused the differences in allergy rates.

Wickman said that studies on diet and allergy are extremely difficult, and that it is a challenge for researchers to account for other factors that might influence what a child eats and his risk for developing a food allergy.

Still, it's possible that the foods themselves are responsible.

"We know that there are nutrients in the diet that educate the immune system. And one could argue that if they're not there in adequate amounts when the child's immune system is developing, that may be one way that this is working," Grimshaw said.

Wickman said that there is no evidence that avoiding allergenic foods, such as nuts, fish and eggs is beneficial in preventing food allergies.

She added, there is very little risk in recommending that parents focus on fresh fruits and vegetables.

"Healthy food has so many good things, and maybe it also can reduce the risk of food allergy in the child," Wickman said.

Doctors and health officials already recommend that children get plenty of fruits and vegetables and avoid junk foods.

Grimshaw said the results are just another reason for parents to feed their children fruits and vegetables and to try to serve home-made meals.

Written by Fox News Writer

LAST UPDATED ON AUGUST 15TH 2013 BY BETH FARRAH

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