

HEALTHBEAT



Why YOUR Lifestyle – Regardless of Age – Needs to be Considered When Selecting Hearing Technology.....	2	Alzheimer's Researchers Hopeful.....	5
BFit: Be Fit. Be STRONG. Be Healthy!	4	Healthy Habits Help Lessen the Impact of Influenza	6
		Preparing for your Mammography Visit	8

Why YOUR Lifestyle – Regardless of Age – Needs to be Considered When Selecting Hearing Technology

By Crystal Chalmers, Au.D

Doctor of Audiology • Owner, North State Audiological Services



Crystal Chalmers, Au.D

Ah, high-technology consumer-oriented electronic devices. They're everywhere we look in our daily lives. From the L.E.D. read-out timer-controlled

automatic coffee maker to the hands-free cellular phone to digitally enhanced music and television systems, high-tech products are all the rage, enhancing our lives in ways that couldn't have been imagined less than a generation ago.

About the writer: Crystal Chalmers, Au.D., is an AudigyCertified™ Doctor of Audiology, the owner of North State Audiological Services in Chico, and a member of AudigyGroup, the nation's largest member-owned association of independent hearing care professionals.

Since 2006, AudigyGroup has interviewed over 5,000 of the 18,000 audiologists in the United

States, yet has selected only 250 to be members in this elite association. Dr. Chalmers is the only AudigyGroup professional in the entire northeastern part of California. AudigyCertified™ is a trade-mark of AudigyGroup, LLC.

To learn more about Dr. Chalmers, her practice, and AudigyGroup visit online at www.nsaudiology.com or call toll free at 1 (888) 893-1352

And judging from some of the advertisements that are out there one might get the impression that high-tech hearing devices are the end-all answer to communication difficulties for someone with hearing difficulty. People are bombarded with ads on hearing devices telling them that by purchasing the "latest and greatest" from Brand ABC that they'll immediately hear like they did when they were a teenager. Being good consumers, they research for hours on end, and then decide on a product with

Butte County
CALIFORNIA

County Home Depart

HOME ANIMALS PROGRAMS ENVIRONMENTAL HEALTH

PUBLIC HEALTH
The mission of the Butte County through promoting individual, providing a wide range of services, health, communicable and infectious diseases, and healthy and safe animals, and p

Public Health Clinics and Lab
The Public Health Clinics work to protect individuals and the community from the spread of communicable diseases and are committed to providing quality health information, education and services. Our Public Health Clinics are open Monday through Friday from 8am to 5pm. The locations and phone number are listed below. Call for an appointment today.
Clinic Brochure English Spanish Hmong

Immunizations
The health department operates two public health clinics throughout the county that offer immunizations, travel shots, family planning, STD testing and treatment, health exams, and free condoms. Low-Cost or Free services are available. The clinics offer walk-in and same-day appointments. All services are confidential.

Family Planning
The Nursing Divisions offer a wide variety of services to promote health and well-being. Services include: maternal and child health, family planning, and STD testing.

Testing & Services
Confidential testing, counseling, and treatment for HIV, Hepatitis B, and Hepatitis C are available at the public health clinics.

New Website!

www.buttecounty.net/publichealth

PUBLIC HEALTH & YOU

Your local resource for personal, community & environmental health

ARTICLE BY LISA ALMAGUER, BUTTE COUNTY PUBLIC HEALTH, COMMUNICATIONS MANAGER

If you're like me, you probably have a pet that you adore, enjoy eating out occasionally, and like to keep cool by drinking water and swimming in a nearby pool. If you're lucky, you may get to travel someplace exciting and far away. Did you know all of these things are influenced, monitored and protected by your local Public Health Department?

There are topics that we would rather not think about, like how our community handles hazardous material spills, monitors diseases, and investigates rabid or abused animals. These are also functions of your local Public Health Department.

Creating plans for emergency preparedness in the event of a natural or man made disaster that may affect the health of residents living in Butte County is another service designed to protect you and the community. We take your health and safety very seriously.

The Butte County Public Health Department runs over 50 programs serving: children, mothers, families, adults, small businesses, animals and the environment. Information on these programs and services just became more accessible to you. Earlier this month, we launched our NEW website, which is designed to be your local resource for health information.

Need to find a clinic for a travel shot? No problem. Want to get your dog licensed and find a local, low-cost rabies vaccination clinic? We've got you covered. Are you thinking of turning your jam making hobby into a business and need to get certified? We can help with that too.

For breaking news and daily updates, follow us on Facebook and Twitter.



high expectations.

But for someone with hearing difficulties, taking that path is like trying to follow a map without directions nor a compass.

That's because the first step towards better hearing lies not in selecting a hearing device, but rather in examining one's lifestyle and listening needs.

Regardless of age, people have different lifestyles. While one person might lead a very active life, another seemingly similar individual might lead a more quiet life. If both have similar levels of hearing difficulty, should they both select the "latest and greatest" from Brand ABC? Of course not!

Instead of focusing on the hearing device one of the first things I like my patients to do is talk with me about their lifestyles and how that lifestyle is affected by their hearing and communication difficulties. Whenever possible, I also like to involve a spouse or significant life partner; oftentimes those close to the patient can offer helpful insight about their loved one's difficulties as well as positive support.

Only *after* this communication process --- coupled with a thorough audiological assessment -- is complete is it time to start discussing the appropriate level of hearing technology.

That is the path that will lead to successful use of today's hearing technology because hearing is a wonderful gift!

A Slice of Life (Well, 3 of Them, Actually)

Following are three different lifestyle categories. Where do you fit in?

Active lifestyles: Characterized by a variety of video and audio entertainment, diverse restaurant dining, sporting events, outdoor activities, demanding careers, group participation, family gathering, movies, driving, mall shopping, and church activities. Frequent background noise.

Casual Lifestyles: Typically include activities such as regular conversation, frequent television, quiet restaurant dining, small meetings, family gatherings, driving, shopping trips, movies, and weekly church services. Occasional background noise

Quiet Lifestyles: Often feature one-to-one conversations, some television and radio, quiet shopping, trips, and weekly church services. Limited background noise.

– Crystal Chalmers, Au.D.



North State
Audiological Services

Best Science • Best Technology • Better Hearing



Because hearing is a wonderful gift!

There for You 1000%

"From my first information-gathering phone call to my most recent check-in, I have been absolutely delighted by the extremely professional, sensitive, sincere, friendly, and comprehensive experience I have had at North State Audiological Services. Dr. Chalmers delivers the right balance of professional expertise with a good dose of reality; she tells it like it is! Office visits are delightful. It's a nice mix of casual fun and professionalism. The staff is sincere, patient, instinctive, and there for you 1000%. And the package they offer is great; lifetime this and that really heightened my 'value button.' Hearing aids - good ones - are an investment, so it is critical that you get real value; you will get that here!"

- Alton Wright, Marketing Consultant, Brownsville, CA

Let us have a conversation about how we could help you change your life - or the life of a loved one - for the better ... through better hearing. Call us today at 1 (888) 893-1352 and we will schedule you for a complimentary appointment with our hearing care professionals ...
Because hearing is a wonderful gift!

1 (888) 893-1352

Chico's Only AudigyCertified™ Practice Offering
Complete Hearing Health Care

Located at **15 Jan Court**, off of
Forest Ave, behind Raley's Sky Plaza

We Support



Learn more at
www.nsaudiology.com

OFFICE HOURS:
Mon-Thurs 9am-5pm
Friday 9am till 12 noon
Closed for lunch 12-1pm

Learn more at www.nsaudiology.com



Crystal Chalmers, Au.D.
Doctor of Audiology
Owner, North State
Audiological Services

AUDIGY GROUP

BFit: Be Fit. Be STRONG. Be Healthy!

By Alice M. Patterson

Whether you're looking to lose a few unwanted pounds, or have your sights set on completing your first race, BFit offers solutions tailored to fit your needs. Bfit, which stands for Beacham Fitness, is owned by Sara Beacham, an ACE-Certified Personal Trainer



and Fitness Nutrition Specialist. Beacham offers custom solutions designed to help you reach your goals and maintain your overall fitness, health and well-being.

Born and raised in Chico, Beacham said most clients come to her because they "just want to feel good." She said that this can mean a number of things, whether they want to run a marathon or simply lose weight.

"I love the feeling of seeing someone hit a milestone, no matter what that personal milestone is."

Beacham said that most people know what they need to do to get healthy, but they often need the accountability of working with someone, and of showing up at a certain place at a certain time. Clients are treated with respect and gratitude at BFit, and are challenged to live greater, more abundant lives. This starts with self-care through the achievement of fitness and health goals.

"It's extremely rewarding helping people become the best versions of themselves," she said.

At Bfit, clients have access to several different programs, including small group and



personal training. Small group training gives clients the opportunity to work out with friends for extra motivation and accountability. Class sizes are comprised of two to five people per group, and

Be Fit. Be STRONG. Be Healthy.

clients receive unlimited access to all classes each week. Personal training gives clients one-on-one attention for one to four sessions per week. During the sessions, clients receive personal attention to modify movements, increase intensity, and make proper progressions. Health and Nutrition coaching is also available, as Beacham is a certified Take Shape For Life coach. In the 15 years Beacham has trained clients as a certified personal trainer she has always stressed the importance of good nutrition into her overall program.

Beacham is excited about a couple of up-

Vaughn Kearbey, D.D.S.

530 533-6252

FREE Denture Consultation

- 20% OFF New Dentures
- 20% OFF New Patients

*Visit does not apply to any billed insurance patients.

3115 Oro Dam Blvd. Ste 1,
Oroville, California 95966



a Nationwide Insurance® company

Fugate Insurance Agency, Inc.

Anthem 

Serving The community with pride since 1973.

**HEALTH • HOME • AUTO • FARM
COMMERCIAL
MEDICARE SUPPLEMENTS**

2770 Olive Hwy., Suite B, Oroville, CA • License #0E28867 • Free no-obligation quotes!

533-2860 • www.fugateinsurance.com

coming programs, including her "Recovery Through Fitness" program and Holiday Boot Camp. Currently in development, the Recovery Through Fitness program offers a chance for clients to use fitness as a way to heal from diseases such as cancer or for those in recovery from addiction.

The six-week Holiday Boot Camp is a great way to kick start the holiday season, and runs from November 2 through December 12, 2015. Clients attend two classes per week at their choice of times (either Mondays and Wednesdays at 6:30 p.m. or Tuesdays and Thursdays at 6:00 a.m.) Cost for the entire six-week session is \$125.

To schedule your complimentary fitness or health consultation, call (530) 591-4161 or visit www.chicobfit.com. You'll also find BFit on twitter at @ChicoBFit and on Facebook at www.facebook.com/chicobfit.

Alzheimer's Researchers Hopeful

Alzheimer's disease has no cure, and its progression cannot be radically slowed. The Alzheimer's Association reports that every 67 seconds someone in the United States develops Alzheimer's, and around 5 million people in the country currently have the disease.

While there is no cure for Alzheimer's disease, researchers are continuing to work on both drug and nondrug treatments to combat both cognitive and behavioral symptoms. According to information from the 2015 Alzheimer's Association International Conference, there is reason for optimism regarding Alzheimer's treatments.

Researchers now have a better understanding of how the brain changes with Alzheimer's and can fine tune medications to react with certain areas of the brain responsible for certain symptoms. For example, drug companies Eli Lilly

and Biogen have been testing drugs that block beta amyloid, a protein that can cause toxic brain plaques in people, which are often associated with progressive brain disease.

Another abnormality associated with Alzheimer's is caused when a protein called tau twists into microscopic tangles, says the Mayo Clinic. Tangles collapse vital brain cell transport systems. Researchers are looking into medicines that may prevent tau from forming tangles.

In addition, researchers continue to look at anti-inflammatory drugs to help delay the progress of Alzheimer's disease, as well as how other conditions and diseases, including high blood pressure or diabetes, may impact the risk of developing Alzheimer's.

Just what your doctor ordered

Accepting Medicare assignments & most insurances



Waheed Saleh, Angela Brandt, Saeed Saleh



Free Delivery

2809 Olive Highway, Oroville, CA 95966

Healthy Habits Help Lessen the Impact of Influenza

By Alice M. Patterson

Fall is here, which means cooler weather, worn out jeans and unfortunately... the flu. This contagious respiratory illness is caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. Flu seasons are unpredictable and can be severe, but there are precautionary measures that everyone can take to help lessen the impact or avoid the flu altogether.

Flu season varies in severity from year to year, according to Lisa Almaguer, Communications Manager for Butte County Public Health.

“You can’t control the flu, but you can get vaccinated and make sure to practice good daily hygiene like washing your hands often, not sharing drinking glasses or utensils, and coughing/sneezing into the inside of your shirt arm. Good sleep and hydration plays a large role in keeping you healthy during flu season. Most importantly, if you do feel ill, stay home from work or school,” she said.

Locally, Enloe Medical Center offers free flu shot clinics each Fall, with vaccines provided by Butte County Public Health. Two public flu vaccination clinics have already taken place, with another taking place Saturday, November 14th from 10 a.m. to 2 p.m. (while supplies last) at Enloe's Community Wellness Expo on the corner of 5th & Magnolia Avenues in Chico.

According to the Center for Disease Control (CDC), over a period of 30 years, between 1976 and 2006, estimates of flu-associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people.

People who have the flu often feel some or all of these signs and symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)

Some people may have vomiting and diarrhea, though this is more common in children than adults.

According to the Center for Disease Control (CDC), the single best way to prevent the flu is to get a flu vaccine each season. There are several **flu vaccine options** for the 2015-2016 flu season.

Traditional flu vaccines made to protect against three different flu viruses (called “trivalent” vaccines) are available, as are flu vaccines made to protect against four different flu viruses (called “quadrivalent” vaccines). Trivalent flu vaccine protects against two influenza A viruses (an H1N1 and an H3N2) and an influenza B virus. The following trivalent flu vaccines are available:

Standard-dose trivalent shots that are manufactured using virus grown in eggs. There are several different flu shots of this type available, and they are approved for people of different ages. Some are approved for use in people as young as 6 months of age. Most flu shots are given with a needle. One standard dose trivalent shot also can be given with a **jet injector**, for persons aged 18 through 64 years.

A **high-dose trivalent shot**, approved for people 65 and older.

A **trivalent shot containing virus grown in cell culture**, which is approved for people 18 and older.

A **recombinant trivalent shot that is egg-free**, approved for people 18 years and older.

The quadrivalent flu vaccine protects against two influenza A viruses and two influenza B viruses. The following quadrivalent flu vaccines are available:



A **quadrivalent flu shot** that is manufactured using virus grown in eggs. There are several different flu shots of this type available, and they are approved for people of different ages. Some are approved for use in people as young as 6 months of age.

An **intradermal quadrivalent shot**, which is injected into the skin instead of the muscle and uses a much smaller needle than the regular flu shot. It is approved for people 18 through 64 years of age.

A **quadrivalent nasal spray vaccine**, approved for people 2 through 49

Annual flu vaccination should begin soon after the flu vaccine is available, and ideally by October, according to the CDC. However, getting vaccinated even later can be protective, as long as flu viruses are circulating. While seasonal influenza outbreaks can happen as early as October, most of the time influenza activity peaks in January or later. Since it takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection, it is best that people get vaccinated so they are protected before influenza begins spreading in their community.

Everyone 6 months of age and older should get a flu vaccine every season. This recommendation has been in place since February 24, 2010 when CDC's Advisory Committee on Immunization Practices (ACIP) voted for "universal" flu vaccination in the United States to expand protection against the flu to more people. Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from the flu.

Additional good health habits recommended by the CDC are:

1. Avoid close contact with people who are sick.
2. Stay home when you are sick.
3. Cover your mouth and nose when sneezing or coughing
4. Clean your hands.
5. Avoid touching your eyes, nose or mouth.

For more information, contact the Butte County Public Health Flu Information Line at 1-866-444-2405.



PAWS' LAWS

If you treat
ME RIGHT
I won't
BITE!



DOG BITE PREVENTION

Butte County Animal Control Takes Message to Schools

ARTICLE BY LISA ALMAGUER, BUTTE COUNTY PUBLIC HEALTH, COMMUNICATIONS MANAGER

During a recent visit to a local third grade classroom, almost every student indicated that they have a dog at home. When asked if they have been bitten or know someone who's been bitten by a dog, almost one third of the hands went up. Does this surprise you? Butte County Public Health Department, Animal Control Division, handles hundreds of bite related calls each year. One in five of these results in injuries that require medical attention; half of these are children. These are cases reported in the unincorporated areas of Butte County. There are many more handled by your local city's Animal Control and even more that go unreported. With an estimated 50,000 dogs in Butte County, this problem won't go away on its own.

Animal Control aims to curb the number of dog related bites and injuries to children by running a year-long outreach program, targeting 3rd grade

classrooms throughout the county. We plan to visit schools identified as high risk based on the geographic locations of current and past bite reports. School visits will include a short educational video, an interactive question and answer session with an Animal Control officer, and a poster for the classroom. The goal is to educate children in a fun and memorable way, giving them the tools they need to make safe decisions about interacting with both familiar and unfamiliar dogs.

Most dog bites occur with a family dog or one that the child already knows. The presentation helps children to learn to "speak dog" by identifying a dog's body language.

If your school would like to schedule a visit from Butte County Animal Control, contact Lisa Almaguer at (530) 538.6313



Preparing for your Mammography Visit

Annual mammograms are widely recommended for women beginning at age 40. Some estimates suggest that more than 48 million mammography screenings are performed in the United States every year.

Whether it is a woman's first mammography or her twentieth, preparing for the appointment can ease anxiety and make the experience go more smoothly. The following are some guidelines to consider when preparing for a mammography visit.

- Choose a reputable and certified facility. Select a radiology center that is certified by the FDA, which means it meets current standards and is safe. Many women also prefer to select a facility that is covered by their health insurance. Plans usually allow for one mammogram screening per year.

- Time your visit. Schedule the mammogram to

take place one week after your menstrual period if you have not reached menopause. Breasts are less likely to be tender at this time. Also, schedule your visit for a time when you are not likely to feel rushed or stressed. Early in the day works best for many.

- Dress for the occasion. Two-piece ensembles enable you to only remove your shirt and bra for the examination. A blouse that opens in the front may be optimal. Some facilities require you to wear a paper gown for the exam.

- Watch your grooming practices. You'll be advised to abstain from wearing powder, perfume, deodorant, ointment, and lotions on the chest or around the area. These substances may look like abnormalities on the mammogram image, potentially resulting in false positive diagnoses.

- Take an OTC pain medication. Mammograms are not necessarily painful, but they can put pres-

sure on the breasts, which creates discomfort. Breasts are compressed between a plastic plate and the imaging machine. This spreads out the tissue and helps create a clearer picture. If your breasts are tender, medications like acetaminophen or ibuprofen taken an hour before the appointment may ease discomfort.

- Expect a short visit. Mammogram appointments typically last around 30 minutes. The technician will mark any moles or birthmarks around the breasts so they can be ignored on the imaging. You'll be asked to hold your breath as the images are taken. If the images are acceptable, you are free to go. But new images may be needed in some instances.

Mammograms are now a routine part of women's preventative health care. The procedure is simple and appointments are quick and relatively painless.

THE BEST OF BOTH WORLDS

Immediate Care Medical Center is proud to announce the opening of Premiere Primary Care. With the addition of this office, we are able to provide more options, offering the best of both worlds!

Immediate Care Medical Center

Immediate Treatment of Minor Trauma & Minor Medical Emergencies

Premiere Primary Care

Accepting New Patients

Managing chronic, long-term health issues while performing regular, health care maintenance.



Chico: 376 Vallombrosa Ave.

Open Everyday 7am-9pm

Paradise: 5875 Clark Rd.

877-5433 · Mon-Fri 7am-7pm, Sat & Sun 8am-4pm

Dr. Bradley M. Smith
Owner

Chico: 251 Cohasset Rd., Ste 300

809-0674 · Mon. - Fri. 8am-5pm

Orland: 1361 Cortina Dr, Ste A

865-3400 · Mon-Fri 8am-5pm