



Alcohol Abuse Awareness Month

Drinking too much alcohol increases the risk of health-related problems like injuries, violence, liver disease, and some types of cancer. This April during Alcohol Awareness Month, Friendly Neighborhood Health Clinic encourages you to take this time to educate yourself and your loved ones about the dangers of drinking too much. In Texas alone, there have

been **2,795** drunk driving fatalities within the past year. To spread the word and prevent alcohol abuse, Friendly Neighborhood Health Clinic is joining other organizations across the country to honor Alcohol Awareness Month and prevent alcohol abuse in our community. If you are drinking too much, you can improve your health by cutting back or quitting. Here are some strategies to help you cut back or stop drinking:

- Limit your drinking to no more than 1 drink a day for women and no more than 2 drinks a day for men.
- Keep track of how much you drink.
- Don't drink when you are upset.
- Avoid places where people drink too much.
- Make a list of reasons not to drink.

For more information visit the following websites or the local **Alcoholics Anonymous** at **205 W. Adams Ave, Harlingen, TX 78550** **(956)428-9561**

<http://aa.org>

• Have some questions about alcohol? You are not alone. @CDC_ehealth shares their answers:

<http://1.usa.gov/I5QQv5>

• Check out this free publication – Alcohol a Women's Health Issue: <http://1.usa.gov/Y0JuMG>



Is Back Pain Affecting Your Life?

Back pain affects 80% of Americans at some time in their lives. It comes in many forms, from lower back pain, middle back pain, or upper back pain to low back pain with sciatica. Common back pain causes include nerve and muscular problems, degenerative disc disease, and arthritis. Other causes of back pain could be kidney diseases or bladder infections. Many people find relief from symptoms of back pain with pain medication or pain killers. Talk with your doctor to help you determine whether one of these problems could be affecting you.

Did you know?

There is an increased risk of bladder cancer from smoking. Most people associate smoking with lung cancer or COPD but research suggests that between 30 – 50% of all bladder cancers are caused by cigarette smoking.



The Old Man and the Seafood

Studies have found that people who eat fish on a regular basis live longer and healthier lives. In fact, regular fish eaters are less likely to suffer from heart disease than people who rarely dine on the "chicken of the sea."

~FNHC News~

**Due to recent demand
we are now offering the following vaccines:**
Hepatitis A, Hepatitis B, Shingles, and Chickenpox

We are also drawing blood for the following titers:
Measles, Mumps, Rubella, and Varicella



Are you suffering from **HEADACHES?**

There are three major categories of headaches: Primary, Secondary and Cranial Neuralgias. Primary headaches include migraine, tension and cluster headaches. Secondary headaches are those that are due to an underlying problem, such as a tumor or bleeding in the brain. Cranial headaches are caused by nerve pain in the head or neck.

Tension headaches are the most common type of headache. The cause of this type of headache is unknown but is primarily due to physical or emotional stress placed on the body. Signs of a tension headache are pain in the back of head or neck. These headaches can be treated with OTC relief such as aspirin, ibuprofen or acetaminophen. Secondary headaches are usually associated with some sort of underlying disease. This type of headache is usually diagnosed with blood tests, CT scans, MRI or lumbar puncture. You should seek medical attention when experiencing "the WORST headache of your life," your headache is aggravated with exertion, coughing, or bending over. Talk with your doctor about finding a solution that's right for you.

Try one of these Healthy Living Recipes

Sunburst Fruit Salad

½ cup sour cream
2 tbsp honey
¼ tsp zest and 1Tbsp juice from lime
1cup seedless grapes
4 kiwis
1cup fresh blueberries
1-1/2 cups fresh pineapple chunks
3 navel oranges peeled and quartered
3 cups halved fresh strawberries

-Mix sour cream, honey, zest and juice in bowl. Refrigerate until ready to use.

-Arrange fruit in a circular pattern on round plate.

-Serve with sour cream mixture.



Mini Mimosas

¼ cup boiling water
1pkg (3oz) JELL-O Orange Flavor Gelatin
1/3 cup cold club soda
2 fresh strawberries

ADD boiling water to gelatin mix in small bowl; stir 2 min. until completely dissolved. Stir in club soda.

PLACE strawberries in 10 (2-oz.) plastic cups sprayed with cooking spray; fill with gelatin. Refrigerate

1 hour or until firm.

UNMOLD before serving



Tami Dittburner, RN, ANP-BC

Office Hours
M-F 8-6
Sat 9-12

617 E. Loop 499 Ste. C
Harlingen, TX 78550
956-428-8264

Visit our website
www.myfnhc.com