



## International Group B Strep Awareness Month

### What is Group B Strep Infection?

Group B strep (GBS) is a bacterium that causes life-threatening infections in newborns. Group B strep can also cause disease in pregnant women, the elderly, and adults with other illnesses. Group B strep is a bacteria naturally found in the digestive tract and birth canal of 1 in 4 pregnant women. These women “carry” or are “colonized” with GBS. However, GBS can come and go at any time so each pregnancy can be different. Babies can be infected by GBS before birth and up to 6 months of age because of their underdeveloped immune systems.

### What kind of illnesses does GBS cause?

In newborns, GBS is the most common cause of sepsis (infection of the bloodstream) and meningitis (infection of the lining and fluid surrounding the brain) and a common cause of pneumonia. Group B strep disease in newborns usually occurs in the first week of life (“early-onset”). Babies can also get a slightly less serious “late-onset” form of group B strep disease that develops a week to a few months after birth.

In adults, group B strep usually causes no symptoms. However, in rare cases, it can lead to serious bloodstream infections, urinary tract infections, skin infections, and pneumonia, especially in people with weakened immune systems and other health problems, such as diabetes.

### How can group B strep infection be prevented?

Most cases of group B strep infection in newborns can be prevented by giving certain pregnant women antibiotics during labor. Antibiotic treatment before labor does not prevent group B strep infection in newborns.

Any pregnant woman who has already had a baby with group B strep infection or who has a urinary tract infection caused by group B strep should be given antibiotics during labor. Pregnant women who are colonized with group B strep should be offered antibiotics at the time of labor or rupture of the membranes.



## July is UV Safety Month

During July, the American Academy of Ophthalmology and Eye M.D.s around the country encourage everyone to protect their eyes from UV-related damage. The sun is bright and there is a great amount of damage the sun do to your eyes. Everyone is at risk for eye damage that can lead to vision loss from exposure to the ultraviolet rays of the sun. So, use this month to spread the message of sun safety to your community

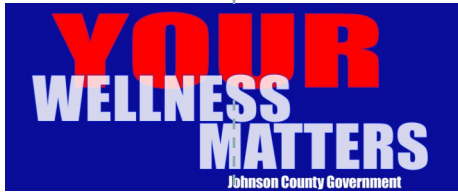
### Safety Tips:

The same UV-A and UV-B rays that can damage your skin can harm your eyes as well. When you

protect yourself from the sun, don't just think sun-screen – think sunglasses and a wide brimmed hat.

Your eyes can be harmed by UV light sources other than the sun, such as welding lamps or tanning lights. So remember to wear eye protection when using these sources of invisible, high energy UV rays.





JOHNSON COUNTY  
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**Nutrition Facts**

Nutritional analysis	per serving
Calories	420
Total Fat	21.5 grams
Saturated Fat	4.5 grams
Cholesterol	16.5 mg
Sodium	245 mg
Carbohydrates	49 grams
Protein	13.5 grams
Fiber	9 grams

**Did You Know?**

Heatstroke is the most severe of the heat-related problems, often resulting from exercise or heavy work in hot environments combined with inadequate fluid intake.

Young children, older adults, and people who are obese are at high risk of heatstroke. Other risk factors include dehydration, alcohol use, cardiovascular disease and certain medications.

The main sign of heatstroke is a markedly elevated body temperature – generally greater than 104 F (40 C) – with changes in mental status ranging from personality changes to confusion and coma. Skin may be hot and dry – although if heatstroke is caused by exertion, the skin may be moist.

Always be careful when outside in extreme heat! And, drink plenty of fluids!

**Whole-Wheat Pasta Salad with Walnuts and Feta Cheese**

**Ingredients**

- 1/2 pound whole-wheat fusilli or other spiral shaped pasta
- 1/2 cup walnuts
- 1/2 cup crumbled feta cheese
- 1/2 cup diced red onion
- 1 1/2 cups chopped baby spinach leaves
- 2 tablespoons walnut oil
- 2 tablespoons red wine vinegar
- 1 clove of garlic, minced (about 1/2 teaspoon)
- 1/2 teaspoon Dijon mustard
- Salt
- Freshly ground black pepper

**Directions**

Cook the pasta according to the directions on the package. Drain the pasta, rinse it under cold water, and put it in the refrigerator to chill.

In a dry saute pan toast the walnuts over a medium-high flame until they are fragrant, about 2 minutes. Set the walnuts aside to cool then chop them coarsely.

In a large bowl, toss together the chilled pasta, walnuts, feta cheese, onion, and spinach. In a small bowl whisk the oil, vinegar, garlic and mustard. Pour the dressing over the pasta salad and toss to combine. Season with salt and pepper.