



**HEALTHY Mendocino**  
Connecting people and information for better health

## What's New! February 2016

### February: Feature Story

#### The New Field of Gender-Specific Medicine

by *Jed Diamond, Ph,D*

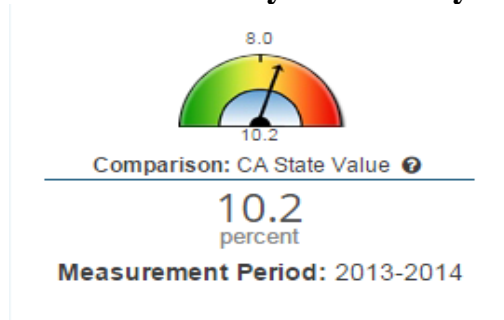
It has been said that our genomes are 99.9% identical from one person to the next. However, this is only true if you are comparing 2 men or 2 women. But, if you are comparing the genome of a man with the genome of a woman, you'll find that they are only 98.5% identical. The "genetic difference between a man and a woman are 15 times greater than the genetic difference between two men or between two women."

Find out what this means in relation to our health and how it may effect our treatment of such diseases as heart disease or depression.

Learn more at [HealthyMendocino.org](http://HealthyMendocino.org)

### Featured Indicator

#### Adults with Likely Serious Psychological Distress



The Kessler 6 Scale (K6) asks about six manifestations of nonspecific psychological distress. Respondents were asked how often over the past year they felt nervous, hopeless, restless or fidgety, worthless, as though everything was an effort, or so sad that nothing could cheer them up. Psychological distress can affect all aspects of our lives. It is important to recognize and address potential psychological issues before they become critical.

Learn more [here](#)

### Latest news



#### February is National Children's Dental Health Month

Read about HealthCorps member Juston Jaco's experience taking the Smiles Program into the classroom.

Click [here](#) to read the article



#### Free Volunteer Income Tax Assistance (VITA)

Once again North Coast Opportunities (NCO) Volunteer Network will be partnering with MendoLake Credit Union and Mendocino College to provide free income tax preparation services the Volunteer Income Tax Assistance (VITA) program, also known as the Earn It! Keep It! Save It! Program, helps local, low-income community members file their 2015

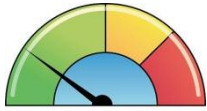
# Community Calendar

See the [events](#) happening in Mendocino County  
Have an upcoming event? Submit it [here](#) or [contribute](#) other content.

## Like Us on [Facebook](#)

Help us use this Social Media to inspire conversation and communicate about new information or changes on the site.

## Learn More About Healthy Mendocino



Email [healthymendocino@ncoinc.org](mailto:healthymendocino@ncoinc.org) or call 707-467-3228 to schedule a training for your organization and find the ways in which you can connect with the site, utilizing its many resources.

taxes.

The program is free and open to anyone who earned less than \$54,000 in 2015. Volunteers speak English and Spanish.

Click [here](#) for more information.

### Today's Headlines for [healthfinder.gov](#)

[Depression Screening Should Include All Pregnant, Postpartum Women: Panel](#)

[Take Care of Your Child's Teeth](#)

[Healthy-Eating Tots Still Like Junk Food](#)

[Health Tip: Meditation May Help Your Heart](#)

[Bonding With Others May Be Crucial for Long-Term Health](#)



LONG VALLEY HEALTH CENTER



MCVHN



Healthy Mendocino, North Coast Opportunities, 413 N. State, Ukiah CA 95482 707-467-3200 ext. 228  
To subscribe or unsubscribe please contact us [here](#).

To ensure you receive our monthly newsletter, make sure you add [healthymendocino@ncoinc.org](mailto:healthymendocino@ncoinc.org) to your address book.

2/26/2015

