

Newsletter issued by Forensic Nursing, Inc. Talking Points



APRIL / MAY 2014



Mary Jane Barrett, M.S., R.N.

Nurse Consultant

Certified Case Manager (CCM)

Master of Science (MS)
Health & Human Performance

Bachelor of Science-Nursing (BSN)



*"A good head and a good heart
are always
a formidable combination."*

~Nelson Mandela~

**1918 to 2013*

Nobel Peace Prize 1993

13 O'Brien Avenue
Whitefish, MT 59937
Phone: (406) 257-8658
Fax: (406) 257-8553
mjb@mjnurse.com
mjnurse.com

Best Web tools.....

For giving a PC a spring-cleaning

- **CCleaner** is a registry cleaner you should use monthly to keep your computer running efficiently. It scans for junk files, unnecessary registry entries, and unused cookies. (Free, or \$25 for professional edition).
- **Revo Uninstaller Pro** scans more deeply for malware and spyware than the standard Windows uninstaller. As it removes files, slowly but thoroughly, it'll also "uncover any renegade file crumbs left behind." \$29
- **Should I Remove It?** ...helps answer just that. It's an especially useful tool "if you're confused about 'extra' bundles in the form of adware toolbars." (Free)

The Week April 2014

GROSS DOMESTIC PRODUCT

"Health care spending in the United States has increased from \$75 billion (7% of Gross Domestic Product [GDP]) in 1970 to more than \$2 trillion (16% of GDP). This is twice the rate of spending of other developed countries, yet for a number of health outcomes Americans trail behind other nations. In spite of this level of spending, tens of millions of Americans lack insurance.

Uncompensated and under-compensated care are persistent problems and remain among the greatest concerns to physicians who consistently put patients first in our health care system."

Investopedia.com (i)

Healthy County:

Want to see how healthy your county ranks where you live in Montana?

Go to

countyhealthrankings.org

.....and, compare how healthy your county is to other Montana counties and compare Montana to other states.

Healthy Country: Infant mortality rate compares the number of deaths of infants *under 1 year old* in a given year *per 1,000 live births* in the same year. *This rate is often used as an indicator of the level of health in a country.*

Deaths/1,000 live births:

United States: 6.17 / 1000

*Monaco, **Lowest** in the world:*

1.81 /1000

*Afghanistan, **Highest** :117.23 /1000*

*~~Central Intelligence Agency (CIA) 2014
CIA.gov*

Gross Domestic Product: The monetary value of all the finished goods & services produced within a country's borders in a specific time period. Includes private/public consumption, government outlays, investments & exports less imports that occur within a defined territory. (i)

Trivia.....Check your body mass index at:

www.nhlbi.nih.gov/.../BMI/bmi.

Starbucks Iced Mocha Latte Grande-16 oz.

2% milk **or** U.S. Soymilk & Whip cream gets you

320 calories - Calories from fat at 150

Whole milk & Whip cream gets you

330 calories - Calories from fat at 170

starbucks.com