

WINDOW OF HEALTH

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Monroe County Health Department

"Growing Healthy Families...Together"

MONROE COUNTY HEALTH DEPARTMENT RECEIVES \$500,000 CAPITAL CONSTRUCTION GRANT

Governor Ernie Fletcher announced on Wednesday, December 20, 2006 that 24 local health departments around Kentucky, including the Monroe County Health Department, have been selected to receive up to \$500,000 in grant funding to improve their facilities. The Governor stated that for decades the local health departments have delivered programs that have been absolutely vital to the lives of Kentuckians.

The Monroe County Health Department received the maximum \$500,000 grant funding. Governor Fletcher presented the check to Rebecca Tandy, Public Health Administrator, and Dr. Timothy Hume, Chairman, Monroe County Board of Health. Rebecca excitedly stated, "the money will be utilized to construct a new facility adjacent to the current building in order to increase our clinical and health education capabilities for the citizens of Monroe County."



Gladly accepting the grant funds are Rebecca Tandy, MCHD Director, far left, and Dr. Timothy Hume, Chairman, Monroe County Board of Health, far right. 2nd from left is Dr. Steve Davis, Deputy Commissioner, KY Dept. For Public Health and beside him, Dr. William Hacker, Commissioner, KY Dept. For Public Health.



MCHD Earns Recognition For Achievement In Emergency Preparedness

The Monroe County Health Department is one of only seven local health departments and regional partnerships nationwide to win recognition for being ready to face bioterrorism events, new epidemics, natural disasters, and other public health emergencies.

The National Association of County and City Officials (NACCHO) will officially honor the departments (Feb 22, 2007 in Washington DC) as part of Project Public Health Ready, conducted by NACCHO with support from the U.S. Centers for Disease Control and

Prevention (CDC). NACCHO has been issuing the honors annually for the past three years. The achievement demonstrates excellence in three areas: planning for emergency preparedness, developing a competent workforce, and conducting full-scale exercises and other complicated simulation drills.

Applications were reviewed by a panel of local health officials, local health agency staff, and representatives of a number of national public health organizations besides NAACHO.

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Latest Information At
www.monroecohd.com

SEPTIC TANK INSTALLER TRAINING

Monroe County Health Department

January 17, 2007, 8:00 AM—Cost \$50.00—Training Required for 2007 License

New Staff Members At MCHD



Amy Comer, ARNP

The Monroe County Health Department is proud to welcome two new employees, Amy Comer, ARNP, and India Hamilton, Family Support Worker (HANDS).

Amy graduated from Monroe County High School, and Western Kentucky University. She is married to Chad Comer and has one son, John Morgan. Amy will be responsible for family

planning screening as well as adult and well child physicals along with other nursing duties.

India is a life long resident of Monroe County and a graduate of Monroe County High School. She has two daughters, Caselie and Arianna. India will be working primarily in the HANDS area as a Family Support Worker.



India Hamilton

January Is Cervical Cancer Awareness Month

Worldwide, cervical cancer is the second-most common cancer affecting women and the second leading cause of cancer death in women. Almost 80 percent of all cervical cancer cases occur in the developing world. In the United States, about 10,000 women will develop cervical cancer this year, resulting in about 3,000 deaths.

Cervical cancer tends to occur in women in their 40s and 50s, when many are still raising children and contributing to their families' livelihoods and security. The highest incidence rates of cervical cancer are among African-American and Hispanic women.

Virtually all cervical cancers are caused by some type of human papillomavirus (HPV), a common virus that infects about half of all people at some point in their lives. More than two-thirds of cervical

cancer cases are attributed to high-risk HPV types 16 and 18. Cervical cancer develops in the cervix, the cone shaped part of the uterus that connects the upper part of the uterus (the womb) and the vagina. Cervical cancer develops when abnormal cells in the lining of the cervix begin to multiply out of control in response to the HPV infection. Abnormal cervical cells can gather to form a lump called a tumor. Benign (non-cancerous) tumors do not spread and usually are not harmful. Malignant (cancerous) tumors, however, spread from their sources and grow into life-threatening cancer.

Precancerous changes and early cancers of the cervix generally do not cause pain or other symptoms; therefore, it is important to get regular Pap screenings to detect cervical pre-cancers or cancers at a stage when they can be treated most effectively. The Pap test (also called the Pap

smear) is a simple test – that detects abnormal or cancerous cervical cells. Because the Pap test can detect cervical changes before they progress to cancer, it is credited with significantly reducing cervical cancer deaths since its widespread use began in the 1950s. In addition, Pap tests can sometimes show minor cervical abnormalities that are due to infection. Precancerous changes and early cancers of the cervix generally do not cause pain or other symptoms; therefore, it is important to get regular Pap screenings to detect cervical pre-cancers or cancers at a stage when they can be treated most effectively.

Cervical cancer can usually be prevented if women are screened regularly with pap tests. If you are interested in having a Pap test call the Monroe County Health Department at 270-487-6782. We will be happy to assist you.

Ten Deadly Weapons Common In Monroe County

What are the ten deadliest weapons? Our ten fingers—those seemingly safe digits that, when they're not grasping doorknobs or handling money or flushing the toilet, are busy spreading everyday bugs like E. coli, or influenza, or simply the common cold.

Germes are often spread when people touch something that is contaminated with germes and touch their eyes, nose or mouth. Germes can live up to 2 hours on surfaces like doorknobs, desks, or tables.

With the cold and flu season upon us, it is time to remind everyone to wash your hands. The simplest and most effective way to prevent flu and cold is to wash your hands often—with soap and warm water. If soap and water are not available, use an alcohol-based disposable hand wipe or gel sanitizer.

Hands should be washed after using the bathroom, after blowing your nose, sneezing, or coughing, before eating or handling food, after handling uncooked meat, after taking out the

trash, after changing a diaper, after handling money, or after playing with a pet.

The proper way to wash you hands is by using hot or warm running water, lather hands with soap, rub hands together for at least 20 seconds, wash the back of hands, between the fingers, and under fingernails, rinse with warm water, pat hands dry, turn off the water using a paper towel.

For more information, call the health department.

Nicotine Replacement Products Available To Help Medicaid Recipients Stop Smoking

Cabinet for Health and Family Services (CFHS) Secretary Mark D Birdwhistle recently announced an innovative new program to offer nicotine replacement therapy to Medicaid members who take advantage of the Kentucky Tobacco Quit Line beginning December 15, 2006.

Through the initiative, the Department for Public Health's Tobacco Prevention and Cessation Program will provide coverage of nicotine replacement products at no cost to Medicaid members who enroll in Quit Line counseling. Products will be provided to all *KyHealth Choices* members. Those under 18 years old must obtain parental consent to enroll in the Quit Line counseling and a doctor's prescription for nicotine replacement products.

Locally, Medicaid members who want to take advantage of

the program can do so by calling 1-800-QUIT NOW. Nicotine replacement therapy (NRT) products—including nicotine patches, gum and lozenges—will be supplied through funding from additional tobacco settlement funds earmarked in the 2006 state budget for smoking prevention and cessation programs.

"We are so pleased to be able to offer this service to the Medicaid population," said Dyshel Thompson, Monroe County's Tobacco Prevention and Cessation Specialist. "Becoming a nonsmoker is one of the single greatest benefits a person can do for their health. We encourage smokers to call Kentucky's Tobacco Quit Line or contact the Monroe County Health Department about cessation resources in our community."

RSV—Respiratory Illness in Infants and Young Children

Respiratory Syncytial Virus (RSV) is a somewhat common virus found nationwide causing respiratory illness in infants and young children. RSV is the most common cause of bronchiolitis and pneumonia among children under 1 year of age. Illness begins most frequently with fever, runny nose, cough and sometimes wheezing. During their first RSV infection, between 25% and 40% of infants and young children have signs or symptoms of bronchiolitis or pneumonia, and 0.5% to 2% require

hospitalization. Most children recover from the illness in 8 to 15 days. RSV also causes repeated infections throughout life, usually associated with moderate-to-severe cold-like symptoms; however, severe lower respiratory tract disease may occur at any age, especially among the elderly or among those with compromised cardiac, pulmonary, or immune systems.

RSV is spread from respiratory secretions through close contact with infected persons or contact with

contaminated surfaces or objects. For children with mild disease, no specific treatment is necessary other than the treatment of symptoms (e.g. Tylenol® to reduce fever). Children with severe disease may require oxygen therapy and sometimes mechanical ventilation.

There is currently no vaccine for RSV; however, prevention options include good infection-control practices, such as frequent hand washing and not sharing items such as cups, glasses, and utensils with persons who have RSV illness.

Flu Vaccination Clinics Travel To Monroe Citizens

Heeding the recommendations of the Center for Disease Control and Prevention, Monroe County citizens took advantage of the six flu vaccination clinics offered in different parts of the county during November and December, 2006.

The Monroe County Health Department hosted Flu Vaccination Clinics in Fountain Run, Gamaliel, and Tompkinsville to increase access to the entire county. Two of the Tompkinsville clinics were held off-site at the National Guard Armory to accommodate more people in a shorter amount of time a using less staff. The clinics assisted the health department personnel in

obtaining needed experience in the preparation and operation of an off-site clinic. Off-site clinics could be vital if a situation ever arose for a county wide vaccination due to a wide spread epidemic or biological incident.

The response from the off-site clinics was very positive as recipients overall preferred the shorter waiting periods, and ease of receiving the vaccination. The health department preparedness team will continue to explore different avenues in providing needed vaccine as simply and expediently as possible.



Scenes from Fountain Run Flu Vaccination Clinic.

What Do My Cholesterol Levels Mean?

Monroe County Health Department	High blood cholesterol signals a higher risk of heart attack and stroke. That's why it is important to have your cholesterol levels checked regularly. A "lipoprotein profile" is a test to find out your blood cholesterol numbers including HDL and LDL levels.	LDL stands for low density lipoprotein. This is the main carrier of harmful cholesterol in your blood. A high level of LDL cholesterol means there's a higher risk of heart disease and stroke.
452 East 4th Street P.O. Box 247 Tompkinsville, KY 42167	Total Blood Cholesterol Levels: Less than 200 mg/dl = Desirable (lower risk) 200 to 239 mg/dl = Borderline high (higher risk) 240 mg/dl and above = High blood cholesterol	LDL Cholesterol Levels: Less than 100 mg/dl = Optimal for people with heart disease or diabetes 100 to 129 mg/dl = near or above optimal 130 to 159 mg/dl = Borderline High 200-499 mg/dl = High 500 mg/dl and above = Very High
Phone: 270-487-6782 Fax: 270-487-5457 www.monroecohd.com	HDL stands for high density lipoprotein, HDL is "good" cholesterol because it seems to lower your risk of heart attack and stroke. The higher your HDL, the better. You can raise your HDL by quitting smoking, losing excess weight and being more active.	Talk to your doctor, nurse or other health care professionals. If you have heart disease or have had a stroke, members of your family also may be at higher risk. It is very important for them to make changes to lower their risks.
Window of Health Published Quarterly By The Monroe County Health Department Harold Kelley <u>Editor</u> <u>Contributors</u> Amy Comer, ARNP Jill Ford, RN Betty Ford, RN Dyshel Thompson Jason Holland	HDL Cholesterol Levels: Less than 40mg/dl = Low HDL (higher risk) 40 to 59 mg/dl = The higher, the better 60 mg/dl and above = High HDL (lower risk)	The Monroe County Health Department has a number of fact sheets and educational materials to help you make healthier choices to reduce your risk, manage disease or care for a loved one.

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