

WINDOW OF HEALTH

Monroe County Health Department

Volume 3, Issue 2

July, 2007

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MCHD Salutes Clinical Staff



Jill Ford, RN Amy Comer, ARNP Betty Ford, RN

Providing for a healthy Monroe County is the clinical staff of MCHD. WIC, Family Planning, Vaccinations, Women's and Men's Annual Health Exams, Well Child Physicals, STD Screening, and Community Education are just a few of the services provided by these clinicians.

Summer Sun Increases Risk For Skin Cancer

The most common form of cancer in the United States is skin cancer. The most common types of skin cancer are basal cell and squamous cell which are highly curable. Melanoma is the third most common and is very serious especially in young people. Risk factors for developing skin cancer include: lighter natural skin color, family history, personal history, routine sun exposure, childhood sunburns, blue/green eyes, blonde/red hair, and large number of moles and skin that freckles easily.

UV (ultraviolet) rays from the sun is the single factor needed for skin cancer to develop. Preventing skin cancer while being outdoors can be achieved by using sunscreen with a sun protective factor (spf) of 15 or higher and both UVA and UVB protection. Wearing a wide brim hat can protect the head, ears, neck, and face. Wearing clothing to protect exposed skin, and also seeking shade during midday hours from 10:00 am to 4:00 pm when UV rays are most harmful, is important. Also

remember that even on hazy and cloudy days UV rays can reach you.

For young children it is important that it only takes a few serious sun burns to increase a person's risk of skin cancer. Therefore, it is important for parents to remember to use sunscreen on young children not only at the pool, beach, or vacation, but anytime they are outdoors.

HPV (Human Papillomavirus) Vaccine Available For Eligible Girls

What is HPV?

Genital human papillomavirus (HPV) is the most common sexually transmitted virus in the United States. There are 40 types of HPV. HPV causes most genital warts and can cause cervical cancer in women. Every year in the United States about 10,000 women get cervical cancer and 3,700 die from it. It is the 2nd leading cause of cancer deaths among women around the world.

HPV Vaccine-Why Get Vaccinated?

HPV vaccine (Gardasil) is given in a three dose series and is approved for girls ages 9 through 26 (the eligible groups for HPV

vaccine provided by the Vaccines for Children Program include females 9 through 18 years of age). It is important for girls to get HPV vaccine before their first sexual contact—because they have not been exposed to HPV. For these girls, the vaccine can prevent almost 100% of disease caused by the 4 types of HPV targeted by the vaccine. Protection from HPV vaccine is expected to be long-lasting. But vaccinated women still need cervical cancer screening because the vaccine does not protect against all HPV types that cause cervical cancer.

For Further Information on HPV vaccine or to determine eligibility, call the health department at 487-6782.



SAVE THE DATE!!

4th Annual Women's Health Forum
October 2nd
Monroe County High School

Pandemic Influenza Table Top Exercise

On May 24, 2007 the Monroe County Health Department and the Monroe County Medical Center hosted a table top discussion exercise entitled “School Closing as a Potential Means to Counter Pandemic Influenza. The exercise was developed by the Center’s for Disease Control and Prevention and was facilitated by the Monroe County Health Department.

The purpose of the exercise was to initiate discussions between local community partners involved with protecting the public. The

discussions were based on methods of countering a pandemic influenza outbreak in rural and urban areas.

Participants focused on issues surrounding a pandemic influenza outbreak and how those issues relate to the continued operations of the schools within the County (both private and public). They discussed how the issues relate to the school’s decisions to close or remain open could assist or limit the communities’ ability to try to control the spread of an influenza virus.



Participants At The Table Top Exercise Discuss Plans Specific For Monroe County.

Diabetics Guide To Working Out Summer Eating Habits

Summer is here! And, like all of us, you probably want to work on getting in shape, hitting the beach, and buying those sandals you’ve had your eye on. Go for it! Just remember, with all of those summer barbecues and family reunions coming up, you have to keep your eating habits in shape too! Eating healthy even while on vacation is a key step to staying healthy, looking great and most importantly, keeping your diabetes in control. Here are some tips from the National Diabetes Education Program on how to eat healthy and still enjoy all the foods that summer has to offer.

At a summer buffet, start by scanning the table to see what’s available. Fill up your plate with mostly vegetables and whole grains. If there are meat, limit your portion to about the size and thickness of a deck of cards. Choose lean meats, poultry or fish instead of high fat meats, such as barbecued ribs.

Choose grilled chicken (remove the skin) instead of something fried.

Look for high-fiber foods, such as dried beans and peas, lentils, and dark green vegetables such as broccoli, cabbage, spinach and kale. Dishes with green beans, three-beans, black beans and black-eyed peas, are always good choices, as are whole grain foods such as brown rice, couscous, whole wheat bread and pasta.

Watch out for those fatty foods! Avoid dishes with a lot of mayonnaise, sour cream and butter. Choose veggies that are light on dressing and cheese. For fun, try making your own dressing with a little olive oil and vinegar. If you make a sandwich, use whole wheat bread with mustard or salsa instead of mayonnaise.

Try to drink water, unsweetened tea, or diet soda with your meal.

Don’t forget dessert! Dessert is a great opportunity to get in some of your daily fruit intake. Everyone—including people with diabetes—needs three to four servings of fruit a day. Let’s face it; what is summer without delicious watermelon or strawberries? Fruit is an excellent source of fiber, vitamins and minerals, and has zero fat. Those pies and cookies taste good, but have a lot of fat and cholesterol and not much nutrition. So, try to stick to the good stuff! If you can’t resist, have a small serving.

Summer is a time to enjoy family, friends, and life. It’s also a great time to refocus on feeling better, eating healthy, and controlling your diabetes, for life! For more tips and free materials on diabetes control, visit the National Diabetes Education Program at <http://ndep.nih.gov> or call 1-800-438-5383.

MCHD Billing Medicare For Cancer Screening and Adult Preventive Services For Women With Medicare Part B

Examinations provided by Amy Comer, ARNP include Pap smear, clinical breast exam, rectal exam, and occult blood test of the stool. When clients come in for their appointment, the health department staff will make a copy of their Medicare card to bill for services completed. Referrals for

mammograms are also available. Medicare will pay for one screening mammogram per year. To make an appointment, call the health department at 487-6782.

Highlights From Spring 2007

Farewell

RABIES CLINIC

The Monroe County Health Department's 2nd Annual Rabies Clinic was held on Saturday, May 5th. Despite inclement weather conditions there were 78 dogs and cats vaccinated. This compares to 61 animals vaccinated last year. As interest in this service continues to increase, the health department is considering hosting two clinics beginning

in 2008. Thanks to Dr. Joe Staples for his valuable assistance with this project.



MEN'S HEALTH DAY

Standing room only was the order of the day, but no one seemed to care as 45 Monroe County men crowded into the health department on the afternoon of May 9 for the first ever Men's Health Day. Men traditionally ignore the need for annual checkups and even updates on vaccinations. The health department

made it easy for them—it was all free. Tetanus vaccinations, PSA Check, Blood Pressure, BMI, Nutritional Counseling, Smoke Analyzer, Preparedness Counseling, and home radon detectors were all provided free of charge. Because of the success of this inaugural event, the health department plans to make this an annual event.

Tamara Froedge
Account Clerk II
Resigned Effective
June 15



Good Luck Tamara!

Protect Your Child Against Hepatitis A

Hepatitis A is a serious liver disease caused by the hepatitis A virus (HAV). HAV is found in the stool of persons with hepatitis A. It is spread by close personal contact and sometimes by eating food or drinking water containing HAV. People with Hepatitis A often have to be hospitalized. Sometimes, people die as a result of hepatitis A. A person who has hepatitis A can easily pass the disease to others within the same household.

Hepatitis A Vaccine *can* prevent Hepatitis A! The Vaccines

for Children (VFC) program at the health department now has Hepatitis A vaccine available for eligible children (to determine VFC eligibility, call the health department). Hepatitis A vaccine is a 2-dose series. All children should receive hepatitis A vaccine at one year of age. The second dose should be administered at least six months apart.

Adults may also need Hepatitis A vaccine. Call us for further information on adult Hepatitis A vaccine.

Folic Acid Supplements Cut Stroke Risk

Folic acid supplementation may reduce the risk of stroke by 18 percent or more, but it's not clear whether it boosts outcomes for other cardiovascular conditions, researchers say.

A study published last year in the journal *Circulation* found that there was a significant drop in stroke death rates in Canada and the United States after both countries mandated folic acid fortification of cereals and breads in 1998.

For the new research, a U.S. team reviewed eight studies of folic acid supplementation, which lowers concentrations of homocysteine in the blood. High homocysteine levels are believed to increase the risk of stroke, cardiovascular disease, and deep vein thrombosis.

Professor Xiaobin Wang, of Northwestern University

Feinberg School of Medicine in Chicago, and colleagues found that folic acid supplementation reduced the risk of stroke by an average of 18 percent.

Even greater risk reduction were noted when treatment lasted more than 36 months (29 percent lower risk); when homocysteine levels were reduced by more than 20 percent (23 percent lower risk); or if a patient had no previous history of stroke (25 percent lower risk).

In regions that did not already have supplementation via fortified foods, the introduction of folic acid supplementation reduced stroke risk by 25 percent.

The review appears in the June 2 issue of *The Lancet* medical journal.



Cooper/Clayton Smoking Cessation Program

New class begins Wednesday, July 11 and will continue for 12 weeks. The new class starts at 3 PM in the meeting room at the Monroe County Medical

Center and at 4 PM at the Housing Authority of Tompkinsville. Call the health department to register.

**Monroe County Health
Department**

*"Growing Healthy Families ...
Together"*

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Window of Health

Published Quarterly By The
Monroe County Health
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Symptoms of Inhalant Abuse

Not many kids know the harmful and even deadly affects the poisons in various inhalants can have on the brain and body when they are inhaled or "huffed." Nearly all abused products produce effects similar to anesthetics, which slow down the body's function. Varying upon the level of dosage, the user can experience slight stimulation, feeling of less inhibition or complete loss of consciousness. The user can also suffer from Sudden Sniffing Death Syndrome. This means the user can die during or after the use of the inhalant. Other effects include damage to the heart, kidney, brain, liver, bone marrow and other organs. Inhalants are physically and psychologically addicting and users suffer withdrawal symptoms.

Unless you know what to look for, the signs may be nearly invisible. If someone is an inhalant abuser, some or all of the these symptoms may be evident:

- Unusual breath odor or chemical odor

on clothing

- Slurred or disoriented speech
- Drunk, dazed, or dizzy appearance
- Signs of paint or other products where they wouldn't normally be
- Red or runny eyes or nose
- Spots and/or sores around the mouth
- Nausea and/or loss of appetite
- Chronic inhalant abusers may exhibit such symptoms as anxiety, excitability, irritability, or restlessness

If you suspect someone you know is an inhalant abuser, you should consider seeking professional help. For more information contact the National Inhalant Prevention Coalition at 1-800-269-4237

For more information about inhalant prevention services, contact the Monroe County Alliance for Inhalant Prevention at (270) 487-0622.

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