

Window of Health

Monroe County Health Department

Family Preparedness—Are You Ready?

Monroe County is one of 4 counties in Kentucky which will be directly affected by the failure of Wolf Creek Dam, should that occur. Maps showing the areas of Monroe County which will be under water may be observed at the William B. Harlan Memorial Library in Tompkinsville. According to Monroe County Emergency Management, over 1000 Monroe Countians may be evacuated from their homes if the dam failure should occur.

This possible disaster once again underscores the importance of having a family disaster plan, not just for a dam failure, but also for other disasters which can and do happen in our area, such as tornadoes, flooding, ice storms, etc.

The basic principles of being prepared fall under three headings:

- 1) Get a Kit
- 2) Make a Plan
- 3) Be Informed.

When preparing an emergency supply kit, first think about the basics of survival: fresh water, food, clean air and warmth. A family plan should address the fact that your family may not be together when disaster strikes, so it is important to plan in advance: how you will contact one another, how you will get back together, and what you will do in different situations. Have a Family disaster Plan Checklist and provide a copy of this completed form to each family member. Stay informed by learning about



Harold Kelley

potential emergencies that can happen where you live and the appropriate way to respond to them.

Finally, make sure that your family's immunizations are up to date, adult and children.

For more detailed information on how you can plan for a disaster check out the following website: <http://www.ready.gov> or call the Monroe County Health Department.

April 2-8 Is National Public Health Week

Local health departments continually strive to improve the public's health on a daily basis and usually their efforts go unrecognized by their community stakeholders. Your public health department is charged with ensuring your safety by inspecting food establishments and the installation of septic systems, monitoring the spread of communicable disease such as TB and sexually transmitted diseases, providing informative education on emerging issues and offering preventative services.

In 1995 President Clinton declared the first full week of April National Public Health Week after learning the public health community focuses on issues that are important in improving the public's health. This year's theme is "Preparedness and Public Health Threats: Addressing the Unique Needs of the Nation's Vulnerable Populations."

Please contact the health department with questions or comments or visit our website for additional information <http://www.monroecohd.com>.

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Public Health
Prevent. Promote. Protect.
MONROE COUNTY HEALTH DEPARTMENT

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The Monroe County Health Department and The Monroe County Medical Center Present
C.A.R.E.
(Child Abuse Recognition Education)

Date: Tuesday, May 1, 2007
Time: 10:00 a.m.-12:00 P.M.

Location: Monroe County Medical Center Education Room

- Target Audience: Medical Community
- Goal of the Program: Participants will learn to recognize suspected child abuse and neglect, make mandated reports, and develop protocols for handling these cases

Please RSVP by April 20, 2007 to Monroe Co. Health Dept. at (270) 487-6782

Free CME & CEU Credits Available

Heart Disease: The Number One Cause of Death for Monroe County Citizens

Heart disease is a term that includes several specific heart conditions. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. Not only is heart disease the leading cause of death in the United States, accounting for almost 700,000 deaths per year, but it is also the leading cause of death in Monroe County. The Monroe County Health Department recently completed a Community Needs Assessment and found that in 2002, heart disease accounted for 356 deaths in Monroe County. This number was significantly higher in comparison to the region (294 deaths related to heart disease) and statewide (290 deaths) rates.

The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Also, knowing the signs and symptoms of a heart attack are crucial to the most positive outcomes after having a heart attack.

Some risk factors associated with heart disease include high cholesterol, high blood pressure, diabetes, being overweight, tobacco and second-hand smoke. Other conditions that affect your heart or increase your risk of death or disability include arrhythmia, heart failure, and peripheral artery disease (PAD).

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- ✦ Chest discomfort: In the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
 - ✦ Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
 - ✦ Shortness of breath
- Other signs: breaking out into a cold sweat, nausea, or lightheadedness.

A healthy diet and lifestyle are the best weapons you have to fight heart disease. It is important to remember that it is the overall pattern of the choices you make that counts. Physical activity in your daily life is an important step to preventing heart disease. You can take a few simple steps at home, at work, and at play to increase the amount of physical activity in your life.

For further information, visit www.cdc.gov or www.americanheart.org, or call the Monroe County Health Department at 487-6782.



Free Diabetes Update

Wed. April 4th & Thursday April 5th

Located at Monroe County Medical Center
Education Room

Call the health department for more information.

Kentucky Women's Cancer Screening Project

Through the Kentucky Women's Cancer Screening Project, breast and cervical cancer screening and follow-up services are provided to women age 40 and over who do not have health insurance to cover the cost. The services are provided through the local health departments in all 120 counties in Kentucky. The program is part of the Centers for Disease Control's National Breast and Cervical Cancer Early Detection Program.

If you are age 40 or older, you need to have a yearly:

- Mammogram
- Breast exam by health professional
- Pap test and pelvic exam
-

Who is eligible for these services?

Women age 40 and over who do not have health insurance and, are unable to pay for the service.

How much do these services cost?

The fee you pay will be based on your income. If you are younger than 40 or if you wish to get an approximate cost call the Monroe County Health Department at 487-6782. Our staff will be glad to assist you. No one will be refused service because of inability to pay.

Who will perform the service?

Amy Comer, ARNP. Call for an appointment.

New Nutritionist Serving Health Department



Larry Miller

Larry Miller, RD of the Monroe County Medical Center is now contracting with the health department for nutrition services. Clients seeking assistance with nutritional issues may schedule an appointment with Larry twice monthly at the health department. Please call 487-6782 for additional information or an appointment.

Holland Certified As Environmental Educator



Jason Holland

Jason Holland, Monroe County Health Department Environmentalist recently was certified as an Environmental Educator by the State of Kentucky. Those graduating from this program have a shared set of skills, knowledge, and values related to teaching about the environment and providing the most balanced and factual information possible about the environment. Congratulations Jason!

Smoking Increases Risk For Cervical Cancer

Women who smoke are more likely to have an abnormal pap smear and cancer of the cervix. Smoking affects the cells of the cervix in two ways:

- Chemicals from tobacco smoke can be detected in cervical secretions of smokers. These chemicals constantly irritate the cervix and may activate HPV, a virus associated with cervical cancer.

- Smoking ties up the body's immune system. Cells that would normally fight infections and abnormal cells are constantly busy fighting the chemicals in cigarette smoke. This allows abnormal, cancerous cells to grow faster.
- Smoking increases a woman's risk of blindness, stroke, skin wrinkling, tooth loss, gum

disease, emphysema, bronchitis, heart attack, lung cancer, irregular periods, kidney and bladder cancer, infertility, cancer of the pancreas, cervical cancer, and osteoporosis.

Millions of women have quit smoking. So can you! Contact the Monroe County Health Department, at 270-487-6782 for information on smoking cessation classes, and for low cost breast and cervical cancer screening.

Seatbelt Awareness Day At Local Schools




On February 8, 2007 occupants of vehicles leaving the Monroe County High and Middle Schools were checked for seatbelt usage. Those wearing a seatbelt were awarded a soft drink, while those not wearing a seatbelt were given a dum dum sucker and a mock citation. Participating in the event were left to right: Harold Grooms, KY Transportation Dept., Amy Hale MCHD, Child Fatality Review Team, and Safe Kids Coalition, Tamar Froedge, MCHD and Safe Kids Coalition, Shawn Massingille, KY Transportation Dept., Buckle Up Bear, Vince the Test Dummy, Larry The Test Dummy, and Dwayne Barnett, KY State Police.

MCHD Receives Award For PPHR Recognition



Rebecca Tandy and Harold Kelley of the Monroe County Health Department receive a plaque signifying the MCHD as Project Public Health Ready site as designated by NACCHO. This was presented at the 2007 Public Health Preparedness Summit in Washington, D. C.

Men's Health Day
May 9, 5 PM- 7 PM
Health Information, Wt/Ht/ Blood Pressure, Labs, Nutritional Counseling
DOOR PRIZES!

<p>Monroe County Health Department</p>	<p>Videoconferencing Now Available At MCHD</p>	<p>Talk To Kids About The Dangers Of Inhalant Abuse</p>
<p>452 East 4th Street P.O. Box 247 Tompkinsville, KY 42167</p>		<p>One of the most common statements heard from parents who have lost children due to the abuse of inhalants is I wish I had known. I would have warned my child about the real dangers of these poisons. According to the Partnership for a Drug-Free America, "If you talk to your kids about the risks involved, it is 36% less likely they will abuse an inhalant." It's hard to believe, but parents can make a tremendous impact on the choices their kids make.</p>
<p>Phone: 270-487-6782 Fax: 270-487-5457 www.monroecohd.com</p>	<p>The Monroe County Health Department recently added the capability for videoconferencing to further enhance educational opportunities for local staff and to reduce the cost of staff traveling to other areas to attend conferences that may now be viewed in house. In addition to educational videoconferences, the equipment may also be used for one on one communication with other health departments in the state or even neighboring states. This is especially important in times of an emergency or disease outbreak. The equipment is also available to other agencies in the county to view educational videoconferences. The equipment is located in the Preparedness Suite of the health department.</p>	<p>Another safety net is to closely monitor your child. Try to:</p> <ul style="list-style-type: none"> • Know where your child is at all times, especially after school • Know your children's friends • Know their plans and activities <p>Finally, education is the key. Make it a point to conduct research about what threats are out there. Stay abreast of what is being used and how it is being used. Know what to look for, and share these important facts with your family.</p> <p>For more information about inhalant prevention, contact the Monroe County Alliance for Inhalant Prevention at 487-0622.</p>
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