

Monroe County Health Department  
"Growing Healthy Families...Together"

# WINDOW OF HEALTH

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## OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

**Monroe County Health Department Holiday Closures:**

November 10  
(Veterans Day)

November 23-24  
(Thanksgiving)

December 25-26  
(Christmas)

January 1-2  
(New Year)

For more than 20 years, National Breast Cancer Awareness Month has educated women about early breast cancer detection, diagnosis, and treatment. The Monroe County Health Department continues to reach out to women with several key messages. In October we emphasize the importance of early detection of breast cancer through annual mammography screening for women over 40, or earlier for women at increased risk.

Mammography screenings are a woman's best chance for detecting breast cancer early. When coupled with new treatment options, mammography screenings can significantly improve a woman's chances for survival. We are pleased that our efforts have contributed to more women than ever participating in mammography screening. Independent reports indicate that this has been instrumental in the increase in the survival rate for women with breast cancer.

All women are at risk for developing breast cancer. There are certain risk factors that increase the chance of getting breast cancer. These include: a mother, daughter, or sister had breast cancer, a personal history of breast cancer, getting older, had first child after age 30, began menstruating before age 12, completed menopause after age 55, treatment with radiation therapy, especially before age 30, dense breasts, a health care provider detects atypical hyperplasia, changes in certain genes (BRC1 and BRC2), drinking alcohol (more than 1 glass per day), being overweight after menopause, taking extended hormone therapy.



### "Living Proof...Cancer Screening Saves Lives"

These amazing women are breast cancer survivors, and represent all who have beaten breast cancer. Front Row: Alyne Strode, Bessie Hammer, Josephine Clarkson. Back Row: Jo Ann Birge, Shelley Botts, Marcia Rasner.

Breast cancer can be found early. Follow these steps:

- Examine your breasts monthly.
- Get a mammogram

To schedule an appointment for a breast exam and a low cost mammogram, call the Monroe County Health Department at 487-6782.

## Nationally Known Speaker To Be In Monroe County



The Monroe County Health Department was awarded a grant to educate our youth to abstain from sexual relations until they are mature and responsible to deal with the consequences. As a result, Dyshel Thompson, Monroe County Abstinence Coalition

Chairperson, scheduled Phil Chalmers, a nationally known faith-based speaker who addresses issues facing our teens: drug and alcohol abuse, sex, abstinence, sexually transmitted infections, drunk driving, suicide, violence, (see Phil Chalmers Page 3)



# INHALANT ABUSE: AN OFTEN OVERLOOKED KILLER

Substances commonly used as inhalants are everyday products with useful purposes that can be found in our homes and schools. You probably purchased some at the grocery store during your last shopping trip. They are cheap, legal and accessible; come in more than 1,000 forms; and are generally poisonous and/or combustible.

Unfortunately, adults are often in the dark about inhalant abuse. Parents don't see a need to talk about it with their kids, pediatricians don't often look for signs of it in their patients, and school administrators are frequently unaware that a problem may exist in their schools.

According to national surveys, inhaling dangerous products is becoming one of the most widespread problems in the

country. It is as popular as marijuana with young people, and by the time a student reaches the 8th grade, one in five will have tried some form of it.

There is an initiative taking place in Kentucky that partners up six different agencies to address targeted substance abuse needs in specific counties. Monroe County was chosen as one of eight Kentucky counties to participate. The priority concern in Monroe County is inhalant abuse, based upon the severity of consequences to young people and a high reported rate of usage (4% or higher in Grade 8).

Amy Pierce, Project Coordinator for the Monroe County Alliance for Inhalant Prevention, says that one of the biggest challenges is to find effective ways to educate parents and adults without

disclosing information that would intrigue or tempt potential young experimenters.

One way of doing this is to focus on the many dangers associated with inhalant abuse as well as the physical damage and even deadly effects that can occur, Pierce says. We encourage parents to educate themselves, to learn what is being used and how these products are being used. We also urge them to focus on safety when they talk to their kids about the hazards posed by many household products. Inhalants are not drugs. They are poisons and toxins and should be described in this way.

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

## Women's Health Forum 2006

The Monroe County Health Department and the Monroe County Cancer Coalition present the 3rd annual Women's Health Forum on Tuesday, October 3 from 10 AM until 2 PM at the Monroe County High School Commons Area.

- Speakers to address women's health issues
- Booths with information on a variety of topics
- Prizes will be given away with the Grand Prize of "Day At The Spa."
- Free lunch provided by Monroe County Medical Center
- Free transportation provided by Monroe County Senior Citizen's Center.
- Free admission
- Pre-register at 487-6782



## 2006-2007 Seasonal Influenza Vaccination

The annual supply of influenza (flu) vaccine and the timing of its distribution cannot be guaranteed in any year. Flu vaccine distribution delays or vaccine shortages remain possible. To ensure optimal use of available doses of flu vaccine, the Kentucky Department for Public Health is issuing the following recommendations, in accordance with the Advisory Committee on Immunization Practices (ACIP) Recommendations for the Prevention and Control of Influenza.

This season's vaccination recommendations include vaccination of the following high-risk groups:

- Children aged 6-59 months.
- Pregnant women
- Persons aged 50 years and over
- Other persons <50 years at increased risk for influenza-related complications
- Health-care workers
- Household contacts and out-of-home caregivers of any high risk persons

The Centers for Disease Control and other public health agencies will assess the vaccine supply on a continuing basis throughout the distribution period and will inform both providers and the general public if a substantial delay or an inadequate supply occurs.

Locally, the Monroe County Health Department is planning 3 flu clinics for our county. One clinic in Fountain Run, Gamaliel, and Tompkinsville. Please refer to the local newspapers, radio, and the Monroe County Health Department website for times and exact locations. Individuals unable to attend a clinic may receive the vaccine at the health department by scheduling an appointment.

The cost of the influenza vaccination this year is \$22.00. The health department will bill Medicare/Medicaid for the vaccine.



Lining Up For The 2005 Clinic

## Regional Medical Reserve Corps To Form

The Barren River Area Development District (BRADD) Citizens Corps Council and area health departments (Monroe, Allen, and Barren River District Health Department, which includes Barren, Butler, Edmonson, Logan, Hart, Metcalfe, Simpson, and Warren) are spearheading an effort to form a regional Medical Reserve Corps (MRC) unit in the BRADD ten county area to address the lack of manpower available to respond to disasters in the community.

The MRC is a specialized component of Citizen Corps, a national network of volunteers dedicated to ensure hometown security.

MRC volunteers include medical and public health professionals such as physicians, nurses, pharmacists, dentists, and veterinarians. Other community members, such as interpreters, chaplains, office workers, and legal advisors, can fill other vital support positions. This is a good way for retired medical professionals to keep their skills sharpened and help their community. Non-medical volunteers can also become members by completing the Community Emergency Response Team (CERT) training and the MRC training.

Locally, the Monroe County Health Department has plans set up for mass clinics, which would enable us to vaccinate the entire population in 3 to 4 days or less, if the need arose. In order to do this, both medical and non-medical volunteers will be needed.

MRC volunteers can choose to support communities in need nationwide. During the hurricane season of 2004 and 2005, MRC volunteers in the affected areas and beyond helped communities by filling in at local hospitals, assisting their neighbors at local shelters, and providing first aid to those injured by the storms.

There are various required trainings to be an active member of BRADD MRC. Instructors for these trainings are emergency professionals from Emergency Management, Fire, Emergency Medical Services, Public Health, and Mental Health.

For more information on MRC visit the MRC website at [www.medicalreservecorps.gov](http://www.medicalreservecorps.gov) or call Janarae Conway at 270-781-8039, ext. 155.



(Phil Chalmers Continued From Page 1)

bullying, etc. to conduct informative and engaging presentations for our community members. Mr. Chalmers targets the consequences of these destructive decisions affecting our youth in hopes of empowering teens to forgo such actions and educate parents on what to look for. Phil Chalmers will be speaking to the Middle School and High School students on October 24-25, 2006. However, we strongly encourage parents, grandparents, aunts, uncles, etc. to attend one of the two evening presentations for adults:

- October 24—6:00 PM, Monroe County High School Gym
- October 25—6:00 PM, First Baptist Church

Please direct questions to Dyschel Thompson at 270-487-6782.



## Safe Sleep For Your Baby

Sudden Infant Death Syndrome (SIDS) is the sudden death of an infant less than one year of age. The overall rate of SIDS in the United States has declined by more than 50%; however, **SIDS is still the third leading cause of infant mortality in the United States and the first leading cause of death among infants 28-364 days of age.**

The cause of SIDS is currently unknown. There

are measures that can be taken to reduce the risk of SIDS in an infant. These include:

- Always place your baby on his or her back to sleep, even for naps.
- Place your baby on a firm mattress, such as in a safety-approved crib.
- Remove soft, fluffy and loose bedding and stuffed toys from your baby's sleep area.
- Make sure everyone who cares for your baby

knows to place your baby on his or her back to sleep and about the dangers of soft bedding.

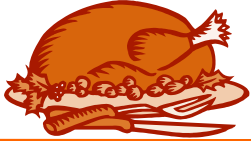
- Make sure your baby's face and head stay uncovered during sleep.
- Do not allow smoking around your baby.
- Don't let your baby get too warm during sleep.

For more information about SIDS, call the Monroe County Health Department or 1-800-505-CRIB (2742)

Clinic Changes  
ITV  
HANDS Expansion

**COMING SOON!!!**

Review January Newsletter, MCHD Website, Newspaper for more details!

<p><b>Monroe County Health Department</b></p>	<h1>Safe Holiday Eating</h1>	
<p>452 East 4th Street P.O. Box 247 Tompkinsville, KY 42167</p>	<p>Let's talk turkey. Jason Holland, Senior Health Environmentalist of the Monroe County Health Department passes along the following tips from the National Turkey Federation for proper storage and thawing of the "national holiday bird."</p>	<p>needing to thaw the turkey more quickly, one may thaw the bird in COLD water, in the original wrapping. The cold water must be changed every 30 minutes. Allow approximately 30 minutes per pound using this method. The third safe method for thawing is in the microwave. Follow the manufacturer's directions and roast the turkey immediately after thawing.</p>
<p>Phone: 270-487-6782 Fax: 270-487-5457</p>		
<p><b>We're on the Web!</b> <a href="http://www.monroecohd.com">www.monroecohd.com</a></p>	<p>When returning from the grocery with raw turkey, place it in the original wrapper in the refrigerator; a hard-chilled turkey should not be placed in the freezer. If the turkey is frozen and the thawing process does not need to begin, store in the freezer.</p>	<p>Care must be taken to properly store leftover cooked turkey. The leftover turkey should be carved from the bone and the stuffing removed. All leftovers should be stored in shallow containers and refrigerated or frozen within two hours of cooking. When reheating, be sure the turkey reaches a temperature of 165 degrees F.</p>
<p><i>"Growing Health Families ... Together"</i></p>	<p>A whole turkey may be stored in the refrigerator for 1 to 2 days or in the freezer for up to 12 months.</p>	
<p><b>"Window of Health"</b> Published Quarterly By The Monroe County Health Department 452 E. 4th Street Tompkinsville, KY 42167  Harold Kelley—Editor</p>	<p>Turkeys can be thawed using one of three methods, but the most fool proof is in the refrigerator. The key to this method is to plan ahead and allow approximately 24 hours for every four to five pounds of bird weight for thawing in the refrigerator. If</p>	<p>For additional information, call Jason Holland at 487-6782.</p> 

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