

OCTOBER 2011

IN GOOD HEALTH



LIVINGSTON COUNTY HEALTH CENTER

YOUR LOCAL LINK TO PUBLIC

VIDA MARMALEJO

VISIT US AT: www.livcohealthcenter.com OR CALL 660-646-5506

Prevent. Promote. Protect.

Flu Prevention in a Nutshell

COLD & FLU SEASON IS UPON US, TAKE CARE TO STAY HEALTHY

As "I hurt all over," or "My head aches!" are only a few of the complaints we will soon be hearing from family, friends and co-workers. The flu season will soon be upon us.

Remember, influenza is a respiratory virus with symptoms such as sudden onset of headache, fatigue, fever above 100°F for 3-4 days, muscle aches and a potentially severe cough. Many people confuse flu with stomach ailments causing nausea, vomiting and diarrhea.

The single best way to prevent the flu is to get vaccinated. Yearly flu vaccination should begin in September or as soon as vaccine is available, and continue throughout the influenza season. While influenza outbreaks can happen as early as October, most of the time influenza activity peaks in January or later.

The health center is taking appointments for any county resident 19 and over. Donations are being accepted for the cost of flu vaccine. Those covered by Medicare should not feel obligated to donate, as their vaccination is billed to their insurance.

Beyond vaccination, there are some basic illness prevention practices that can be done year round.

The most important is good hand washing. Wash your hands before eating or preparing food, after using the bathroom, after sneezing, coughing or blowing your nose. Use soap and running water and rub your hands for 20 seconds. If you can't calculate the time, sing "Happy Birthday" twice. Alcohol-based gel is an option when soap and water aren't available.

There are other commonsense suggestions to have a healthier winter. Avoid close contact with sick people. Stay home from work, school, and errands if you are sick. Cover your mouth and nose with a tissue when coughing or sneezing.

If you don't have a tissue, cough into your upper sleeve. Keep your hands away from your face. Touching a germ door handle then rubbing your eyes or nose or biting a hangnail gives bacteria and viruses easy access to start a disease process.

Do your part this year to keep healthy, and to avoid spreading illness to others.

Call us now at 646-5506 to schedule your flu shot for this season.

ADULT BLOOD DRAW CLINIC

Wednesday, November 30th

7:00-10:00 A.M.

800 ADAM DRIVE

CBC/Chem Profile-\$25

Liver Enzymes, Complete Cholesterol (Lipid) Profile, Thyroid Function, Blood Sugar, Complete Blood Count

PSA- \$8

Prostate Cancer Marker for Men Recommended around age 50 or Periodically During Treatment

Hemoglobin A1C-\$7

Long Term Blood Sugar Profile Recommended for Those Already Diagnosed With Diabetes

Vitamin D- \$10

Current research Links Vitamin D deficiency as a Factor in the Development of Several Health Conditions.

All tests require fasting the night before.

For more info, call 646-5506



Find us on Facebook



SHOW ME HEALTHY WOMEN PROGRAM

PROVIDES FREE
CANCER SCREENING
SERVICES TO AGE
AND INCOME
ELIGIBLE WOMEN

Free diagnostic or treatment services are available to women who are diagnosed with breast or cervical abnormalities or cancer by a Show Me Healthy Women provider.

Missouri's Show Me Healthy Women (SMHW) program provides these cancer screenings free to age and income eligible women. Other requirements are that applicants not be covered by Medicaid, Medicare or private insurance. However, if the deductible on private insurance policies is too high for the patient to afford, this program still may be able to help. Call Green Hills Women's Health Services at to find out more details.

Age Guidelines: Women Age 50 to 64 or older without Medicare Part B:

- Are eligible for a clinical breast examination (CBE), a mammogram, plus a pelvic examination and Pap test.

Breast cancer is a malignant tumor that starts from cells of the breast. It is

found mostly in women, but men can get breast cancer, too. About one-percent of all breast cancer diagnosed is diagnosed in men.

Excluding cancer of the skin, breast cancer is the most common cancer among women. It also accounts for one-third of all cancers diagnosed in Missouri, and is the leading cause of cancer deaths in women after lung cancer. Nearly all breast cancers can be treated successfully if detected early. When detected in the earliest stages, the cure rate is 97 percent.

A number of risk factors have been identified, but most women do not have any known risk factors at the time of their diagnosis. The biggest risk of a breast cancer diagnosis is being a woman and getting older. Breast cancer diagnosis and breast cancer deaths increase with age.

At this time, there is no guaranteed way to prevent breast cancer for women who are at average risk, which is why mammography, clinical breast examination, and breast self-exams are so important.

Show Me Healthy Women (SMHW) is a free breast and cervical cancer screening program for the state of Missouri. To qualify for a free breast and/or cervical cancer screening, women must meet certain age, income, and insurance guidelines.

The objective of the SMHW program is to offer screening services to women who are considered high risk. High risk women include, but are not limited to, women with low income, women over 50, women with no or little insurance, women who have rarely or never been screened, rural women, women of color, and women with disabilities.

Ninety-five percent of new cases and 97 percent of breast cancer deaths occur in women aged 40 and older.

Women Age 35-49:

- Are eligible for a pelvic examination, Pap test and CBE.
- Are eligible for diagnostic breast services if the CBE results are suspicious for cancer.
- Are eligible for diagnostic cervical services if their initial/follow-up cervical cancer screening (Pap test) was abnormal and was provided by a participating provider or through outside referrals with abnormal Pap test results.

Cervical cancer screenings for women who have had a hysterectomy:

- Due to cervical cancer or dysplasia are eligible for CBE, pelvic examination and Pap test.
- Due to any reason other than cervical cancer or dysplasia are eligible for one Pap test and pelvic examination to determine the absence or presence of the cervix.
- Due to conditions other than cervical cancer or dysplasia and the cervix is absent are eligible for a CBE.

Income guidelines for the program can be found at <http://health.mo.gov/> Search for "Breast Cancer" or "Show Me Healthy Women." Guidelines range from annual income of \$21,780 for a one person household, to \$52,340 for a five person household. Add \$7,640 for each additional household member.

In our county Green Hills Women's Health Services (GHWHS), formerly Family Planning, is the SMHW Provider. They offer monthly clinics through their offices at 511 Elm in Chillicothe. GHWHS has also contracted with Hedrick Medical Center to perform mammograms locally. Call 1-877-611-7600 to find out more about eligibility and making an appointment.

THIS IS PUBLIC HEALTH.
thisispublichealth.org

MORGAN BURCHETT

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THE DANGER OF FLU TO CHILDREN

Each year an average of 20,000 children under 5 are hospitalized because of influenza complications.

Flu seasons vary in severity, however some children will die from flu each year. From 2003-2011, pediatric deaths reported to CDC ranged from 46 to 153 per year.

During the 2009 H1N1 pandemic, 345 deaths in children were reported to CDC.



MARY TAYLOR

CAR SEAT SAFETY

Helping parents keep kids safe on the road.

CHILD CARE INSERVICES...

In collaboration with the **Missouri Department of Health Maternal Child Health Program**, the Health Center offers nurse consultation and health education training to area child care providers.

Mary Taylor, RN, provides consultations by request regarding child health and safety issues at licensed and unlicensed child care homes and centers such as Head Start.

Mary also provides **10 contact hours through inservice opportunities** to help meet your state requirements.

As part of the program, **health promotion presentations** for children are conducted in the facility by request. Presentations usually run about **30 minutes**.

Feel free to call **646-5506** to find out more about this program, get a flyer of our offerings or to talk with our Child Care Health Consultant.

Parents attending the **September Breastfeeding Support Group** got an added bonus of having their car seats inspected for safety and proper installation.

The **Health Center** has **three staff members trained and certified as Car Seat Safety Technicians**.

All families are **welcome to call our office and make an appointment for a safety seat inspection** on an existing car seat. Please **allow at least one hour** for the appointment.

We are **currently searching for funding to purchase a limited amount of car seats for families who can't afford a car seat or have a seat that is not safe to use**. **Inspection of installation and instruction are required.**

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THINKING OF GETTING PREGNANT?

FACEBOOK PAGE
PROVIDES HEALTH
INFO FOR ALL STAGES

The Bureau of Genetics and Healthy Childhood (GHC) is pleased to announce the release of the "It All Counts" facebook page made available through the Department of Health and Human Services' First Time Motherhood grant. The page will provide information on the benefits to leading a healthy lifestyle to promote preconception health, healthy pregnancies, healthy birth outcomes, and health in general throughout the lifespan. The page will provide daily tips on health-related issues including topics of exercise, nutrition, folic acid, and much more and will give our "friends" the opportunity to ask questions or comment and get answers. If you are currently a facebook user, click "Like" at <http://facebook.com/ItAllCounts>.



YOU CHEW, YOU LOSE

Chewing tobacco is illegal in Missouri for those under 18, yet 12 percent of kids in grades 6 – 12 in Livingston County reported using chewing tobacco in a 2007 survey. That's higher than the state average of 6 percent.

This goes along with data from a 2009 Substance Abuse and Mental Health Services Administration (SAMHSA) survey that found nearly half of new users of smokeless tobacco were under 18 when they first used it.

For teens, health reasons often aren't enough to make them quit. After all, it's hard to imagine health problems that may take 10 years or more to occur.

If your teen chews, talk to them about the cost, and how much money they could save.

Set a good example yourself. Never buy chew for your child, and quit if you chew yourself!

Source: Tobacco Free Missouri

SMOKING & THE FLU

Smokers and those exposed to secondhand smoke may be at higher risk for developing the flu because smoke damages the lungs and airways and weakens the body's defenses against infections.

Be sure to get a flu shot if you smoke and call 1-800-QUIT-NOW for help quitting.



FEAR OF FALLING

Slips and falls are the leading cause of injury deaths among people 65 and older. More than 18,000 deaths of older Americans can be attributed to a fall.

Falls among older adults are also a leading cause of doctor visits, hospital admissions, premature nursing home admissions and emergency room visits.

Older adults can take five simple actions to protect their independence and reduce their risk of falling, including:

- Exercise regularly.
- Ask their doctor or pharmacist to review their medicines – both prescription and over-the-counter – to reduce side effects and interactions that could cause dizziness or an unsteady gait.
- Have their eyes checked at least once a year.
- Improve the lighting in their home.
- Reduce the hazards in their home that lead to falls, such as loose carpets, lack of bathroom safety equipment and slippery or uneven surfaces.

Source: Centers for Disease Control



SPORTS RELATED CONCUSSIONS

Center for Disease Control and Prevention (CDC) estimates U.S. emergency departments annually treat an estimated 135,000 sports- and recreation-related traumatic brain injuries (TBI), including concussions, among children ages 5 to 18.

Sports-related concussions can cause lasting brain injuries if not allowed to heal properly, according to the CDC. TBI can also cause epilepsy and increase the risk for conditions such as Alzheimer's disease, Parkinson's disease, and other brain disorders that become more prevalent with age.

Although football is most often linked to sports-related concussions, TBI can occur in any sport or recreational activity. Any blow to the head, face, neck or other place on the body that causes a quick jarring of the head can cause a concussion.

In an effort to reduce the number of concussions in sports, Missouri Governor Jay Nixon signed a bill that requires all athletes who have suffered a concussion to refrain from any athletic-related activity for at least 24 hours. After the 24 hour rest period, athletes may only return once they are cleared by a licensed doctor.

In addition to wearing the proper equipment and using correct techniques, the CDC suggests looking for the following concussion symptoms and seek medical attention if noticed:

- Issues with thinking or remembering.
- Physical problems.
- Emotional or mood irregularity.
- Difficulties sleeping.

Source: Centers for Disease Control

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CALLING IT QUILTS.

WHILE THERE IS NO MAGIC FORMULA FOR QUITTING, SMOKERS DON'T HAVE TO DO IT ALONE.



Mark Twain once said, "Quitting smoking is easy. I've done it a thousand times." What was true in Twain's day is still true today. In fact, a 2007 statewide survey showed that 53 percent of the people in Livingston County who smoked said they planned to quit within six months.

The Missouri Tobacco Quitline, a free service offered by the Missouri Department of Health and Senior Services (DHSS), helps smokers and other tobacco users learn how to successfully quit their habit. The program helps smokers make a plan that will work best for them. From its start in 2005 the Quitline has answered almost 18,000 calls from smokers, family and friends, who wanted to make this a permanent change in their lives.

When you consider that the average smoker in Missouri smokes a pack of cigarettes a day at about \$4 per pack, it adds up to more than \$1,500 per year to feed this habit. The cost of going through the 3-step nicotine patch process would be under \$200 in comparison.

As impressive as the financial savings are for those who quit, the health benefits are equally good.

Quitting smoking brings immediate and long-term benefits. It lowers the risk of disease, like diabetes, greatly improves heart and lung functioning, and lets blood vessels work better. Quitting can give back years of life.

Missouri's Quitline also gives smokers the added support of "Quit Coaches" who help them put together a personalized plan to quit. These coaches are there to help former smokers get through those moments of weakness when the urge to smoke begins to surface.

First time callers to the Quitline can get information about quitting or, if they are ready to stop smoking, can register and begin work with a Quit Coach. From there, the Quit Coach discusses possible ways to make the change easier and if there ways to get those items for free or reduced cost.

Other options available on the Quitline are a "Quit Kit" to guide callers through all stages of not smoking, or setting up a plan for regular calls with a Quit Coach to talk about how they are doing, ask questions and get advice.

The Quitline is open 24 hours a day, seven days a week and can be reached at 1-800-QUIT-NOW (784-8669). Quit Coaches are available every day from 6 a.m. to 2 a.m. The program even offers an online option for smokers who would like to use a Web Coach for support.

If you would like more information about quitting smoking or are interested in joining the program, call the Quitline or visit the Web site at www.quitnow.net/missouri/

Source: Tobacco Free Missouri

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HEALTHY HAUNTING

Halloween is supposed to be a scary holiday, but more for kids than parents. **Safety is usually the issue pushed** at this time of year, but **preventing colds & flu** is also something to keep in mind.

So, **why is it important** to be extra careful during Halloween? Halloween activities involve **parties, trick-or-treat** and periods of **intense social contact**.

Here are **some Halloween tips to avoid getting or spreading colds and flu** while trick or treating:

As always, **practice good handwashing before and after** you trick or treat.

When **giving out candy, hand it or scoop it** – but **avoid the grab bag** or bowl. Use a **measuring cup as a scoop, pre-bag goodies** in sealable plastic bags or **buy items already wrapped**. That way, **many hands aren't touching the same piece of candy** and spreading their germs. Of course, **make sure the person passing out the candy isn't sick, or washes their hands frequently**.

Kids love to **try on each others' costumes, especially masks**, but this is a **bad habit**. **Masks are excellent transmission devices for germs** from the mouth and nose.

Avoid **Halloween party games which involve the sharing and passing** of things. Bobbing for **apples, games with balloons blown up by mouth** and other such games should be avoided. This may be harder than you think, but having **25 kids reach into a bowl of Jell-o** with spaghetti resembling 'mummy brains' is **setting them up for a different type of monster**.

Of course, **always inspect the candy** you get. If candy packaging is wet, it might be **contagious from drool or saliva**. Any odd or **suspicious appearance** in the wrapping of candy is a good excuse to throw it out immediately.

Happy Halloween-we hope you have a healthy celebration this year!

Source: USDA



WHAT IF
ZOMBIES
ATTACK?!!!

Hey, You Never Know...

Get Your Family Prepared for ANY Type of Emergency

There are **all kinds of emergencies out there** that we can prepare for.

Take a **zombie apocalypse** for example. That's right, **I said z-o-m-b-i-e a-p-o-c-a-l-y-p-s-e**. You may laugh **now, but when it happens you'll be happy you read this**, and hey, **maybe you'll even learn a thing or two** about how to prepare for a real emergency.

The **rise of zombies in pop culture** has given **credence to the idea** that a **zombie apocalypse could happen**. In such a scenario, **zombies would take over entire countries, roaming city streets eating anything living** that got in their way. The proliferation of this idea has **led many people to wonder "How do I prepare for a zombie apocalypse?"**

Well, **we're here to answer that question** for you, and hopefully **share a few tips about preparing** for real emergencies too!

So **what do you need to do before zombies...or a tornado, for example, actually happens?**

First of all, you should have an **emergency kit** in your house. This includes things like **water, food, and other supplies to get you through the first couple of days** before you can locate a **zombie-free refugee camp**

(or in the event of a natural disaster, it will **buy you some time** until you are able to **make your way to an evacuation shelter** or **utility lines are restored**).

Here are a **few items you should include in your kit**, for a full list visit the CDC Emergency page.

Water, Non-Perishable Food, Medications, Tools and Supplies, Sanitation and Hygiene Products, Clothing and Bedding, Important Documents, First Aid Supplies

Once you've made your emergency kit, you should **sit down with your family and come up with an emergency plan**.

This includes **where you would go and who you would call if zombies started appearing** outside your door step.

You can also **implement this plan if there is a flood, earthquake, or other emergency**.

- **Identify the types of emergencies that are possible in your area.**
- **Pick a meeting place for your family to regroup.**
- **Identify your emergency contacts.**
- **Plan your evacuation route.**

Source: Centers for Disease Control

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The Health Center is an equal opportunity provider.