



LUCÉ-MACKINAC-ALGER-SCHOOLCRAFT DISTRICT HEALTH DEPARTMENT PUBLIC HEALTH UPDATE FEBRUARY 2010

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LMAS District Health
Department

Main Office Phone Numbers:

Luce Co.....293-5107
Mackinac Co.....643-1100
Alger Co.....387-2297
Schoolcraft Co.....341-6951

The human eye blinks
an average of
4,200,000 times a
year. Info Source:
<http://www.funny2.com>



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How To Care For Your Child's Teeth

A child's primary teeth, sometimes called "baby teeth," are as important as the permanent adult teeth.



- Primary teeth typically begin to appear when a baby is between age six months and one year.
- Primary teeth help children chew and speak.
- Primary teeth hold space in the jaws for permanent teeth that are developing under the gums.

The ADA recommends that a dentist examine a child within six months of the eruption of the first tooth and no later than the first birthday.

- A dental visit at an early age is a "well baby checkup" for the teeth.
- Besides checking for tooth decay and other problems, the dentist can demonstrate how to clean the child's teeth properly and how to evaluate any adverse habits such as thumb sucking.

Communicable Disease in LMAS Jurisdiction Oct-Dec 2009

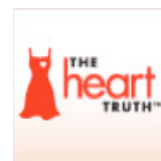
Condition	#
Campylobacter	2
Giardiasis	1
Salmonellosis	1
Streptococcus pneumoniae, Inv	1
Influenza, 2009 Novel (confirmed) *	5
Influenza, 2009 Novel (probable) *	4
Influenza, 2009 Novel (suspect) *	1
Animal Bite	7
Chlamydia (Genital)	11
Gonorrhea	3
Hepatitis B, Chronic	1
Hepatitis C, Chronic	8

Testing is not done for everyone with influenza like illness (ILI) - testing is usually done only for those people: 1) who are hospitalized with suspected flu and 2) such as pregnant women or people with weakened immune systems, for whom a diagnosis of flu will help their doctor make decisions about their care. Most people with flu symptoms this season do not require testing for 2009 H1N1 because the test results usually do not change how you are treated. Due to this limited testing (of those actually seeing a physician) and lack of testing for those who do not see a physician (those having a mild illness, for example), the numbers listed are probably much less than actually occurred in the community.

Info Source: LMAS District Health Department

Spread *The Heart Truth* on National Wear Red

Friday, February 5, 2010, is National Wear Red Day a day when Americans nationwide will take women's health to heart by wearing red to show their support for women's heart disease awareness. The Red Dress®, the national symbol for women and heart disease awareness, was created by *The Heart Truth*® in 2002 to deliver an urgent wakeup call to American women.



Join *The Heart Truth* on National Wear Red Day to help spread the critical message that "Heart Disease Doesn't Care What You Wear—It's the #1 Killer of Women.®"

Info Source: <http://www.nhlbi.nih.gov>

SUPER BOWL SUNDAY

FEBRUARY 7, 2010

**DON'T LET YOUR FANS DRIVE
DRUNK**



Heart Attack, Stroke and Cardiac Arrest Warning Signs

Heart Attack Warning Signs

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But 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.** Most heart attacks involve 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** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call 9-1-1 or your emergency response number.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room.

Stroke Warning Signs

If you or someone with you has one or more of these signs, don't delay!

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause



Immediately call 9-1-1 or your emergency response number so an ambulance (ideally with advanced life support) can be sent for you. Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action. If given within three hours of the start of symptoms, a clot-busting drug called tissue plasminogen activator (tPA) can reduce long-term disability for the most common type of stroke. tPA is the only FDA-approved medication for the treatment of stroke within three hours of stroke symptom onset.

A **TIA**, or transient ischemic attack, is a "warning stroke" or "mini-stroke" that produces stroke-like symptoms but no lasting damage. Recognizing and treating TIAs can reduce your risk of a major stroke. The usual TIA symptoms are the same as those of stroke, only temporary. The short duration of these symptoms and lack of permanent brain injury is the main difference between TIA and stroke.

Cardiac arrest strikes immediately and without warning. Here are the signs:

- Sudden loss of responsiveness (no response to tapping on shoulders).
- No normal breathing (the victim does not take a normal breath when you tilt the head up and check for at least five seconds).

If these signs of cardiac arrest are present, tell someone to call 9-1-1 or your emergency response number and get an AED (if one is available) and *you begin CPR immediately.*

If you are alone with an adult who has these signs of cardiac arrest, call 9-1-1 and get an AED (if one is available) before you begin CPR.

Use an AED as soon as it arrives.

Info Source: <http://www.americanheart.org>

DO use gasoline only to fuel an engine. That is its only use!
DO remember that gasoline vapors can be ignited by a spark, flame or other source of heat that is located many feet away.
DON'T use gasoline anywhere near a barbecue grill.
DON'T use gasoline to light a barbecue grill or to start or accelerate a fire.
DON'T use gasoline as a cleaning fluid or solvent.



Handling Gasoline:

DO remember that an engine that is still warm can ignite gasoline vapors. Only add gasoline when an engine is completely cool.
DON'T allow children to touch gasoline or a gasoline container, even under supervision.
DON'T handle gasoline near a flame source, such as matches, lighters and pilot lights on stoves and water heaters.
DON'T use gasoline indoors.
DON'T siphon gasoline by mouth, as it is harmful or fatal if swallowed.
DON'T induce vomiting if gasoline is swallowed. Instead, seek immediate medical attention.

Storing Gasoline:

DO store gasoline only in an approved gasoline container.
DO store gasoline in a well-ventilated outside storage area that is not attached to your home, such as a shed or garage, preferably in a locked cabinet. Be sure there are not any ignition sources nearby.
DO place the gasoline container out of reach of children.
DO keep only the minimum amount of gasoline required (generally, no more than a gallon).
DON'T store gasoline in a glass jar, milk jug or any other non-approved container.
DON'T store gasoline anywhere inside a home or vehicle.
DON'T store gasoline near a source of heat or sparks, such as a hot water heater, furnace, clothes dryer or any appliance that uses a pilot light.

About Gasoline Containers:

DO check gasoline containers for compliance with the ASTM F852 standard, which establishes performance requirements for portable gasoline containers intended for reuse by consumers. This compliance is indicated in writing on either side or the underside of all approved plastic gasoline containers.
DON'T put anything other than gasoline in a gasoline container.
DON'T drink anything out of a gasoline container.

Info Source: http://www.shrinershq.org/Hospitals/Burn_Awareness/Gasoline_Safety/

February 14 is the 10th National Donor Day -- a day to give the gift of life.



- Fill out an organ and tissue donation card, register with your State Donor Registry and make sure your family knows you want to be a donor.
- Join the National Registry of potential volunteer marrow and blood stem cell donors.
- Learn how you can donate your baby's umbilical cord blood stem cells at birth.
- Donate blood.

Why be a Donor? The need is great and growing.

- Almost 95,000 people are in need of an organ for transplant.
- Approximately 35,000 children and adults in our country have life-threatening blood diseases that could be treated by a marrow/blood stem cell or cord blood transplant.
- Every two seconds someone in America needs blood, more than 39,000 units each day, according to the American Red Cross.

Why do it Today? Valentine's Day is the day of love and donation is the gift of life. Can you think of a more loving gesture than making February 14 the day you join thousands of Americans in making the donation decision?

National Donor Day was started in 1998 by the Saturn Corporation and its United Auto Workers partners with the support of the U.S. Department of Health and Human Services and many nonprofit health organizations.

Taking Care of Your Child's Sight

The more you learn about children's eyes, the better you can help protect them!

The eyes of newborn infants should be evaluated in the hospital nursery. This examination can help detect several congenital eye problems, some of which can be very serious.

Between six months and one year of age, infants should be checked for good eye health by a doctor or other appropriately trained health care provider during routine well-baby care or other doctor's office visits.

Similarly, children's vision should be tested between 3 and 4, either during a well-child visit to the doctor, a visit to an eye doctor, or at a vision screening conducted by trained personnel such as those performed by Prevent Blindness America.

Info Source: <http://www.preventblindness.org>

H1N1 FLU UPDATES

Since the 2009 H1N1 flu virus hit our shores, scientists, manufacturers, health providers, and federal, state, and local health officials have worked together to protect the health of the American people. Over 110 million doses of the H1N1 vaccine are now available, with more coming every day. Now is the time to protect yourself and those around you by getting vaccinated against the H1N1 flu.

The traditional flu season is just beginning and typically lasts until May. History tells us to prepare for another serious wave of illness. With H1N1 flu declining in many areas, we have a window of opportunity to help prevent the flu from spreading further and causing even more illness, hospitalization, and death.

The H1N1 flu vaccine is safe, effective, and the best way to protect yourself and your family from the H1N1 flu.

The H1N1 vaccine is made the same way seasonal flu vaccines are made every year. Extensive testing and monitoring have shown that the vaccine is not only safe, but also an excellent match for the H1N1 flu virus. And remember that when you get vaccinated, you don't just help yourself; you help your community by preventing the spread of the flu virus.

We especially encourage people with underlying health conditions, pregnant women, children, young adults, caretakers of infants, and health care workers to get vaccinated against H1N1. Unlike the seasonal flu, H1N1 has hit children, young people, and adults under age 65 exceptionally hard. That is why we encourage you to get the H1N1 vaccine as soon as possible.

Fighting flu is a shared responsibility. We ask you to join us in the fight to protect yourself and your community by getting the H1N1 flu vaccine.

ALGER COUNTY

Call Munising Medical Center or your physician at (906) 387-4110 X301 • General Public

LMAS District Health Dept. - Munising location .****Please call 387-2297 (option 3) to schedule an appointment****

****Available for those without insurance coverage****

LUCE COUNTY

Call Gibson Family Health Center or your physician at (906) 293-9233 • General Public

LMAS District Health Dept. - Newberry Location. ****Please call 293-5107 (option 5) to schedule an appointment****

****Available for those without insurance coverage.****

MACKINAC COUNTY

Call Mackinac Straits Hospital or your physician at (906) 643-8585 • General Public

LMAS District Health Department -Mackinac Location **** Please call 643-1100 x 117 to schedule an appointment****

****Available for those without insurance coverage.****

SCHOOLCRAFT COUNTY

Call Schoolcraft Memorial Hospital Rural Health Clinic or your physician at (906) 341-2153 or 1-800-562-9111 to schedule an appointment** • General Public.

LMAS District Health Dept. - Manistique Location ****Please call 341-6951 (option 3) to schedule an appointment****

******Available for those without insurance coverage.****

Info Source LMAS District Health Department