



LUCE-MACKINAC-ALGER-SCHOOLCRAFT DISTRICT HEALTH DEPARTMENT PUBLIC HEALTH UPDATE

May 2010

Volume VIII, Issue 5
LMAS District Health
Department

Main Office Phone Numbers:

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



A single tree produces approximately 260 pounds of oxygen per year.



That means two mature trees can supply enough oxygen annually to support a family of four
Info Source: www.factsurf.com

May is Better Hearing and Speech Month

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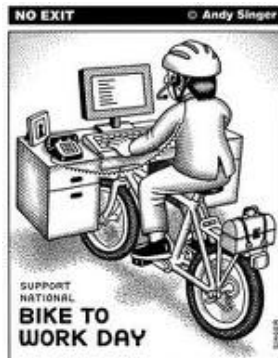


Bike Month 2010

May is National Bike Month

The League of American Bicyclists is promoting Bike-to-Work Week 2010 from May 17-21 and Bike-to-Work Day on Friday, May 21.

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



Your Lungs

The average adult takes 15 to 20 breaths a minute - over 20,000 breaths a day. Your respiratory system, which includes the nose, throat, windpipe (trachea) and lungs, brings air into the body when you breathe. In the lungs, the oxygen from each breath is transferred to the bloodstream and sent to all the body's cells as life-sustaining fuel. Keeping your lungs healthy is an important part of an overall healthy lifestyle.



How Lungs Work

Put your hand on your chest and feel your rib cage rise and fall as you inhale and exhale. That is the only outward sign of the hard work your lungs are doing every moment of your life.



Protecting Your Lungs

Your body has a natural defense system designed to protect the lungs. Learn what you can do to help prevent bacteria, viruses, tobacco smoke and air pollution from causing harm.



Warning Signs of Lung Disease

Is it normal? A cough that won't go away, or shortness of breath during normal activity may be signs of lung problems. Always check with your healthcare provider as soon as possible if you have a concern.



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

Healthy Vision Month 2010



Your Eyes Are the Windows to Your Health
Schedule an eye exam today.

**Luce-Mackinac-Alger-Schoolcraft
Quarterly Reportable Communicable Diseases
January-February-March 2010**

Luce	Campylobacter	Confirmed
Luce	Coccidioidomycosis	Unknown
Luce	Animal Bite	Confirmed
Luce	Chlamydia (Genital)	Confirmed
Luce	Hepatitis B, Chronic	Not a Case
Luce	Hepatitis C, Chronic	Confirmed
Luce	Hepatitis C, Chronic	Confirmed
Luce	Hepatitis C, Chronic	Confirmed
Mackinac	Campylobacter	Confirmed
Mackinac	Chlamydia (Genital)	Confirmed
Mackinac	Lyme Disease	Not a case
Mackinac	Shiga Toxin, E. Coli,	Confirmed
Mackinac	Hepatitis C, Chronic	Confirmed
Alger	Streptococcus	Confirmed
	pneumoniae	
Alger	Hepatitis C, Acute	Confirmed
Alger	Hepatitis C, Chronic	Probable
Alger	Hepatitis C, Chronic	Confirmed
Alger	Hepatitis C, Chronic	Confirmed
Alger	Hepatitis C, Chronic	Confirmed
Alger	Hepatitis C, Chronic	Confirmed
Schoolcraft	Campylobacter	Confirmed
Schoolcraft	Animal Bite	Confirmed
Schoolcraft	Chlamydia (Genital)	Confirmed
Schoolcraft	Chlamydia (Genital)	Confirmed
Schoolcraft	Chlamydia (Genital)	Confirmed
Schoolcraft	Chlamydia (Genital)	Confirmed
Schoolcraft	Chlamydia (Genital)	Confirmed
Schoolcraft	Chlamydia (Genital)	Confirmed
Schoolcraft	Chlamydia (Genital)	Confirmed
Schoolcraft	Hepatitis C, Chronic	Confirmed

Info Source: LMAS District Health Department

**2010 Mental Health Month:
Live Your Life Well**



Mental Health America is proud to continue its tradition of celebrating "May is Mental Health Month,"

which began in 1949. This year, our theme "Live Your Life Well," challenges us to promote health and wellness in homes, communities, schools, and inform those who don't believe it's attainable.

Every day, Americans are affected by the myriad challenges, stresses and demands on their lives. And every day, they seek help in responding to them.

The good news is there are effective tools that are readily available and free that anyone can use to help them cope better and improve their well-being.

This Mental Health Month, Mental Health America is encouraging Americans to use these tools, which form the Live Your Life Well campaign.

Live Your Life Well is a national public education campaign dedicated to helping people better cope with stress and enhancing their well-being. Stress can take a huge toll on a person's health, mood, productivity and relationships, but specific, evidence-based tools can help counterbalance these effects.

Mental Health America created **Live Your Life Well** to increase the number of people who take action to protect their mental health, both in the face of ongoing stress and in times of great personal challenge.

In addition to the "Are You Feeling Stressed Out?" below you will find a number of fact for you and your family to better cope with stress and enhance your well-being:

- Are You Feeling Stressed Out?
- Parenting During Tough Economic Times
- Depression: Know the Signs
- Stress: Know the Signs
- Staying Well When You Have a Mental Health Condition
- Helping Children Grow Up Healthy
- Taking Care of An Aging Parent
- Coping with the Stress of Ongoing Military Operations

Info Source: <http://www.mentalhealthamerica.net>

National Blood Pressure Awareness Month

Across the world, caring organizations are dedicating specific days of the year to the importance of Blood Pressure Awareness. Throughout Europe, a campaign is in force to raise public awareness about blood pressure. Since 1984, May has been proclaimed as National Blood Pressure Awareness Month in the United States. The official motto of the blood pressure awareness initiative is "know your numbers".



More than 1 out of every 10 Americans has high blood pressure. Many of those who have high blood pressure do not know it. This is a uniquely silent disease. There are no symptoms until it is too late; the catastrophe of a heart attack or stroke is all too often the first indication of a problem.

Because high blood pressure is silent and can be treated effectively, early detection (home management) is important. Hypertension is unique in this regard. However, don't be panicked by any one reading. Because your blood pressure varies up and down, you will need to have several readings of the first reading is elevated. At least one-third of the people whose first reading is high will be found to have normal readings on subsequent checks.

The blood pressure reading has two numbers. The higher one is the systolic pressure and the lower is diastolic pressure. Blood pressure is considered to be high if the higher number exceeds 140 or the lower number exceeds 90. Traditionally, "normal" is said to be 120 over 80, but this has been overemphasized. Generally, the lower the blood pressure, the better. Low readings are usually found in youngsters and in older people who are in excellent physical condition.

The most important thing to realize is that you must manage this problem yourself. It will be up to you to control your weight, your exercise, your salt intake, and to take your medicines. It should be up to you to take your own blood pressure. Your doctor should be your trusted advisor but cannot assume your responsibility. No matter how much the doctor would like to take care of this for you, he or she cannot. If you are going to manage this problem, you need the blood pressure readings so that you can report changes or difficulties to the doctor. You are in control, and good doctors will emphasize this point.

Info Source: <http://www.quickmedical.com>

Personal Protection from Ticks

Ticks like to rest on low-lying brush and 'catch a ride' on a passing animal or person. The areas that hold a high risk of tick infestation are wooded areas, low-growing grassland, and the seashore. You should exercise caution where you go.



To reduce your chance of getting a tick-bite:

1) **Avoid tick infested areas, when possible. Avoid short-cuts through heavily wooded, tick-infested areas. Use caution when you are entering tick-infested areas. Stay in the center of paths, avoid sitting on the ground, and conduct frequent tick-checks.**

2) **Dress properly. Wear light-colored clothing. This allows you to more easily see ticks on your clothing and gives you the opportunity to remove them before they can attach to your skin and feed.**

Wear a long-sleeved shirt and long pants.

This reduces the skin area exposed to ticks. Also, tuck your shirt into your pants and pants into your socks. This keeps the ticks on the outside of your clothing and thwarts their efforts to crawl onto your skin. However, during warm or hot weather, this is not practical. So, if this advice is ignored, we suggest that you increase your vigilance in conducting tick-checks.

Use EPA-approved tick repellents.

During the summer months, it can be inconvenient to wear pants and long-sleeved clothing, so using repellents can help protect yourself from ticks. Wash off the repellents when you return inside, and children should always have an adult apply the repellent for them.

Conduct frequent tick-checks.

This includes a visual inspection of the clothing and exposed skin, followed by a naked, full-body examination in a private location. Be sure to check the scalp, behind and in the ears, and behind any joints.

Remember to check your pets too!

This is not only for your pets' safety but for your family's as well. Pets can bring ticks in from outside and put you and your family at risk for infection.

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

H1N1: One year later

It's been one year since 2009 H1N1 influenza surfaced and CDC kicked into overdrive to isolate and identify the virus, send vaccine candidate strains for vaccine production, distribute tools to help doctors in the United States and around the world diagnose the virus, and help craft a national response strategy to protect the American public from this pandemic virus.

The response included the urgent development of safe vaccines, their distribution and rapid administration by thousands of health care providers, and a national communications strategy to inform and instruct the American people about how to best protect themselves. We pushed to the limits of our current technology in these areas and were very effective. That success would not have been possible without the vital assistance of our state, local, and community partners.

The efforts of thousands of CDC employees and other healthcare professionals have helped reduce the number of illnesses, hospitalizations, and deaths from this virus.

As we enter spring and CDC, U.S. healthcare providers, and the American people gear up for the start of the 2010-2011 flu season, we must remain vigilant against a resurgence of 2009 H1N1.

At the same time, we must work toward enhanced disease surveillance, more timely vaccine availability, and stronger support for local health partners such as public clinics, schools, and other community institutions. We have much to do, but the past season has shown how effective our public health system can be when it is supported and mobilized.



Vaccination is the best protection against contracting the flu.

Summer Camp is just around the corner. In addition to getting the kids enrolled and preparing to pack up, plan a flu vaccination as well. While the flu incidence has declined the last few months, illness is still occurring and virtually all flu illness is being caused by H1N1. Even though there may be little or no current flu activity at your child's school (perhaps resulting from the immunity obtained through vaccinations or having had the illness), exposure of an unvaccinated child to a new group of kids from different areas at a summer camp is a great way to still get exposed to the flu virus your child may have avoided thus far. As we know from our experiences of the past year, children in group settings are very susceptible to sharing the flu virus and are also of the age group that suffered the most from the illness. There is no shortage of H1N1 vaccine, so see your physician (also available for free at any of our health department offices).

While your child is getting their H1N1 vaccination, be sure to review their other immunization needs. There are new requirements for vaccines required for school attendance so you'll want to review the following with your physician:

- H1N1 (two vaccinations needed for children less than 10 years of age)
- Tdap (11-12 years old and up)
- Meningococcal Conjugate (11 & up)
- Human Papillomavirus (11 & up)

Info Source: www.flu.gov

MAY IS ARTHRITIS AWARENESS MONTH

The Arthritis Foundation is the only national not-for-profit organization that supports the more than 100 types of arthritis and related conditions. The Arthritis Foundation is the largest private, not-for-profit contributor to arthritis research in the world, funding more than \$380 million in research grants since 1948. Celebrating its 60th anniversary this year, the foundation helps people take control of arthritis by providing public health education; pursuing public policy and legislation; and conducting evidence-based programs to improve the quality of life for those living with arthritis. Learn more facts about arthritis and the Arthritis Foundation.

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

WHAT IS LUPUS

Lupus is a chronic, autoimmune disease that can damage any part of the body (skin, joints, and/or organs inside the body). Chronic means that the signs and symptoms tend to last longer than six weeks and often for many years. In lupus, something goes wrong with your immune system, which is the part of the body that fights off viruses, bacteria, and germs ("foreign invaders," like the flu). Normally our immune system produces proteins called antibodies that protect the body from these invaders. Autoimmune means your immune system cannot tell the difference between these foreign invaders and your body's healthy tissues and creates autoantibodies that attack and destroy healthy tissue. These autoantibodies cause inflammation, pain, and damage in various parts of the body. Info Source: www.lupas.org