



LUCE-MACKINAC-ALGER-SCHOOLCRAFT DISTRICT HEALTH DEPARTMENT PUBLIC HEALTH UPDATE SEPTEMBER 2010

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**LMAS District Health
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World Heart Day 2010

World Heart Day was created to inform people around the globe that heart disease and stroke are the world's leading cause of death. This year the theme remains "Wellness in the Workplace". It will be celebrated around the world on Sunday 26 September 2010.



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

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National School Backpack Awareness Day

Each year, National School Backpack Awareness Day takes place on the third Wednesday of September. Backpack Day is a great opportunity to showcase occupational therapy services in your community. In the past, AOTA has encouraged members to host backpack weighing events at local schools.

This year, we'd like to broaden the event and activities to include "packs" throughout the lifespan—from school backpacks and purses to briefcases and suitcases! After all, occupational therapy practitioners help individuals of **all ages** live life to its fullest!



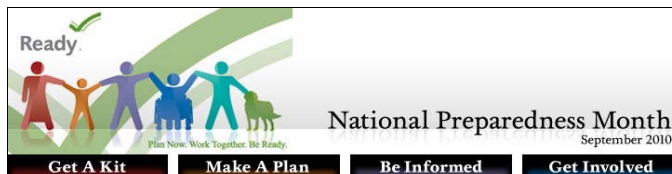
Info Source: <http://www.promoteot.org/>

What is National Women's Health & Fitness Day?

This unique event, set for Wednesday, September 29, 2010, is the largest national health promotion day for women. Similar in concept to the successful National Senior Health & Fitness Day, over 100,000 women of all ages will participate in events at more than 1,400 local registered event sites throughout the U.S. — on the same day. The event's goal: to promote the importance of health awareness and regular physical activity for women of all ages.



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



What is National Preparedness Month (NPM)?

September is National Preparedness Month! This awareness month is sponsored by the Ready Campaign in partnership with Citizen Corps and the Ad Council. NPM is designed to encourage Americans to take simple steps to prepare for emergencies in their homes, businesses, and communities.

Info Source: <http://www.ready.gov>

National Alcohol & Drug Addiction Recovery Month

Recovery Month is an annual observance that takes place during the month of September.

The **Recovery Month** observance highlights the societal benefits of substance abuse treatment, lauds the contributions of treatment providers and promotes the message that recovery from substance abuse in all its forms is possible. The observance also encourages citizens to take action to help expand and improve the availability of effective substance abuse treatment for those in need. Each year a new theme, or emphasis, is selected for the observance.

Recovery Month provides a platform to celebrate people in recovery and those who serve them. Each September, thousands of treatment programs around the country celebrate their successes and share them with their neighbors, friends, and colleagues in an effort to educate the public about treatment, how it works, for whom, and why. Substance abuse treatment providers have made significant accomplishments, having transformed the lives of untold thousands of Americans. These successes often go unnoticed by the broader population; therefore, **Recovery Month** provides a vehicle to celebrate these successes.

Recovery Month also serves to educate the public on substance abuse as a national health crisis, that addiction is a treatable disease, and that recovery is possible. **Recovery Month** highlights the benefits of treatment for not only the affected individual, but for their family, friends, workplace, and society as a whole. Educating the public reduces the stigma associated with addiction and treatment. Accurate knowledge of the disease helps people to understand the importance of supporting treatment programs, those who work within the treatment field, and those in need of treatment.

Info Source: <http://www.recoverymonth.gov>



Leukemia and Lymphoma Awareness Month

Leukemia* is a malignant disease (cancer) of the bone marrow and blood. Marrow is the spongy center of bones where blood cells and lymphocytes are formed. Blood cells begin as "stem" cells. The different types of cells made in the marrow are red cells, platelets, lymphocytes and several other types of white cells. These cells leave the marrow and enter the blood once they are formed. Leukemia is categorized into four types: myelogenous or lymphocytic, each of which can be acute or chronic. The terms myelogenous or lymphocytic denote the cell type involved. Thus, the four major types of leukemia are:

- Acute Lymphocytic Leukemia
- Chronic Lymphocytic Leukemia
- Acute Myelogenous Leukemia
- Chronic Myelogenous Leukemia

Acute leukemia is a rapidly progressing disease that results in the accumulation of immature, functionless cells in the marrow and blood. The marrow often stops producing enough normal red cells, white cells and platelets. Anemia, a deficiency of red cells, develops in virtually all persons with leukemia.

Chronic leukemia progresses more slowly and allows greater numbers of more mature, functional cells to be made.

An estimated 245,225 people in the United States are living with, or are in remission from, leukemia. An estimated 44,790 new cases of leukemia will be diagnosed in the United States. Chronic leukemias account for 11 percent more cases than acute leukemias. Most cases occur in older adults; the median patient age at diagnosis is 66 years. Leukemia is expected to strike more than 10 times as many adults as children. (About 44,790 adults compared with 3,509 children, aged 0-14 years). About 33 percent of cancers in children aged 0-14 years are leukemia. The most common cancer in children 1 to 7 years old is acute lymphocytic leukemia (ALL).

The most common types of leukemia in adults are acute myelogenous leukemia (AML), with an estimated 12,810 new cases, and chronic lymphocytic leukemia (CLL), with about 15,490 new cases this year. Chronic myelogenous leukemia (CML) is estimated to affect about 5,050 persons this year. The most common type of leukemia in children is acute lymphocytic leukemia (ALL), which will account for about 5,760 new cases this year.

Info Source: <http://www.leukemia-lymphoma.org>



World Rabies Day September 28, 2010

What is Prostate Cancer?

The mission of World Rabies Day is to raise awareness about the impact of human and animal rabies, how easy it is to prevent it, and how to eliminate the main global sources. Even though the major impact of rabies occurs in regions of the world where many needs are present, rabies should no longer be neglected. The tools and technology for human rabies prevention and dog rabies elimination are available. Through the World Rabies Day initiative, partners will be..... ***Working Together to Make Rabies History!***



Rabies in humans is 100% preventable through prompt appropriate medical care. Yet, more than 55,000 people, mostly in Africa and Asia, die from rabies every year - a rate of one person every ten minutes. The most important global source of rabies in humans is from uncontrolled rabies in dogs. Children are often at greatest risk from rabies. They are more likely to be bitten by dogs, and are also more likely to be severely exposed through multiple bites in high-risk sites on the body. Severe exposures make it more difficult to prevent rabies unless access to good medical care is immediately available. This major source of rabies in humans can be eliminated through ensuring adequate animal vaccination and control, educating those at risk, and enhancing access of those bitten to appropriate medical care.

In 2006, a group of researchers and professionals formed a global Alliance for Rabies Control. They created and began inviting partners to join the World Rabies Day initiative. The inaugural World Rabies Day initiative now involves human and animal health partners at the international, national, state/provincial, and local levels, veterinary, medical and other specialized professional and student organizations, and corporate and non-profit partners. The goal of this outreach is to mobilize awareness and resources in support of human rabies prevention and animal rabies control. With the initial goal of engaging 55,000 people to take action, one for each person who dies each year from rabies, the inaugural campaign on September 8, 2007 saw participation of nearly 400,000 individuals from at least 74 countries! This overwhelming response was an important step forward for rabies prevention and control and further illustrates the widespread recognition of the need for action to control this easily preventable disease.

Info Source: [http:// www.worldrabiesday.org](http://www.worldrabiesday.org)

Prostate cancer is a common, but typically slow growing cancer when compared to other types of cancer. Its growth is fed by, and generally depends on male hormones. Sometimes cells keep growing beyond their natural lifespan, and can cause a group of cells to swell up into a tumor. There are two types of tumors:

□ **Benign-** Non-Cancerous tumors which are harmless

□ **Malignant-** Cancerous tumors which are harmful to the cells around it

Cancer cells can remain in the prostate (local); in its immediate surroundings (regional) or cells can break free, getting into the blood or lymph system and cause cancer to spread to other parts of the body. This is referred to as metastatic.

In most cases, prostate cancer is an adenocarcinoma, a cancer of the epithelial cells which compose the inner lining of glands.

Risk Factors

Every guy has some level of risk for getting prostate cancer just by being a man. But, there are a lot of other factors that make some guys more susceptible to prostate cancer than others. For the general population, a man has about a 17 percent chance of getting prostate cancer in his lifetime and a three percent chance of dying from it.

Knowing your level of risk can help you develop your plan of attack. In general, men should begin testing for prostate cancer at age 45. If you have one or more of the risk factors listed on this page (not including age), you should begin annual prostate cancer testing at age 40.

Age

Age is the strongest risk factor for prostate cancer. One in every six men gets prostate cancer at some point in his lifetime. Men from 60 to 79 have a 14.76 percent chance (1 in 7) Men from 40 to 59 have a 2.58 percent chance (1 in 39) Men under 40 have a 0.01 percent chance (1 in 9,876) While it is rare for men under 50 to get prostate cancer, those cases tend to be more aggressive.

Family History

Compared with men who have no family history of the disease, men with a father or brother who has been diagnosed with prostate cancer have more than twice the risk of being diagnosed. Men with two or more relatives have about five times the risk. Men with three or more relatives are almost guaranteed to get prostate cancer.

Info Source: [http:// www.zerocancer.org](http://www.zerocancer.org)

School Starts Soon—Is Your Child Fully Vaccinated?



As you help your kids get ready for school, make sure they're fully vaccinated. Web tools from CDC can help parents and doctors keep children up-to-date with the vaccines they need and protected from serious diseases.



Children Birth-6 years

During the early years of life, children are recommended to get vaccines to protect them from 14 diseases that can be serious, even life-threatening. Parents who choose not to vaccinate their own children increase the risk of disease not only for their children, but also for their classmates and neighbors as well as children and adults throughout the entire community—including vulnerable newborns too young to have received the maximum protection from the recommended doses of vaccines.

Kids in pre-school and elementary school need flu vaccines to help keep them healthy. In fact, all children 6 months and over need flu vaccines. Getting all of your children vaccinated can help protect infants under 6 months old, too. Ask your children's doctor or nurse about getting flu shots or the nasal spray to protect them against flu.

Parents can find out what vaccines their children need and when the doses should be given by reviewing the nationally recommended Childhood Immunization Schedule.



Children and Teens 7-18 years

It's easy to forget that older children need vaccines, too. Of course, everyone is recommended to receive a yearly flu vaccination, and older children are no exception! It's important to know that flu can be serious, even for healthy young people. So older kids should be getting at least one vaccine every year.

As children move into adolescence, they are at greater risk of catching diseases like meningitis and HPV. Vaccines to prevent these diseases are specifically recommended for children to receive at ages 11 and 12. If kids don't get these vaccines on time, they should get caught up as soon as possible.

For other diseases, like whooping cough, the protection from vaccine doses received in childhood wears off over time. That's why 11- and 12-year-olds are also recommended to get the booster shot called Tdap. Teens—and adults, too—who have not gotten Tdap should get this booster as soon as possible. Tdap is a version of the DTaP vaccine given to infants and young children.

CDC provides a full immunization schedule for people ages 7 through 18 years for parents and doctors to protect children and teens from vaccine-preventable disease.



It's Not Too Late

If a child falls behind schedule on vaccinations, it can be difficult to figure out the best way to catch up. To help, CDC and colleagues at Georgia Tech have developed the Catch-Up Immunization Scheduler, an online tool that shows parents and healthcare providers the best options for getting children 6 years of age and younger back on schedule.

Info Source: <http://www.cdc.gov/>