



# LUCÉ-MACKINAC-ALGER-SCHOOLCRAFT DISTRICT HEALTH DEPARTMENT PUBLIC HEALTH UPDATE MARCH 2010

Volume VIII, Issue 3  
LMAS District Health  
Department

Main Office Phone Numbers:

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



### H1N1 (Swine Flu) Vaccine

is available for  
**ANYONE**

Contact your local  
LMAS District Health  
Department offices.

Vaccinations are  
available by appoint-  
ment only.  
Newberry-293-5107

Munising-387-2297

St. Ignace-643-1100

Manistique-341-6951

#### Inside this issue:

About Colorectal Cancer World TB Day Daylight Savings Time	1
Type 1 & 2 Diabetes Poison Prevention Week	2
Children and Sleep	3
H1N1 Updates	4

### About Colorectal Cancer

Colorectal cancer is cancer of the colon or rectum. It is equally common in men and women. An estimated 146,970 people will be diagnosed in 2009, and an estimated 49,920 people will die from the disease. With recommended screening, this cancer can be prevented (by removing polyps before they become cancerous) or detected early, when it can be more easily and successfully treated.

#### At Risk

- Men and women age 50 and older
- People who use tobacco, are obese or are sedentary
- People with a personal or family history of colorectal cancer or benign (not cancerous) colorectal polyps
- People with a personal or family history of inflammatory bowel disease, such as long standing ulcerative colitis or Crohn's disease
- People with a family history of inherited colorectal cancer

#### Risk Reduction

- Be physically active and exercise regularly.
- Maintain a healthy weight.
- Eat a high-fiber diet rich in fruits, vegetables, nuts, beans and whole grains.
- Consume calcium-rich foods like low-fat or skim milk.
- Limit red meat consumption and avoid processed meats.
- Don't smoke.
- Don't drink alcohol excessively.

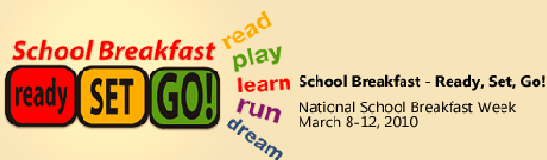
#### Early Detection

If you are at average risk for colorectal cancer, start having regular screening at age 50. If you are at greater risk, you may need to begin regular screening at an earlier age. The best time to get screened is before any symptoms appear. Use this guide to help you discuss screening options with your health care professional. Consider one of the following:

Screening intervals for tests that find pre-cancer and cancer:

- Colonoscopy: Every 10 years
- Virtual colonoscopy: Every 5 years
- Flexible sigmoidoscopy: Every 5 years
- Double-contrast barium enema: Every 5 years

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



### World TB Day - March 24th

World TB Day, falling on 24 March each year, is designed to build public awareness that tuberculosis today remains an epidemic in much of the world, causing the deaths of several million people each year, mostly in the third world. 24 March commemorates the day in 1882 when Dr Robert Koch astounded the scientific community by announcing that he had discovered the cause of tuberculosis, the TB bacillus. At the time of Koch's announcement in Berlin, TB was raging through Europe and the Americas, causing the death of one out of every seven people. Koch's discovery opened the way toward diagnosing and curing tuberculosis.

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



Daylight Saving Time  
Begins

Sunday, March 14, 2010

Info Source: <http://geography.about.com>



## FACTS ABOUT TYPE 1 & 2 DIABETES

**TYPE 1** diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In type 1 diabetes, the body does not produce insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. Only 5-10% of people with diabetes have this form of the disease. With the help of insulin therapy and other treatments, even young children with type 1 diabetes can learn to manage their condition and live long, healthy, happy lives.



For children and teens who have diabetes, that means meeting their diabetes needs at school, as they do at home. It also means that they will need trained adults who are willing and able to assist them as needed. Each student with diabetes has different needs and each must have an individualized care plan. However, the basics of diabetes management are similar.

Careful tracking of food intake, monitoring of physical activity, insulin or medication dosing and several daily blood glucose checks enhances the ability to maintain blood glucose levels within target range.

**TYPE 2** diabetes is the most common form of diabetes. Millions of Americans have been diagnosed with type 2 diabetes, and many more are unaware they are at high risk. Some groups have a higher risk for developing type 2 diabetes than others. Type 2 diabetes is more common in African Americans, Latinos, Native Americans, and Asian Americans, Native Hawaiians and other Pacific Islanders, as well as the aged population.



In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin. Insulin is necessary for the body to be able to use glucose for energy. When you eat food, the body breaks down all of the sugars and starches into glucose, which is the basic fuel for the cells in the body. Insulin takes the sugar from the blood into the cells. When glucose builds up in the blood instead of going into cells, it can lead to diabetes complications.

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

## National Poison Prevention Week March 14-20, 2010

### Every 8 seconds someone calls a Poison Center

#### What is a poisoning?

A poison exposure occurs when a person swallows, breathes, touches, or gets splashed in the eye with something that can cause sickness or death. Poisoning is a matter of dose -- too much of anything can be dangerous. Products such as pain medicines and household cleaning products are common causes of poison exposures in the U.S. Most consumer products are safe if label directions are followed, but some can be poisonous if used incorrectly.

#### Who gets poisoned?

In 2007, 2.5 million people were exposed to poisons. Almost 1.3 million of these occurred in children 5 years or younger. In the same year, almost 860,000 adults (20 years and older) called Poison Centers.

#### How do people get poisoned?

Most poisoning exposures are unintentional. About 13% are on purpose, due either to a suicide attempt or intentional misuse. The rest of the information is in present tense...no reason to refer to 'old' data.

#### What are the leading causes of poisoning for children and adults?

##### Children

- Cosmetics such as perfume or nail polish, and personal care products such as deodorant and soap.
- Cleaning products such as laundry detergent and floor cleaners.
- Pain killers such as acetaminophen and similar medications.

##### Adults

- Pain killers
- Sedatives (drugs used to reduce anxiety), hypnotics (sleeping pills) and antipsychotics (drugs used to treat mental illness)
- Household cleaning products.

#### Where can people get help for poisonings?

Poison centers can be reached at 1-800-222-1222. Dialing this number will connect you to your local Poison Center. Poison Centers are staffed by nurses, pharmacists and physicians. Here you can get help with poisoning emergencies and obtain information on ways to keep your family safe. Poison Centers are open 24 hours a day, seven days a week. Service is available throughout the entire U.S. and its territories. The call is free and confidential.

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



## Children and Sleep

### Sleep and Newborns (1-2 months)

For newborns, sleep during the early months occurs around the clock and the sleep-wake cycle interacts with the need to be fed, changed and nurtured. Newborns sleep a total of 10.5 to 18 hours a day on an irregular schedule with periods of one to three hours spent awake. The sleep period may last a few minutes to several hours. During sleep, they are often active, twitching their arms and legs, smiling, sucking and generally appearing restless. Sleep Tips for Newborns:



- Observe baby's sleep patterns and identify signs of sleepiness.
- Put baby in the crib when drowsy, not asleep.
- Place baby to sleep on his/her back with face and head clear of blankets and other soft items.
- Encourage nighttime sleep.

### Sleep and Infants (3-11 months)

By six months of age, nighttime feedings are usually not necessary and many infants sleep through the night; 70-80 percent will do so by nine months of age. Infants typically sleep 9-12 hours during the night and take 30 minute to two-hour naps, one to four times a day - fewer as they reach age one. Sleep Tips for Infants:



- Develop regular daytime and bedtime schedules.
- Create a consistent and enjoyable bedtime routine.
- Establish a regular "sleep friendly" environment.
- Encourage baby to fall asleep independently and to become a "self-soother."

### Sleep and Toddlers (1-3 years)

Toddlers need about 12-14 hours of sleep in a 24-hour period. When they reach about 18 months of age their naptimes will decrease to once a day lasting about one to three hours. Naps should not occur too close to bedtime as they may delay sleep at night. Sleep Tips For Toddlers:



- Maintain a daily sleep schedule and consistent bedtime routine.
- Make the bedroom environment the same every night and throughout the night.
- Set limits that are consistent, communicated and enforced. Encourage use of a security object such as a blanket or stuffed animal.

### Sleep and Preschoolers (3-5 years)

Preschoolers typically sleep 11-13 hours each night and most do not nap after five years of age. As with toddlers, difficulty falling asleep and waking up during the night are common. With further development of imagination, preschoolers commonly experience nighttime fears and nightmares. In addition, sleepwalking and sleep terrors peak during preschool years. Sleep Tips for Preschoolers:



- Maintain a regular and consistent sleep schedule.
- Have a relaxing bedtime routine that ends in the room where the child sleeps.
- Child should sleep in the same sleeping environment every night, in a room that is cool, quiet and dark - and without a TV.

### Sleep and School-aged Children (5-12 years)

Children aged five to 12 need 10-11 hours of sleep. At the same time, there is an increasing demand on their time from school (e.g., homework), sports and other extracurricular and social activities. In addition, school-aged children become more interested in TV, computers, the media and Internet as well as caffeine products - all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep. In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours. Sleep Tips for School-aged Children:



- Teach school-aged children about healthy sleep habits.
- Continue to emphasize need for regular and consistent sleep schedule and bedtime routine.
- Make child's bedroom conducive to sleep - dark, cool and quiet.
- Keep TV and computers out of the bedroom.
- Avoid caffeine.

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

## ADULT IMMUNIZATION SHOTS TO SAVE LIVES

The 2009 novel H1N1 flu outbreak has been a serious reminder that there is no strong mechanism in place for vaccinating adults in the United States. Public health departments are struggling with how to reach adults in communities around the country to encourage them to get vaccinated against H1N1, the seasonal flu, and, in some cases, pneumonia in a short period of time, without any real infrastructure in place.



It is unfortunate, but not surprising, that between 40,000 and 50,000 adults die annually from vaccine preventable diseases in the United States. Millions of American adults go without routine and recommended vaccinations because our medical system is not set up to ensure adults receive regular preventive health care. The result is thousands of deaths from seasonal influenza, invasive pneumococcal disease, the effects of hepatitis B, and other infectious diseases that could have been prevented each year if more adults were vaccinated. The U.S. Center of Disease Control and Prevention has estimated the direct health care burden of adult vaccine preventable diseases at about \$10 billion annually.

CDC recommends that adults should be vaccinated against a range of diseases, including chickenpox, diphtheria, hepatitis A and B, human papillomavirus, influenza, measles, meningococcal disease (meningitis), mumps, pertussis (whooping cough), rubella, shingles, and tetanus. Recommendations for some specific vaccines vary depending on an individual's risk factors and age.

Despite the recommendation of medical experts about the effectiveness and safety of these adult vaccines, immunization rates remain low. Currently, there is no real system or structure in place to ensure adults have access to or receive the vaccines they need unless they are part of institutions that have vaccine requirements, such as being enrolled in colleges or universities, serving in the military, or working in health care settings. Significant numbers of adults do not have regular well care exams and switch doctors and health plans often, which makes it extremely difficult to set up ways for people to know what vaccines they need and for doctors to track and recommend vaccines to patients.

In addition, lack of health insurance coverage and high costs can be an obstacle. Private medical insurance does not always pay for adult vaccinations, and many patients can not afford vaccines, some of which are expensive. Even governmental program support is inconsistent. Medicaid coverage varies among states, and the Medicare process for vaccine payment is often bureaucratic and cumbersome, and not all recommended adult vaccines are covered under Medicare Part B, resulting in out-of-pocket costs that can be prohibitive for some older Americans.

- Only 2.1 percent of eligible adults (18 to 64 years old) had the tetanus, diphtheria, and whooping cough vaccine in the previous two years.
- Just under two percent of older patients (60 and over) had the shingles vaccine.
- Only 36.1 percent of all adults are vaccinated annually for the seasonal flu.
- Only 66.9 percent had the pneumococcal vaccine.

The consequences are severe in terms of deaths and illnesses that could have been prevented. For instance, each year, approximately 36,000 Americans die of the seasonal flu, 5,000 die from pneumonia, and more than one million adults get shingles, an extremely painful condition that causes a blistering skin rash. In addition, approximately 20 million Americans ages 15 to 49 are currently infected with HPV and are at risk for cervical cancer, and more than 800,000 to 1.4 million Americans are estimated to have chronic viral hepatitis B infections.

Adults need vaccinations for new diseases and "booster" shots for diseases that they were vaccinated against as children, because their immunity may wane over time. In addition, new vaccines are being developed against old diseases, and adults can benefit from these vaccines as they become available.

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