




LUCÉ-MACKINAC-ALGER-SCHOOLCRAFT DISTRICT HEALTH DEPARTMENT PUBLIC HEALTH UPDATE OCTOBER 2009

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Department
Main Office Phone Numbers:
Luce Co.....293-5107
Mackinac Co.....643-1100
Alger Co.....387-2297
Schoolcraft Co.....341-6951

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National Breast Cancer Awareness Month



Breast cancer is the most common cancer in women in the United States, aside from skin cancer. According to the American Cancer Society (ACS), an estimated 192,370 new cases of invasive breast cancer are expected to be diagnosed among women in the United States this year. An estimated 40,170 women are expected to die from the disease in 2009 alone. Today, there are about 2.5 million breast cancer survivors living in the United States.

Breast cancer is a malignant tumor that grows in one or both of the breasts. Breast cancer usually develops in the ducts or lobules, also known as the milk-producing areas of the breast.
Info Source: www.nbcam.org



IT'S FLU SHOT TIME AGAIN!

There are two important ways to protect yourself against flu this year.

SEASONAL flu shot

Available now from your health care provider.



H1N1 (Swine Flu) flu shot

Not yet available but coming soon. Availability/locations will be publicized.



Prevent Fires & Burns

Don't let a fire ruin your home or harm your loved ones! Talk about ways to prevent fires & burns. Plan & practice an escape plan with your family.

Info Source: www.homesafetycouncil.org

Daylight Savings Time
Begins
Sunday, November 1, 2009



Info Source: www.timetemperature.com

Kids Aren't Just Small Adults - Medicines, Children and the Care Every Child Deserves

Use care when giving any medicine to an infant or a child. Even over-the-counter (OTC) medicines that you buy are serious medicines.

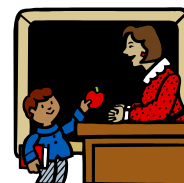
- Read the label every time, before you give the medicine. Be sure you clearly understand how much medicine to give and when the medicine can be taken again.
- Know the "active ingredient" in your child's medicine. Sometimes an active ingredient can treat more than one medical condition. For that reason, the same active ingredient can be found in many different medicines that are used to treat different symptoms. For example, a medicine for a cold and a medicine for a headache could each contain the same active ingredient. So, if you're treating a cold and a headache with two medicines and both have the same active ingredient, you could be giving two-times the normal dose. If you're confused about your child's medicines, check with a doctor, nurse, or pharmacist.
- Give the right medicine, in the right amount, to your child. Not all medicines are right for an infant or a child. Medicines with the same brand name can be sold in many different strengths, such as infant, children, and adult formulas. The amount and directions are also different for children of different ages or weights. Never use more medicine than directed, even if your child seems sicker than the last time.
- Use the dosing tool that comes with the medicine, such as a dropper or a dosing cup. A different dosing tool, or a kitchen spoon, could hold the wrong amount of medicine.
- Know the difference between a tablespoon (tbsp.) and a teaspoon (tsp.) A tablespoon holds three times as much medicine as a teaspoon. On measuring tools, a teaspoon (tsp.) is equal to "5 cc" or "5 ml."
- Know your child's weight. Never guess the amount of medicine to give to your child or try to figure it out from the adult dose instructions.
- Prevent a poison emergency by always using a child-resistant cap. Re-lock the cap after each use. Today's medicines are tasty, colorful, and many can be chewed. Kids may think that these products are candy. Store all medicines and vitamins in a safe place out of your child's (and even your pet's) sight and reach. If your child takes too much, call the Poison Center Hotline at 1-800-222-1222 or call 9-1-1.

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

Back to School Checklist-Kids with Asthma

To better prepare you and your child with asthma to go back to school, the Lung Association recommends you complete this checklist.

- ✓ Schedule Asthma Check-up Doctor's Appointment: Even if your child's asthma is well managed, scheduling a check up with your pediatrician is critical to ensuring your child's asthma continues to be effectively controlled.
- ✓ Vaccinate Yourself and Your Child Against Seasonal Influenza: The CDC recommends caregivers and household contacts of anyone in a risk group including children with asthmas should be vaccinated.
- ✓ Know About Prescription Assistance Services: No one should have to do without their asthma medications because of financial need. Three organizations are available to help:
 - 1) The Partnership for Prescription Assistance can be reached by calling 1-888-4PPA-NOW.
 - 2) Rx Outreach also provides information on their website: www.rxoutreach.com.
 - 3) Patient Services Incorporated: <http://www.uneedpsi.org/cms400min/index.aspx>.
- ✓ Asthma Action Plan: All students with asthma should have a written Asthma Action Plan that details personal information about the child's asthma symptoms, medications, any physical activity limitations and provides specific instructions about what to do if an asthma attack does not improve with prescribed medication.
- ✓ Visit Your Child's School Nurse and Teachers: All of the student's teachers, coaches, as well as the school nurse and/or office should have a current copy of their Asthma Action Plan. Discuss with your child's teachers specific triggers and typical symptoms so that they can be prepared to effectively assist your child should an asthma attack occur during the school day.
- ✓ Advocate for Your Child: It is also important to learn if your child's school allows students to carry and independently administer their asthma medication.
- ✓ Know Your School's Asthma Emergency Plan: Ensure that your child's school knows how to contact you in case of an emergency. It is also important for parents to know the school's past history of dealing with asthma episodes. Parents should confirm that school staff— including after-school coaches and bus drivers have been trained in responding to asthma emergencies.



Info Source: www.lungusa.org

2009 H1N1 Vaccine

Every flu season has the potential to cause a lot of illness, doctor's visits, hospitalizations and deaths. The new H1N1 flu virus could result in a particularly severe 2009-2010 flu season. Vaccines are the best tool we have to prevent influenza. CDC hopes that people will start to go out and get vaccinated against seasonal influenza as soon as vaccines become available at their doctor's offices and in their communities. The seasonal flu vaccine is unlikely to provide protection against 2009 H1N1 influenza. However **a 2009 H1N1 vaccine is currently in production and may be ready for the public in the fall.** The 2009 H1N1 vaccine is not intended to replace the seasonal flu vaccine - it is intended to be used along-side seasonal flu vaccine. While some issues are still unknown, such as how severe the flu season, the ACIP considered several factors, including current disease patterns, populations most at-risk for severe illness based on current trends in illness, hospitalizations and deaths, how much vaccine is expected to be available, and the timing of vaccine availability.

The groups recommended to receive the 2009 H1N1 influenza vaccine include:

- **Pregnant women** because they are at higher risk of complications and can potentially provide protection to infants who cannot be vaccinated;
- **Household contacts and caregivers for children younger than 6 months of age** because younger infants are at higher risk of influenza-related complications and cannot be vaccinated. Vaccination of those in close contact with infants younger than 6 months old might help protect infants by "cocooning" them from the virus;
- **Healthcare and emergency medical services personnel** because infections among healthcare workers have been reported and this can be a potential source of infection for vulnerable patients. Also, increased absenteeism in this population could reduce healthcare system capacity;
- **All people from 6 months through 24 years of age**
 - **Children from 6 months through 18 years of age** because cases of 2009 H1N1 influenza have been seen in children who are in close contact with each other in school and day care settings, which increases the likelihood of disease spread, and
 - **Young adults 19 through 24 years of age** because many cases of 2009 H1N1 influenza have been seen in these healthy young adults and they often live, work, and study in close proximity, and they are a frequently mobile population; and,
- **Persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.**

Info Source: www.cdc.gov

Healthy habits prevent breast cancer

Nearly 40 percent of all breast cancer cases in the United States could be prevented if women kept a healthy weight, drank less alcohol, exercised more and breastfed their babies.

The report, which reviewed 81 new studies on the links between lifestyle and cancer, showed that 70,000 breast cancer cases could be prevented in the United States alone every year.

"We are now more certain than ever that by maintaining a healthy weight, being physically active and limiting the amount of alcohol they drink, women can dramatically reduce their risk," Dr. Martin Wiseman of the American Institute for Cancer Research/World Cancer Research Fund, who led the study, said in a statement.

"We estimate that almost 40% of breast cancer cases in the United States, or about 70,000 cases every year, could be prevented by making these straightforward everyday changes.

The report, posted at www.dietandcancerreport.org/, recommends that people exercise for at least 30 minutes every day. Men should limit alcohol to two drinks a day and women should have just one.

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

Keep Trick-or-Treaters Safe this Halloween

When purchasing costumes, masks, beards and wigs, look for flame-resistant fabrics such as nylon or polyester, or look for the label "Flame Resistant." Flame-resistant fabrics will resist burning and should extinguish quickly. To minimize the risk of contact with candles and other fire sources, avoid costumes made with flimsy materials and outfits with big, baggy sleeves or billowing skirts.

- ✦ Purchase or make costumes that are light, bright and clearly visible to motorists.
- ✦ For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape that will glow in the beam of a car's headlights. Bags or sacks also should be light colored or decorated with reflective tape. Reflective tape is usually available in hardware, bicycle and sporting goods stores.
- ✦ Children should carry flashlights to see and be seen. Costumes should fit well and not drag on the ground to guard against trips and falls.
- ✦ Children should wear well-fitting, sturdy shoes. Oversized high heels are not a good idea.
- ✦ Tie hats and scarves securely to prevent them from slipping over children's eyes and obstructing vision.
- ✦ If your child wears a mask, make sure it fits securely, provides adequate ventilation, and has eye holes large enough to allow full vision.
- ✦ Swords, knives and similar costume accessories should be made of soft, flexible materials.
- ✦ Warn children not to eat any treats until an adult has examined them carefully for evidence of tampering.
- ✦ Carefully examine any toys or novelty items received by trick-or-treaters under three years of age. Do not allow young children to have any items that are small enough to present a choking hazard or that have small parts or components that could separate during use and present a choking hazard.
- ✦ Keep candles and Jack O' Lanterns away from landings and doorsteps where costumes could brush against the flame.
- ✦ Remove obstacles from lawns, steps and porches when expecting trick-or-treaters.
- ✦ Indoors, keep candles and Jack O' Lanterns away from curtains, decorations and other combustibles that could catch fire. Do not leave burning candles unattended.
- ✦ Indoors or outside, use only lights that have been tested for safety by a recognized testing laboratory. Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections. Discard damaged sets.
- ✦ Don't overload extension cords.

<http://www.cpsc.gov>

