

## COG HEALTH QUARTERLY

JUNE 2013

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## SPECIAL POINTS OF INTEREST:

- National HIV Testing Day
- The Importance of proper protection from the sun
- Healthy seasonal recipe ideas

## THE GLOBAL IMPACTS OF SICKLE CELL ANEMIA

Sickle Cell Disease (SCD) is a group of devastating red blood cell (RBC) disorders. SCD is characterized by the abnormal, sickle-like shaped RBCs. The RBCs of a person suffering SCD are also rigid and sticky, and tend to die prematurely, causing a constant shortage of oxygen-carrying RBCs in the body.

SCD is an inherited condition, meaning it is passed from one generation to the next through specific genes present in a person's DNA. It affects millions of people throughout the world and is particularly common among those whose ancestors came from sub-Saharan Africa; Spanish-speaking regions in the Western Hemisphere (South America, the Caribbean, and Central America); Saudi Arabia; India; and Mediterranean countries such as Turkey, Greece, and Italy. It is thought that

SCD is more common among populations where malaria is, or once was endemic. RBCs in persons with SCD are less hospitable to plasmodium and therefore less likely to be adversely affected by severe forms of malaria.

There are several forms of SCD, depending on the genetic inheritance. A person who inherits two copies of the affected gene is known to have Sickle Cell Anemia (SCA). SCA is the most severe form of the disease and is characterized by chronic anemia, fatigue, frequent infections, blindness, and frequent episodes of pain.

The more common form of SCD is a person who inherits an abnormal sickle cell gene from only one parent. These individuals are known as Sickle Cell Trait carriers (SCT). Because the sickle cell gene is recessive, both parents need to

pass irregular genes for full blown SCD to manifest. It should be noted however, that there are several other genes that code for either abnormal hemoglobin or anemia and can result in different forms SCD in patients with only 1 sickle cell gene, varying in severity.

In 2008, the United Nations General Assembly adopted a resolution recognizing SCD as a worldwide public health concern. Each year since, June 19 has been designated as World Sickle Day. World Sickle Day provides an opportunity for governments and organizations world-wide to come together and promote awareness and understanding of SCD and how it affects the population globally.

The effects of SCD in Sub-Saharan Africa are of greatest concern, where it (Impacts, pg 2)

## NATIONAL MEN'S HEALTH WEEK

National Men's Health Week is celebrated annually the week leading up to and including Father's Day. This year, National Men's Health Week will be held June 10<sup>th</sup>-16<sup>th</sup>. The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases among men and boys. Due to lack of awareness, poor

health education, and culturally induced behavior patterns in their work and personal lives, men's health and well-being are deteriorating steadily.

Men's Health Facts

- Men live 5 years less than women
- 50% will develop cancer in their lifetime
- 1 in 6 will get prostate cancer

-Approximately 28,000 men will die from prostate cancer this year

-Leading causes of death among men: heart disease, cancer and unintentional injury

-Men make up over 92% of workplace deaths

-12.5% of men 18 years and over are in fair or poor health

For more information click [here](#).

## NATIONAL HEADACHE AWARENESS WEEK

Headaches: they are specific to the individual. It can be difficult to discover the individual causes and triggers that contribute to headaches. There are also different types of headaches. Below is an excerpt from the frequently asked questions page of the [National Headache Foundation](http://www.nationalheadachefoundation.org) website:

**Is it a migraine?** Migraines generally begin as a dull ache and then develop into a constant throbbing and pulsating pain that may be felt most at the temples as well as the front or back of one or both sides of the head. The pain is usually accompanied by a combination of nausea, vomiting, and sensitivity to light and noise. Some sufferers may experience an aura before an attack. An aura is a manifestation of neurological symptoms such as seeing wavy or jagged lines, dots, or flashing lights, or tunnel vision or blind spots. The cause of migraine is believed to be chemical reactions in the brain. Treatment for migraine may include over-the-counter or prescription medications as well as self-help techniques such as relaxation training and biofeedback.

**What are triggers?** Certain physical or environmental factors such as foods, hormonal changes, weather, and stress can lead to a migraine. However triggers are

different for everyone. To help prevent migraine attacks one should identify their triggers by keeping a headache diary.

**Is there a link between migraine and hormones?** Hormones initiate and regulate many of the body's functions. When hormone levels in the body are unbalanced (during menstruation, pregnancy, menopause), it can lead to migraines.

**Is there an increased risk of stroke for migraine sufferers?** The likelihood of a migraine attack causing a stroke is very remote, however it is not impossible. In persons under age 40, the most common associated factor for stroke is migraine headache. However over the course of a person's normal life span, the occurrence of migraine headache may actually be associated with a reduced risk of dying from cerebrovascular disease due to stroke.

**Are over-the-counter medications effective for migraine?** Over-the-counter medications may be effective in relieving mild to moderate pain and associated symptoms of migraine, however one should visit their doctor before beginning any treatment for migraine.

### Are there alternative therapies used to treat migraine?

Some treatments that may work include acupuncture, acupressure, yoga, and aroma therapy. One should discuss these options with their doctor before pursuing alternative treatment.

### What is a cluster headache?

These are a group of headaches, which arrive with little warning and are usually on one side of the head. These have been described as the most severe and intense of any headache type.

To learn more about headaches visit the National Headache Foundation at [www.headaches.org](http://www.headaches.org)

**“...environmental factors such as foods, hormonal changes, weather, and stress can lead to a migraine”**



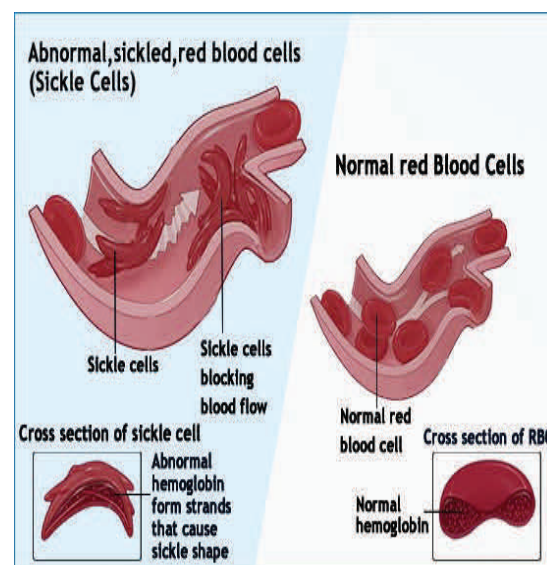
## IMPACTS (FROM PAGE 1)

contributes to roughly 5% of all deaths of children aged less than 5 years in some African countries. Many of these individuals born with SCD are never given adequate healthcare and unable to manage their conditions.

When discussing management and prevention strategies, access to healthcare has to be at the forefront of the conversation. SCD is a manageable condition when appropriate care can be provided. Additionally, public health officials need to do more to increase access to medications to fight off infections that are particularly dangerous earlier in life in order to reduce SCD-related mortality.

As always, increasing public awareness and education about SCD will be beneficial in terms of disease prevention and management. To learn more about the effects of SCD and efforts of the global community, click [here](http://www.cdc.gov/Features/WorldSickleCellDay/).

<http://www.cdc.gov/Features/WorldSickleCellDay/>  
<http://www.cdc.gov/ncbddd/sicklecell/facts.html>  
<http://www.mayoclinic.com/health/sickle-cell-anemia/DS00324/DSECTION=symptoms>  
[http://www.cdc.gov/ncbddd/sicklecell/documents/scd-factsheet\\_what-is-scd.pdf](http://www.cdc.gov/ncbddd/sicklecell/documents/scd-factsheet_what-is-scd.pdf)



## NATIONAL SAFETY MONTH

June 1<sup>st</sup> kicks off the month-long campaign conducted by the National Safety Council (NSC) promoting National Safety Month. This year's theme "Safety Starts with Me" is aimed at employees across the United States. The NSC aims to empower individuals to take charge of their own health at the workplace through the promotion of education and awareness campaigns targeting employee wellness.

According to the Centers for Disease Control and Prevention (CDC), obesity related conditions including hypertension, heart disease, type II diabetes, and some cancers, are responsible for the majority of health care spending in the work place. Obese persons spend roughly 77% more on healthcare and medications than do non-obese persons.

Weight-related healthcare expenses totaled about \$147 billion in 2008. Additionally, the indirect costs of poor health which include absenteeism, disability, and reduced work output, may be several times higher than direct medical costs. Productivity losses related to personal and family health problems cost U.S.

employers \$1,685 per employee per year, or \$225.8 billion annually.

The good news is however, that the costs associated with obesity, both personal and professional, can be treated through proactive management and prevention. Simple things such as taking walks during your lunch hour or replacing the heavy lunch with a salad and side of fruit can drastically reduce your risk of developing these debilitating conditions.

Taking an hour or two each work day to focus on your health will not only save you years of debilitating chronic disease, it also increases your productivity and saves the company money in terms of health care expenditures.

To learn more about steps you can take to improve your health while at the workplace, go [here](#).

<http://www.cdc.gov/workplacehealthpromotion/nhwp/>  
<http://www.cdc.gov/workplacehealthpromotion/nhwp/#one>  
<http://www.cdc.gov/leanworks/why/index.html>

# NATIONAL SAFETY MONTH 2013

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| 30  |     |     |     |     |     |     |

National Headache Awareness Week

### Calendar of Events:

#### June

**World Environment Day:**  
According to the UN Food and Agriculture Organization (FAO), every year 1.3 billion tons of food is wasted. Learn more about food waste and ways to prevent it [here](#).

**Men's Health Month:** National Men's Health Week is celebrated each year the week leading up to and including Father's Day, which is June 10th–16th.

**Great Outdoors Month:** Each year, through presidential and gubernatorial proclamations, the month of June is designated as Great Outdoors Month. Learn more [here](#).

**National Headache Awareness Week:** June 2nd– 8th is National Headache Awareness Week. Over 45 million Americans suffer from headache. Learn more [here](#).

## WORLD ENVIRONMENT DAY



The United Nations Environmental Program (UNEP) is conducting its annual World Environment Day on June 5<sup>th</sup>, 2013. World Environment day aims to promote sustainable living throughout the world while managing our burgeoning population. This year's theme is focused on reducing and eliminating food waste. The campaign is known as Think.Eat.Save.

Think.Eat.Save is an anti-food waste and food loss campaign that encourages people to reduce their "foodprint." According to the UN Food and Agriculture Organization (FAO), every year 1.3 billion tons of food is wasted. This is equivalent to the same amount produced in the whole of sub-Saharan Africa. At the same time, 1 in every 7 people in the world go to bed hungry and more than 20,000 children under the age of 5 die daily from hunger.

The disparities associated with food production and consumption between wealthy countries and their poorer counterparts are almost staggering. Think.Eat.Save aims to change the status quo, and encourages individuals to become more aware of the environmental impact of the food choices they make and empowers people to make informed decisions.

In the United States each year, roughly 40% of food is lost to waste. Of that 40%, 33% is meat, 25% is seafood, and 20% are vegetables. The average American throws away nearly 20 lbs. of food per month, translating to about \$28-43.

The costs associated with wasted foods are shocking when broken down and carefully analyzed. In addition to wasting of water, labor, energy, chemicals, and global warming pollution that goes into producing, packaging, and transporting discarded food, nearly all of the food waste ends up in landfills where it decomposes and releases methane, a heat-trapping greenhouse gas that is 21 times more potent than carbon dioxide. According to the NRDC, the costs estimates associated with wasted food translate to:

- 25% of all fresh water used in the U.S.
- 4% of total oil consumption
- \$165 billion per year
- \$750 million per year to dispose of the food
- 33 million tons of landfill waste (leading greenhouse gas emissions)

There are ways to reduce your foodprint. Following this list constructed by the NRDC outlining 9 easy steps that will greatly reduce the food waste you and your family generate and will save you money in the long run.

**Shop wisely**—Plan meals, use shopping lists, buy from bulk bins, and avoid impulse buys. Don't succumb to marketing tricks that lead you to buy more food than you need, particularly

for perishable items. Though these may be less expensive per ounce, they can be more expensive overall if much of that food is discarded.

**Buy funny fruit**—Many fruits and vegetables are thrown out because their size, shape, or colors are not "right". Buying these perfectly good funny fruit, at the farmer's market or elsewhere, utilizes food that might otherwise go to waste.

**Learn when food goes bad**—"Sell-by" and "use-by" dates are not federally regulated and do not indicate safety, except on certain baby foods. Rather, they are manufacturer suggestions for peak quality. Most foods can be safely consumed well after their use-by dates.

**Mine your fridge**—Websites such as [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com) can help you get creative with recipes to use up anything that might go bad soon.

**Use your freezer**—Frozen foods remain safe indefinitely. Freeze fresh produce and leftovers if you won't have the chance to eat them before they go bad.

**Request smaller Portions**—Restaurants will often provide half-portions upon request at reduced prices.

**Eat Leftovers**—ask your restaurant to pack up your extras so you can eat them later. Freeze them if you don't want to eat immediately. Only about half of Americans take leftovers home from restaurants.

**Compost**—composting food scraps can reduce their climate

**The average American throws away nearly 20 lbs. of food per month, translating to about \$28-43."**



**GLOBAL FOOD WASTE PER YEAR IS ROUGHLY 30% FOR CEREALS, 40-50 % FOR ROOT CROPS, FRUIT AND VEGETABLES, MEAT AND DAIRY, PLUS 30% FOR**

**FISH**

[www.unep.org/wed](http://www.unep.org/wed)





impact while (Continued, pg 5 ) also recycling their nutrients. Food makes up almost 13 percent of the U.S. waste stream, but a much higher percent of landfill-caused methane.

**Donate**—non-perishable and unspoiled perishable food can be donated to local food banks, soup kitchens, pantries, and shelters. Local and national programs frequently offer free pick-up and provide reusable containers to donors.

[http://www.nrdc.org/living/eatingwell/files/foodwaste\\_2pgr.pdf](http://www.nrdc.org/living/eatingwell/files/foodwaste_2pgr.pdf)  
<http://www.unep.org/wed/theme/>



## GREAT OUTDOORS MONTH

Each year, through presidential and gubernatorial proclamations, the month of June is designated as Great Outdoors Month (GOM). The aim of GOM, as President Barack Obama put it, relates to “America’s vast and varied outdoor spaces are a source of great national pride, and we have long strived to protect them for future generations. Our lands provide countless opportunities for exploration, recreation, and reflection, whether in solitude or with family and friends. During Great Outdoors Month, we renew our enduring commitment to protect our natural landscapes, to enjoy them and to promote active lifestyles for ourselves and our children.”

In conjunction with governor’s and key leaders in health and wellness promotion from all fifty states, the GOM proclamation aims to increase awareness of the economic, health, and ecological benefits of outdoor recreation. Utilizing the expan-

sive and beautiful National, State, and Local park systems we have at our disposal in order to increase physical activity and reconnect with nature is a great way to spend your time in June.

Throughout the month of June, GOM has features relating to several types of outdoor activities. Listed below are the various activities and observances with their corresponding websites and dates. Use these links to find and register for an event near you. Get outside, get active and enjoy the great outdoors!

[National Trails Day \(June 1\)](#)  
[National Boating and Fishing Week \(June 1-9\)](#)  
[Welcome to the Water Day \(June 8\)](#)  
[National Get Outdoors Day \(June 8\)](#)  
[The Great American Backyard Campout \(June 22\)](#)

## HIV TESTING DAY

June 27 is National HIV Testing Day. CDC reports that more than 18% of people living with HIV at the of 2009 were unaware of their status. Get your test. To locate the nearest HIV testing site send a text message with your ZIP code to “KNOWIT” (566948) or visit <http://hivtest.cdc.gov/>



## ADDRESSING COMORBIDITIES: HEPATITIS AND LIVER CANCER

Hepatitis is a group of viral infections that affect the liver. The most common forms of hepatitis are grouped into A, B, and C, in addition to the less common forms D, E.

The least severe form of the disease is Hepatitis A. Hepatitis A is caused by Hepatitis A Virus (HAV), and is characterized by infection of the liver and illness lasting from a few weeks to several months. It is spread through the ingesting of fecal matter from contact with objects, food, or drinks contaminated by the feces of an infected person. Hepatitis A is generally an acute illness, and is preventable through vaccination.

Hepatitis B, caused by HBV, can lead to a much more severe form of liver disease. Hepatitis B can range from mild illness lasting only a few weeks to lifelong illness with damaging effects. Hepatitis B is spread through blood, semen, and other bodily fluids. It is transmitted sexually, through intravenous needle sharing, and can also be passed from mother to infant at birth. Hepatitis B can either be an acute or chronic condition. Acute infection occurs during the first six months of exposure and can either clear or lead to chronic Hepatitis B infection. Chronic Hepatitis B is a long term condition and can result in serious complications with the liver and even lead to death. Hepatitis B is preventable through vaccination.

Hepatitis C, caused by HCV, is the most serious and debilitating form of Hepatitis. Hepatitis C is spread through contact of blood from an infected person. The most common form of transmission today is from sharing needles and equipment to intravenously inject drugs. HCV can manifest as an acute virus, although most infections lead to the chronic form of the disease. There is not currently a vaccine available for HCV.

Currently in the U.S., about 4.4 million people are living with Hepatitis, and only about half get the proper testing and diag-

noses necessary to prevent the damaging effects the chronic form of disease can have on the liver.

Chronic hepatitis, most commonly due to HBV and HCV, are the leading causes of primary liver cancer in the U.S and across the globe. Primary liver cancer is the second most lethal form of cancer, behind only pancreatic cancer, with a 5-year survival rate of only 10%. Each year about 15,000 people die from liver cancer or liver disease related to hepatitis B and hepatitis C in the U.S. In addition, while most cancer rates are falling or staying constant, liver cancer is steadily increasing in the U.S., mostly due to chronic Hepatitis infections.

Due to the asymptomatic nature of chronic hepatitis B and hepatitis C, most people who are infected are unaware they have the disease until many years later when serious problems arise in the liver, such as cirrhosis and liver cancer. Because of this, public health officials have urged clinicians to be more vigilant about screening for the disease and regularly following up with patients who test positive.

The CDC has recently launched a campaign aimed at populations for high risk of infection with hepatitis C known as [Know More](#). According to CDC's studies, while anyone can get Hepatitis C, more than 75% of adults infected are from the baby boomer generation, or people born from 1945-1965. While researchers don't fully understand why baby boomers seem to have disproportionately high rates of Hepatitis C, they believe most infections in this population are related to the peak of Hepatitis C in the 1970s and 1980s, when Hepatitis C rates were at their highest and not much was known about the disease. Researchers also believe many of these people may have become infected through contact with contaminated blood and blood products before widespread screening of the blood supply began in 1992 and universal precautions were

adopted. Others may have also been infected through injection drug use, even if only they only used once in the past.

Many people are unaware of how or where they may have been infected because of the significant time lapse because infection and the presentation of symptoms. The biggest issue currently being combatted by health care providers is making people aware of their infection status. With diagnosis, chronic Hepatitis can be successfully treated with medications. But with the asymptomatic nature of the disease, more often than not it goes undetected for decades until it eventually manifests in serious liver disease, liver cancer, or cirrhosis, at which point treatment beyond a liver transplant is very limited.

In accordance with CDC and the Institute of Medicine's recommendations, the most important step is to know your risk. Awareness is the primary concern when discussing chronic hepatitis. Use the tools below and talk to a healthcare professional. Early intervention is key in reducing rates of liver cancer related to chronic hepatitis.

[Hepatitis Risk Assessment](#)

[Message from Dr. Koh, Assistant Secretary of Health at HHS](#)

[Hepatitis Fact Sheet](#)

<http://www.cdc.gov/knowmorehepatitis/>  
<http://www.worldhepatitisalliance.org/Home.aspx>  
[http://www.hepb.org/professionals/hepb\\_and\\_liver\\_cancer.htm](http://www.hepb.org/professionals/hepb_and_liver_cancer.htm)  
<http://www.iom.edu/-/media/Files/Report%20Files/2010/Hepatitis-and-Liver-Cancer-A-National-Strategy-for-Prevention-and-Control-of-Hepatitis-B-and-C/Hepatitis%20and%20Liver%20Cancer%202010%20Report%20Brief.pdf>



**“Chronic hepatitis, most commonly due to HBV and HCV, are the leading causes of primary liver cancer in the U.S and across the globe.”**

**CDC RECOMMENDS ANYONE  
BORN FROM 1945–1965  
GET TESTED FOR HEPATITIS C**

## FIREWORKS SAFETY MONTH

June and July are fireworks safety months. Fireworks are an essential part of celebrating the summer and the fourth of July, however it is equally important to be safe.

The National Council of Fireworks Safety offers these common sense safety tips for consumer fireworks in the hopes that injuries to consumers can be greatly reduced this season:

- Parents and caretakers should closely supervise teens if they are using fireworks
- Parents should not allow young children to handle or use fireworks
- Fireworks should only be used outdoors and away from buildings and combustible materials
- Always have water available when using fireworks
- Read the caution label on fireworks before igniting
- Obey local laws; if fireworks are not legal where you live, do not use them
- If at all possible, don't store fireworks. If there is no other choice, store them in a cool dry place out of reach of children
- Never relight a dud firework; wait 20 minutes and then soak it in a bucket of water
- Soak spent fireworks with water before placing them in an outdoor garage can

For more information on the National Council of Fireworks Safety, and to learn more about fireworks safety, visit [www.fireworkssafety.org](http://www.fireworkssafety.org)



### Calendar of Events:

#### July

**World Hepatitis Day:** World Hepatitis Day is an annual event that each year provides international focus for patient groups and people living with hepatitis B and C. Learn more [here](#).

**Fireworks Safety Month:** Although fireworks are a fun and exciting way to celebrate our nation's freedom, they can also be harmful or even deadly if not used properly. Or quick tips on firework safety, go [here](#).

**UV Safety Month:** The need to protect your skin from the sun has become very clear over the years, supported by several studies linking overexposure to the sun with skin cancer. To test your UV IQ, click [here](#).

| Sun                          | Mon | Tue | Wed | Thu | Fri | Sat |
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| 28 World<br>Hepatitis<br>Day | 29  | 30  | 31  |     |     |     |



## UV SAFETY MONTH: PROTECTING YOURSELF FROM OVEREXPOSURE

Be wary of overexposure to those summertime rays, they may be more harmful than you think. The importance of protecting your skin from UV radiation has become increasingly clear over the years; however most people are still unaware that skin cancer is by far the most common form of cancer in the United States, with more than 3.5 million cases diagnosed annually. Health experts estimate that roughly one American dies from melanoma every hour, translating to 9,199 deaths in 2009.

While not all forms of skin cancer are fatal, costs associated with diagnosis, treatment, and future tests to monitor the disease are enormous. The cost of treatment is estimated at \$1.5 billion annually. Estimated losses in productivity exceed \$3.8 billion per year.

The good news is that it doesn't have to be this way. Skin cancer, by and large, is a preventable disease. Taking a few simple steps will help to drastically reduce your risk of developing any form of skin cancer in your

lifetime. The U.S. Environmental Protection Agency (EPA) recommends the eight action steps outlined below to help you and your family be [SunWise](#).

### SunWise Action Steps

#### Do Not Burn

Sunburns significantly increase one's lifetime risk of developing skin cancer, especially for children.

#### Avoid Sun Tanning and Tanning Beds

UV radiation from tanning beds and the sun causes skin cancer and wrinkling.

#### Generously Apply Sunscreen

Generously apply sunscreen to cover all exposed skin 15 minutes before going outside. Sunscreen should have a Sun Protection Factor (SPF) of at least 30 and provide broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.

#### Wear Protective Clothing

Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, when possible.

#### Seek Shade

Seek shade when possible, and remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m.

#### Use Extra Caution Near Water, Snow and Sand

Water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.

#### Check the UV Index

The UV Index provides important information to help you plan your outdoor activities in ways that prevent sun overexposure. The UV Index forecast is issued daily by the National Weather Service and EPA. To view the UV index in your area, click [here](#).

#### Get Vitamin D Safely

Get Vitamin D safely through a diet that includes vitamin supplements and foods fortified with Vitamin D.



**"...most people are still unaware that skin cancer is by far the most common form of cancer in the United States, with more than 3.5 million cases diagnosed annually."**

## NATIONAL IMMUNIZATIONS AWARENESS MONTH

August is recognized as National Immunization Awareness Month (NIAM). The purpose of NIAM is to encourage all people to protect their health by receiving immunizations. Immunizations play an important role in protecting all individuals from infectious disease. NIAM is the perfect time to promote immunizations and remind family, friends, and coworkers to get caught up on their shots.

Immunizations and vaccinations date back to 1796 when Edward Jenner, the founder of immunology, used cowpox material to create immunity and was able to eventually eradicate small pox. The next major advancement occurred in 1885 when scientist Louis Pasteur used a vaccine to successfully prevent rabies. Over the next century several important vaccinations were created to prevent diseases including measles, mumps, rubella, diphtheria, tuberculosis, and polio. The birth of immunizations is seen today as one of the leading advancements to the fields of medicine and public health.

Infants and children are at a greater risk for developing and becoming seriously ill from preventable diseases, hence the need for timely immunizations. However, immunizations and vaccinations aren't just for babies and young kids, adults also have several schedule vaccinations. Over the past decade there have been substantial declines in cases, hospitalizations, deaths, and health-care costs associated with vaccine-preventable diseases. A recent economic analysis indicated that vaccination of each U.S. birth cohort with the current childhood immunization schedule prevents approximately 42,000 deaths and 20 million cases of disease, with net savings of nearly \$14 billion in direct costs and \$69 billion in total societal costs.

To achieve the full potential of vaccinations among the US population, parents must recognize vaccines as a means of mobilizing the body's natural defenses and be better prepared to seek vaccinations for their children; health-care providers must be aware of the latest developments and recommendations; researchers must address increasingly

complex questions about safety, efficacy, and vaccine delivery and pursue new approaches to vaccine administration more aggressively.

**Remind your family, friends, and coworkers to get caught up on their shots!**





## CATARACT AWARENESS MONTH

Cataracts are a clouding of the lens of the eye, and are the leading cause of vision loss in people over the age of 55. More than half of people over age 65 have some degree of cataracts development, and more than half of people over age 80 either have a cataract or have had cataracts surgery.

Symptoms of cataracts include:

- Blurry vision
- Colors that appear faded
- Glare
- Difficulty seeing well at night
- Double vision.

If you experience any of these symptoms, visit your eye care professional.

The academy also promotes annual eye exams for people 65

years and older. Those at increased risk for cataracts are people with diabetes, who smoke, or have a family history of cataracts. Other risk factors include:

- Extensive exposure to sunlight
- Serious eye injury or inflammation
- Prolonged use of steroids, especially combined use of oral and inhaled steroids
- Current use of selective serotonin reuptake inhibitors (SSRI's).

Ways to reduce the risk for cataracts include:

- Wearing UV-rated sunglasses and a wide-brimmed hat when outdoors during the day
- Wearing UV-absorbing hydrogel contact lenses

If you have diabetes, control your blood sugar with diet, exercise, and medication if needed

If you smoke, QUIT. Ask your doctor to help you find strategies and support networks.

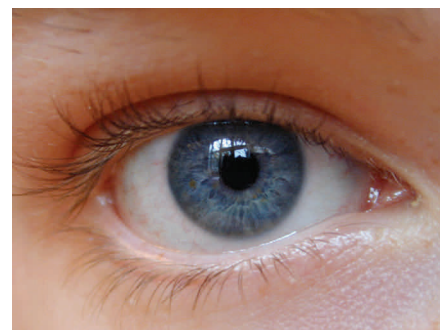
Eat a diet full of green, leafy vegetables, fruits, and other antioxidant-rich foods.

The American Academy of Ophthalmology sponsors awareness sessions and information workshops in conjunction with Cataracts Awareness Month, which takes place in August. To participate in these activities visit the Academy's website at [www.aaao.org](http://www.aaao.org).

To learn more about when the time is right to consider cataracts surgery, consult your eye care professional or visit the

Academy's consumer guide to cataracts surgery at <http://www.geteyesmart.org/eyesmart/diseases/cataract-surgery.cfm>.

Information sourced from [www.HealthDay.com](http://www.HealthDay.com) 2010



### Calendar of Events: August

**Cataract Awareness Month:** Cataracts affect nearly 22 million Americans age 40 and older and are the world's leading cause of blindness. Learn more [here](#).

**National Immunizations Awareness Month:** Immunizations are said to be the most important development in Public Health and medicine in the last 100 years. It is important, even for adults, to be up to date on their vaccinations. To learn more, go [here](#).

**National Health Center Month:** Health Centers play an important role in terms of our current and future healthcare delivery models. There are 44 million uninsured people in this nation and another 56 million who, although they may have health insurance, live in areas without doctors and basic health services. It is important to raise awareness about these centers and services they provide.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     | 1   | 2   | 3   |
| 4   | 5   | 6   | 7   | 8   | 9   | 10  |
| 11  | 12  | 13  | 14  | 15  | 16  | 17  |
| 18  | 19  | 20  | 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  | 29  | 30  | 31  |

## SUMMERTIME FITNESS: BEAT THE HEAT BUT HAVE FUN THIS SUMMER

Guest contributor: Margie Shapiro, Potomac River Running, Inc.

The summer season presents yet another excellent time of year to ramp up your fitness routine with outdoor activities. It's a great time for families and friends to enjoy hiking, cycling, swimming, tennis, walking, running, yard work... the list goes on. No doubt some wonder, though, how best to increase outdoor exercise without suffering in our region's notorious heat and humidity? A few simple strategies will help you enjoy the season of sun while staying safe and healthy.

### Exercise at the right time of day.

Since the humid air tends to hold heat in as the sun goes down, it makes sense to do vigorous exercise in the morning whenever possible. If early morning timing does not work for you, try to get out after 6pm when the sun's heat has diminished.

**Dress appropriately.** In the same way that synthetic, moisture-wicking materials keep the body warmer in cold weather, they help the body cool itself more effectively in hot and sticky conditions by pulling sweat away from the skin. Avoid wearing cotton clothing while exercising in hot and humid conditions. From socks and underwear to

outerwear and hats, athletic-minded apparel of all sorts is available to keep you comfortable.

**Keep skin and eyes safe and healthy.** Choose an athletic sunscreen that allows the skin to breathe while exercising (there are many options out there), and consider wearing a hat, visor or sunglasses to shield your eyes from wind-blown debris, ticks in the woods, and of course the bright sunshine.

### Seek shady areas like

wooded trails and parks for your exercise, especially in the heat of the day, as sidewalks and roadways can radiate temperatures far greater than that of the air, while trails tend to be several degrees cooler.

**Hydrate well.** Listen to your body and

obey thirst signals when they hit. If your workout will be longer than an hour, consider carrying a water bottle along with you to sip along the way. For particularly hot or humid conditions, you might want to drink an electrolyte-infused beverage to keep sodium, potassium, and other minerals in balance when sweating heavily.

**Involve your family.** Seek family-friendly events like the =PR= Twilight Festival to share your fitness with loved ones. (\*Find more details at [http://](http://www.twilightfourmiler.com/)



[www.twilightfourmiler.com/](http://www.twilightfourmiler.com/)).

Despite the sometimes uncomfortable conditions of our region, you can enjoy the summer not just for barbecues, outdoor parties, and beach vacations, but for staying fit and happy too!

## NATIONAL HEALTHCENTER WEEK

Celebrating America's Health Centers: Transforming Health Care in Our Local Communities : August 11 – 17 2013

There are 44 million uninsured people in the nation and another 56 million who, although have health insurance, live in areas without doctors and basic health services.

To raise awareness of the needs that exist in communities, and of the high costs of primary care and preventive health, health centers are models of care that expand access to care, and provide the cost effective care that can improve health delivery.

Health centers are non-profit, community-directed health care providers serving low income and medically underserved communities. They provide high-quality, affordable primary and preventive care, as well as dental, mental health and substance abuse, and pharmacy services. Also known as Federally-Qualified Health Centers (FQHC), they are located in areas where care is needed but scarce, and improve access to care for millions of Americans. Their costs of care are among the lowest, and they reduce the need for more expensive hospital based care. They save taxpayers billions of dollars.

Activities and events held throughout



the country to celebrate National Health Center Week include health fairs, open houses to visit health centers, public forums to engage local community members and leaders, and fundraisers. To find an activity near you, visit their website at [www.healthcenterweek.com](http://www.healthcenterweek.com)

## LYME DISEASE AND OTHER TICK-BORNE ILLNESSES: KNOWING YOUR RISK

From May throughout July, people get tick bites and tickborne diseases more often than any other time of year in the United States, many of which may not be fully aware they are at risk.

Each year, nearly 30,000 confirmed cases of Lyme disease are reported to CDC, but a recent national survey reported that nearly 20 percent of people in areas where Lyme disease is common were unaware that it was a risk.

And even in those areas where the disease is common, 42 percent of individuals reported taking no personal preventive measures against ticks.

Other common tickborne diseases include Rocky Mountain spotted fever, anaplasmosis, ehrlichiosis, and babesiosis.

The diseases outlined above are endemic and tend to be concentrated in specific parts of the country.

For the Mid-Atlantic and Northeast region, Lyme disease is by far the most common tick-borne disease. CDC reports that nearly 95 percent of Lyme disease cases occur in states with heavily wooded areas, most of which are in the Northeast and Mid-Atlantic regions and include:

- Connecticut
- Massachusetts
- New York
- Delaware
- Minnesota
- Pennsylvania
- Maine
- New Hampshire
- Virginia

### **-Maryland**

- New Jersey
- Wisconsin

Lyme disease is a serious infection and can cause a wide variety of symptoms. It is often called “the great imitator” because its symptoms mimic many other diseases. Infections can be both acute and chronic. It can also affect any organ of the body, including the brain and central nervous system, muscles, joints, and the heart.

Lyme disease is most commonly spread through the bite of an infected deer tick. It is caused by a specific bacteria known as *Borrelia burgdorferi*. Most infections occur through the bite of an immature tick known as a nymph. Nymphs are about the size of a poop seed and their bites are hard to detect and are often painless.

It is very important to be proactive in preventing your exposure to ticks. Outlined below are several steps you can take to greatly reduce your risk of contracting Lyme disease and many other tick-borne diseases.

CDC recommends people:

**-Avoid areas with high grass and leaf litter and walk in the center of trails when hiking.**

**-Use repellent that contains 20 percent or more DEET on exposed skin for protection that lasts several hours. Parents should apply repellent to children; the American Academy of Pediatrics recommends products with up to 30 percent DEET for kids. Always follow prod-**

**uct instructions.**

**-Use products that contain permethrin to treat clothing and gear, such as boots, pants, socks and tents or look for clothing pre-treated with permethrin.**

**-Treat dogs for ticks. Dogs are very susceptible to tick bites and to some tickborne diseases, and may also bring ticks into your home. Tick collars, sprays, shampoos, or monthly “top spot” medications help protect against ticks.**

**-Bathe or shower as soon as possible after coming indoors to wash off and more easily find crawling ticks before they bite you.**

**-Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon returning from tick-infested areas. Parents should help children check thoroughly for ticks. Remove any ticks right away.**

Tick-borne diseases can range from mild symptoms to severe infections requiring hospitalization. The most common symptoms of tick-related illnesses can include fever/chills, aches and pains, and rash. Early recognition and treatment of the infection decreases the risk of serious complications, so see your doctor immediately if you have been bitten by a tick and experience any of these symptoms.

It is important that you catch start treatments as early as possible. Experts agree that the earlier you are treated, the better the outcome, with early treatment often being successful.

Treatment regimens are similar to TB treatment protocols, with a combination of drugs and longer durations of treatment, sometime lasting months.

However, the stringent treatment protocols greatly outweigh the costs. The quality of life of patients with chronic Lyme disease is similar to that of patients with congestive heart failure

For more information, visit <http://www.cdc.gov/ticks> or call CDC Info at 1-800-CDC-INFO.





**We want to hear from you!**

**Please send your suggestions to us [here](#).**

**Brought to you by the Health and Substance Abuse Program of the  
Department of Public Safety and Health**

## **Jalapeño-Lime Grilled Corn on the Cob**

### **Ingredients:**

1 stick butter  
1 lime, juiced and zested  
1 small jalapeno, seeded  
1 clove garlic  
1 teaspoon sweet paprika  
6 ears corn on the cob, husked  
Fresh ground black pepper  
Coarse salt

### **Directions:**

Combine butter, lime, jalapeno, garlic and paprika in food processor and pulse process until smooth. Place on waxed paper or plastic and roll. Place in freezer until ready to serve.

Cook corn on the grill. Cut disks of butter and rub onto corn, nestling the butter in a slice of bread to apply it to the hot corn. Season ears with salt and pepper to taste.

<http://www.foodnetwork.com/recipes/rachael-ray/jalapeno-lime-corn-on-the-cob-recipe/index.html>

## **IN THE NEXT ISSUE**

- **The Global Impacts of Heart disease**
- **National Breast Cancer awareness Month**
- **Addressing Comorbidities COPD and Lung cancer**
- **American Diabetes Month**



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