



2019 FIRST QUARTER NEWSLETTER



Cervical Cancer Awareness

JANUARY IS CERVICAL CANCER AWARENESS MONTH!

Cervical cancer is a leading cause of death among women in the United States. In fact, in 2018, 4,170 people have died thus far from cervical cancer in the U.S. Cervical cancer does have a high survival rate if the cancer is caught early. However, by taking preventative steps and adopting healthy behaviors, cervical cancer can be prevented.

Early on, cervical cancer can go unnoticed. Signs and symptoms of developed cervical cancer include: abnormal vaginal bleeding (such as bleeding after sex, bleeding after menopause, or bleeding/spotting between periods), unusual discharge from the vagina, and pain during sex. These symptoms should not be ignored as the cancer can spread and treatment effectiveness can decrease. Notify your healthcare professional right away if you are experiencing any of these symptoms.

There are multiple steps that can be taken to prevent cervical cancer. First, the CDC recommends that all women over age 21 should receive Pap tests at least every three years. The Pap test is a screening tool that can detect pre-cancers or cell changes on the cervix. Women over 30 years can also get tested for HPV (human papilloma virus) when receiving the Pap smear. The HPV test looks for the virus that can cause cell changes and the development of cervical cancer.

Besides implementing regular screening tests at age 21, women can reduce risks of cervical cancer by avoiding smoking, using condoms during sex, and limiting their number of sexual partners. However, an important preventative measure is the HPV vaccine. This vaccine, also known as the Gardasil shot, can prevent cervical cancer by protecting against HPV. This immunization should be administered as early as age 11 or 12 to both boys and girls. It is given in a series of two or three shots, depending on the child's age.

Preventative care is essential when protecting yourself from cervical cancer. Talk to your health care provider about any concerns or questions regarding cervical cancer or prevention methods. The Monroe County Health Department offers Gardasil vaccinations and can be contacted at (608) 269-8666 to schedule an appointment. For more information on cervical cancer, this CDC link offers beneficial information: <https://www.cdc.gov/cancer/cervical/index.htm>.

January has been designated as *National Radon Action Month* by the U.S. Environmental Protection Agency. Radon is a colorless, odorless, tasteless gas that comes from the soil beneath a home. Exposure to radon gas is the second leading cause of lung cancer. Each year in the United States, approximately 21,000 lung cancer deaths are caused by radon second only to smoking.



Winter is an especially good time to test your home because windows and doors are closed resulting in the most accurate test results. The greatest potential for radon exposure is in the lowest level of the home where families spend more than seven hours.

Levels vary greatly within a home in any given neighborhood, so the recommendation is to test every home. 5% to 10% of homes in Wisconsin have elevated radon levels. High readings have been found throughout Monroe County. If a high reading is confirmed, licensed radon mitigation contractors can reduce radon in a home.

Radon testing is easy. Kits are available for \$10 at Monroe County Health Department. For more information regarding radon or to obtain a test kit, call Monroe County Health Department at 608-269-8666. You may also visit www.lowradon.org for more information.



TAKE STEPS TO PREVENT HEART DISEASE

American Heart Month is observed every February to spread awareness about heart disease and how to prevent it. Heart disease is the leading cause of death in the United States as well as in Monroe County.

What is Heart Disease? According to the CDC, heart disease refers to several different heart conditions, but the most common is coronary artery disease. Coronary artery disease is a condition that occurs when a substance called plaque builds up in the arteries that supply blood to the heart. Plaque is made up of deposits of cholesterol (a fat-like substance in the body), which can accumulate in your arteries. Fortunately, there are steps you can take to help lower your risk of heart disease:

- ♥ **Eat a Healthy Diet:** Choose to eat plenty of fresh fruits and vegetables and fewer processed foods. Eating foods low in saturated fats, trans fat, cholesterol, and high in fiber can help prevent high cholesterol. Limiting salt (sodium) in your diet also can lower your blood pressure. Limiting sugar in your diet can lower your blood sugar level to prevent or help control diabetes.
- ♥ **Maintain a Healthy Weight:** Being overweight or obese can increase your risk for heart disease.
- ♥ **Physical Activity:** Physical activity can help you maintain a healthy weight and lower your blood pressure, cholesterol, and sugar levels. The Surgeon General recommends that adults should get 2 hours and 30 minutes of moderate-intensity exercise like brisk walking or bicycling every week. Children and adolescents should get 1 hour of physical activity every day.
- ♥ **Don't Smoke:** Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quit as soon as possible. Your doctor can suggest ways to help you quit. Also, if you need help quitting, call the 24/7 toll-free Wisconsin Tobacco Quit Line at 1-800-QUIT-NOW.
- ♥ **Limit Alcohol Use:** Avoid drinking too much alcohol, which can raise your blood pressure. Men should have no more than 2 drinks per day, and women only 1.
- ♥ **Monitor Your Blood Pressure:** High blood pressure often has no symptoms, so be sure to have it checked on a regular basis. You can check your blood pressure at home, at a pharmacy, at a doctor's office, or contact your local health department.
- ♥ **Manage Stress:** Too much negative stress, otherwise known as distress, can harm your health. Learn stress management techniques or find positive ways to cope with stress such as talking with family and friends, using positive self-talk, doing hobbies you enjoy, or learning relaxation techniques.
- ♥ **Have Your Cholesterol Checked:** Talk with your doctor about this simple blood test and how often you should be having your cholesterol checked.
- ♥ **Take Your Medicine:** If you're taking medication to treat high blood pressure, high cholesterol, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something.

TIPS FOR EATING MORE VEGGIES

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. If you want to include more vegetables in your diet, try some of the tips below:



- **Look For Fast Ways To Cook** - Add a vegetable side to any meal by cooking fresh or frozen vegetables in the microwave.
- **Prep Ahead of Time** - Cut up a batch of your favorite vegetables and put them in containers and store in the refrigerator. Take them out when you're ready to use in a stir fry, casserole, or as a snack.
- **Choose Colorful Veggies** - Try vegetables that are red, orange, or dark green as they are full of vitamins and minerals. Veggies like cherry tomatoes, sweet potatoes, or red peppers are tasty and good for you too.
- **Checkout the Freezer Aisle** - Many frozen vegetables are quick and easy to use and just as nutritious as fresh vegetables. Look for frozen vegetables without added sauces, gravies, butter, or cream and add to your favorite dish.
- **Stock Up On Veggies** - Keep canned vegetables such as canned tomatoes or beans on hand. Look for labels that say "reduced sodium," "low sodium," or "no salt added."
- **Try Vegetable Soups** - Soups come in handy, because you can simply heat and eat! Try soups such as tomato, squash, or garden vegetable. Look for reduced or low sodium soups. You can also make your own.
- **While You're Out to Eat** - Ask for an extra side of vegetables or a side salad instead of a fried side dish. Request toppings and dressings on the side.
- **Eat in Season** - Vegetables that are in season tend to be cheaper and more flavorful. Check out grocery store deals or the farmers market during the warmer months.



MARCH IS COLORECTAL CANCER AWARENESS MONTH

Colorectal cancer occurs in the colon or rectum and is the 3rd most common cancer and the 2nd leading cause of cancer death. Colorectal cancer affects men and woman of all racial and ethnic backgrounds. It is most often found in individuals over the age of 50, but the incidence is on the rise for those under the age of 50. By living a healthy lifestyle, knowing the signs and symptoms, regular screening and early detection, colorectal cancer is preventable and treatable.

Living a healthy lifestyle is one of the ways to prevent and reduce your risk of colon cancer. Follow these healthy living tips:

- **Eat Well:** A diet high in vegetables, fruits and other plant based foods provide needed fiber and nutrients to help protect cells from damage. Reduce your red meat intake to 18 ounces per week and avoid processed meats as cancer risk increases with consumption.
- **Get Your Exercise:** Increasing physical activity and getting 30 to 60 minutes per day can reduce risk of developing colorectal cancer by 30-40%.
- **Know Your Family History:** A family history of colorectal cancer puts you at an increased risk. You may need to be screened beginning at the age of 40, or 10 years prior to the youngest diagnosed case in your family.
- **Avoid Alcohol and Cigarettes:** Alcohol and cigarettes are known to increase the risk of cancer. Limiting alcohol consumption and quitting smoking can help reduce risk.

Colorectal cancer is known as the silent killer and often times may have NO symptoms, especially in the early stages. If symptoms are present, they may include:

- **A Change in Bowel Habits:** diarrhea, constipation, a change in the constituency of your stool, or finding your stools narrower than usual
- **Persistent Abdominal Discomfort:** cramps, gas, and /or feeling full, bloated, or that your bowel does not empty completely.
- **Rectal Bleeding:** finding either bright red or very dark blood in your stool
- **Weakness or Fatigue:** can also accompany losing weight for no known reason, nausea or vomiting.

These symptoms can also be associated with other health conditions so it is important to be proactive and talk with your doctor.

The number one way to reduce your risk of colorectal cancer is through screening. There are many screening options available from colonoscopies to at-home stool test kits. Talk with your doctor to find out the appropriate screening tool for you! For more information on colorectal cancer visit The Colorectal Cancer Alliance at www.ccalliance.org.

PREPAREDNESS CORNER - COLD WEATHER HAZARDS

Frostbite and hypothermia are two dangers to be mindful of during the cold weather and winter storms. Many times during the winter you may see the wind chill on weather forecasts. Wind chill is the temperature that it feels like when you are outside. During the winter, as the wind increases, your body is cooled at a fast rate, which causes your skin temperate to drop. This can lead to frostbite and hypothermia.

What is Frostbite? The freezing of skin and body tissue beneath the skin

Signs of Frostbite: Loss of feeling and white or pale appearance in extremities (fingers, toes, earlobes, face, tip of the nose)

What Should You Do? If you detect symptoms of frostbite, cover exposed skin - do not rub the affected area in an attempt to warm it up. Frostbite creates ice crystals in the tissue, and rubbing could cause damage. Seek medical attention immediately!

What is Hypothermia? Occurs when your body temperature drops to dangerously low levels, which causes your heart, nervous system, and other organs to stop working normally.

Signs of Hypothermia: Uncontrollable shivering, memory loss, confusion, incoherence, slurred speech, drowsiness, apparent exhaustion

What Should You Do? If you detect signs of hypothermia, get victim to a warm location and remove wet clothing. Warm the center of the body first by wrapping the person in blankets or putting on dry clothing. Give warm, non-alcoholic beverage if the person is conscious. Take the person's temperature - if it is below 95 degrees seek medical attention immediately!

Protect Yourself: The best thing to do when it's dangerously cold is to stay inside. However, if you must go outside make sure to wear the proper protective clothing.



Monroe County Reportable Communicable Disease Cases

DISEASE	2018	2018	2018	2018
	1st	2nd	3rd	4th
	QTR	QTR	QTR	QTR
Anthrax				
Arboviral infection (encephalitis/meningitis)				
Animal Bites	5	9	7	5
Babesiosis		2	3	
Blastomycosis				1
Brucellosis				
Botulism				
Botulism, infant				
Campylobacter	4	4	9	5
Chancroid				
Chlamydia	41	36	34	36
Cholera				
Clostridium Difficile				
Coccidioidomycosis				1
Cyclosporiasis		8		
Cryptosporidiosis	1	1	12	7
Dengue fever				
Diphtheria				
E. coli 0157:H7 & other-Stec	1			1
E.coli enterohemorrhagic				
E. coli enteropathogenic				
E.coli enteroinvasive				
E.coli enterotoxigenic				
Eastern Equine Encephalitis				
Ehrlichiosis/Anaplasmosis	1	6	5	10
Giardiasis	1	1		
Gonorrhea	8	7	8	
Haemophilus influenzae invasive disease (including epiglottitis)				
Hantavirus infection				
Hemolytic uremic syndrome				
Hepatitis A				
Hepatitis B	1	2	2	4
Hepatitis C	4	3	6	4
Hepatitis D				
Hepatitis E				
Histoplasmosis				1
HIV				
Influenza A	117	19		2
Influenza A hospitalized	38	1		
Influenza B	55	12		1
Influenza B hospitalized	9	6		
Kawasaki disease				
LTBI	2		2	3
Legionellosis				2
Leprosy (Hansen Disease)				
Leptospirosis				
Listeriosis				
Lyme disease	6	24	50	10
Malaria				

DISEASE	2018	2018	2018	2018
	1st	2nd	3rd	4th
	QTR	QTR	QTR	QTR
Measles				
Meningitis, bacterial (other than Haemophilus)			1	
Meningitis, Viral				
Meningococcal disease				
Mumps				
Mycobacterium Avium			1	
Mycobacterium chelonae		1		
Mycobacterium Gordonae		1		
Mycobacterium tuberculosis(TB)				
Norovirus				
Norwalk Like disease				
Pelvic inflammatory disease				
Pertussis(whooping cough)	1	1	6	4
Plague				
Poliomyelitis				
Psittacosis				
Q Fever				
Rabies (human)				
Rheumatic fever (newly diagnosed & meeting the Jones criteria)				
Ricin toxin				
Rocky Mountain spotted fever			1	
Rotavirus				
Rubella				
Rubella (congenital syndrome)				
Salmonellosis	1	4	6	2
Shigellosis				2
Small pox				
Streptococcal disease (all invasive disease caused by groups A & B Streptococci)	4	2	2	2
Streptococcus pneumoniae invasive disease(invasive pneumococcal)	2	3		
Syphilis				
Tetanus				1
Toxic shock syndrome Toxic substance related disease				
Toxoplasmosis				
Trichinosis				
Tularemia				
Typhoid fever				
Varicella (chicken pox) reported by number of cases only	1			1
West Nile Virus				
Yellow fever				
Yersiniosis				
Zika virus				

