

Health Matters

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SEPTEMBER
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Flu Shots--Not Just for Seniors Anymore

Flu shots aren't just for seniors anymore. Actually they never have been but it is the senior population who has been more likely to receive the vaccine. Perhaps this group remembers the flu epidemic in years past or maybe, because of chronic disease causing their resistance to be down, they know the flu shot is important.



During the 2006 / 2007 flu season the Health Department asked local physicians and the hospital lab to voluntarily submit information on flu activity within our county. Those within the birth to 19 year group accounted for the highest number of reported cases! Breaking that down further, children ages 5-9 had the most cases of confirmed flu within our county.

Aside from children being sick (temperature

100-103, cough, headache, muscle ache and fatigue), the flu affects the family in other ways when a young person is infected. Because flu lasts 7 to 14 days, those children are absent from school and their parents miss days at work caring for them. Children can spread the influenza virus to parents, grandparents, teachers and classmates causing them to become ill also.

Parents: Immunize your children against influenza this year. The shot is available to all children aged 6 months and older. Children and adolescents (aged 6 months-8 years) are administered 2 doses separated by a month if this is the first time they receive the vaccine. A single dose is recommended each year following.

Influenza does not discriminate; all ages are affected by this virus. This year make it a point to bring in your entire family for a flu shot.

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Pack it Safe!

We're coming to a new school year and with it comes the early morning rush for the kids to get to school on time. Packing a safe lunch can be easily forgotten in the hustle of the morning. Keep these tips in mind when packing your child's lunch in order to prevent foodborne illness from claiming more sick days this school year.



- **Keep Clean During Preparation:** Thoroughly wash food preparation surfaces, utensils, cutting boards, kitchen counters, and reusable containers prior to food preparation. Once the food preparation surfaces and utensils are clean, wash your hands with warm water and soap prior to handling the food.
- **Keep Cold Foods Cold:** An insulated lunch box or bag is preferred, but a double-bagged paper bag can also be used. Double-bagging provides extra insulation to keep foods cold. Always include a freezer gel pack or a frozen

juice box as a cold source to keep perishable foods cold. If the lunch is packed the night before, keep the lunch bag or box in the refrigerator until morning. At school, keep the lunch box or bag away from heat sources, such as direct sunlight, radiators, baseboard heaters, etc.

- **Keep Hot Foods Hot:** If hot soup, chili, or stew is included, keep these foods hot using an insulated bottle. When filling the bottle, first fill the bottle with boiling water to warm the container and let the water stand for a few minutes. Empty the bottle, fill with the soup, chili, or stew, and quickly replace the lid of the bottle and keep closed until lunchtime.
- **Discard Perishable Leftovers:** Any meats, eggs, milk, fresh cut fruits and vegetables, and other perishable foods not eaten during lunch should be thrown away. Do not save these foods for a later meal!
- **Make Sure Children Wash Hands:** Remember that your children should always wash their hands before eating.

Mark Your Calendar

Osteoporosis Screenings:

By Appointment only

\$5

8:30-11:30 a.m.

Tuesday, September 25

Tuesday, October 30

Tuesday, November 27



Call the Logan County Health Department for more

information at

(217) 735-2317.

Know the Facts: Men and Breast Cancer

Although breast cancer is much more common in women than men, the American Cancer Society (ACS) has estimated that 2,030 men will be diagnosed with breast cancer in 2007. ACS also estimates that 450 men will die from breast cancer in 2007. Most men who develop breast cancer are between 60 and 70 years old.

Breasts are made up of ducts and lobules. Women have more tissue and lobules making it more common for women to get breast cancer.

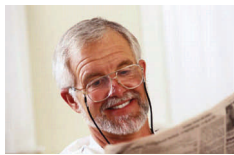
There are some factors that can increase the risk of male breast cancer. Some of these include: genetics (having family members either male or female that have had breast cancer), higher levels of estrogen, age, chronic liver problems, exposure to radiation which could include that from previous cancer experiences.

The most common type of breast cancer found in men involves the formation of abnormal cancer cells in the lining of the ducts of the breast.

Diagnosing breast cancer is the same in both men and women. It includes a medical history, breast exam, mammogram, and a biopsy. The most common treatment for male breast cancer is a mastectomy which is the removal of the breast. Some may have to have radiation, chemotherapy and hormone therapy.

Source: American Cancer Society at www.cancer.org and the Susan G. Komen Breast Cancer Foundation at www.komen.org

Calling All Men



FREE Prostate Screenings

Monday, September 17th
4:30-7:00 p.m.

Logan County Health Department

If you are a man between the ages of 50 and 70 and

- Have no history of prostate cancer
- Have not had a prostate removed
- Are not under the routine care of a urologist

...Call 217-735-2317 to register for a FREE prostate screening.

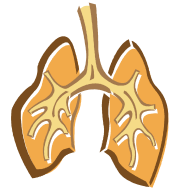
An exam by a physician, blood pressures, and PSA test will be done. In addition, free massages will be offered. Screenings are by appointment only so call 217-735-2317 to register.

Early prostate cancer has NO symptoms! It can be detected by testing the amount of PSA in the blood and examining the prostate for bumps or hard areas.

Asthma and Adults

Can I get asthma as an adult? Yes. Asthma is a breathing problem that can start at any age. Sometimes people have asthma when they are very young; It may go away as they grow up, but it may come back later in life. Sometimes people get asthma for the first time when they are older.

What is asthma? Asthma is a breathing problem that makes it more difficult to get air in and out of the lungs. When a person has asthma, the breathing tubes are sensitive, may react to triggers, and the breathing tubes may tighten, becoming inflamed and swollen. In older people, it is sometimes difficult for the doctor to decide whether the problem is asthma or another lung disease such as emphysema or bronchitis.



Scientists are not sure why some people have asthma and others don't. For many people, a tendency to asthma may be inherited. Other factors may also cause inflammation of the airways such as:

- Smoking cigarettes, cigars, pipes, or anything else. If you don't smoke, avoid secondhand smoke.
- Allergies. People who are allergic to pollen, pets, or dust are at higher risk of developing asthma.
- Medications. Some medications such as some of those which treat heart disease and high blood pressure may cause asthma symptoms or make asthma worse. Make sure your doctor and your pharmacist know all the medications you are taking, including over-the-counter medications.

Asthma is a chronic disease, like diabetes or heart problems. It does not go away. But it can be controlled. Good treatment is a partnership between you and your doctor.

Source: American Lung Association

Coming Soon

Class for Adults with Asthma

Sponsored by American Lung Association and
Abraham Lincoln Memorial Hospital



Help For Women

Breast cancer is the most common type of cancer among women. Over 178,000 women will be diagnosed and more than 40,000 will die from breast cancer in 2007 alone. The best ways to detect breast cancer are to perform monthly self-breast exams and get annual mammograms. For women over 20, self-breast exams can help locate any abnormal breast changes. Women over 40 (30 for those at high risk of breast cancer) should have annual mammograms to check for breast lumps that may be too small to detect.

The Illinois Breast and Cervical Cancer Program (IBCCP) offers free mammograms, clinical breast exams and pap smears to eligible women. For more information or to see if you would qualify, please call 217-735-2317 or 1-800-269-4019.

Breast cancer information provided by Illinois Breast and Cervical Cancer Program, Logan County Health Department, and Illinois Department of Public Health Office of Women's Health.

H.O.P.E. Mobile September 2007

We're on the Web!
Check us out at...
www.logancountyhealth.org

Health Department Satellite Clinics

Christian Village Congregate Building

- 2nd Monday: 10:00-11:00 a.m.

Logan Court High-Rise

- 2nd Wednesday: 10:30-11:30 a.m.

Friendship Manor/Odd Fellows

- 2nd Friday: 10:00-11:00 a.m.

3 CLOSED Labor Day	4 Chestnut 9-11:30 Lincoln College 1-4:00	5 New Holland 9-11:30 Middletown 1-3:30	6 Elkhart 9-11:30 Atlanta 1-3:30	7 Latham 9-11:30 Broadwell 1-3:30
10 Lincoln Park District 8:30-4:00 (Closed over noon)	11 Chestnut 9-11:30 Mt. Pulaski 1-3:30	12 New Holland 9-11:30 Middletown 1-3:30	13 Elkhart 9-11:30 Atlanta 1-3:30	14 DENTAL DAY Latham Park, Lincoln 8:30-11:30 1:30-4:00
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24 Hartsburg 9-11:30 Emden 1-3:30	25 Chestnut 9-11:30 Mt. Pulaski 1-3:30	26 New Holland 9-11:30 Middletown 1-3:30	27 Elkhart 9-11:30 Atlanta 1-3:30	28 DENTAL -PM Latham Park in Lincoln 8:30 am to 12:30 pm 1:30 pm to 4:00 pm

Clinic Schedule

Services Available: *Immunizations, Blood Pressure, Pregnancy Tests, TB Skin Testing, Injections, Hemoglobin, Glucose Screenings, Foot Care, Blood Lead Screenings, and Medication Set-Up.*

These services are available on a walk-in basis Monday through Friday from 7:30 a.m. to 4:30 p.m.



Public Health
 Prevent · Promote · Protect

Logan County
 Health Department

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