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THE BLUE WATER

CURRENT

www.stclaircounty.org/offices/health

SUMMER
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Providing the BLUE WATER Area's medical community with CURRENT health information, prevention and news.

YOUTH RISK BEHAVIOR SURVEILLANCE SYSTEM

The Youth Risk Behavior Surveillance System was developed in 1990 to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth and adults in the United States. These behaviors, which are often established during childhood and early adolescent years include:

- Tobacco use
- Unhealthy diet
- Lack of exercise
- Alcohol and other drug use
- Sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases, including HIV infection
- Behaviors that contribute to unintentional injuries and violence.

Year 2007 results from the Youth Risk Behavior Surveillance System (YRBSS) are now available on the YRBSS web site:

www.cdc.gov/Features/Risk/Behavior

New materials include:

- 2007 YRBSS MMWR Surveillance Summary.
- Trend facts sheets by race/ethnicity.
- Comparisons of state or district results with national results.
- Updates to Youth Online, an interactive data exploration tool.

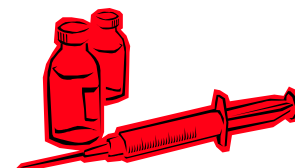
HERPES ZOSTER

Zoster is a localized, painful cutaneous eruption that occurs most frequently among older adults and immunocompromised persons. It is caused by reactivation of latent varicella zoster virus (VZV) decades after initial infection. Triggers for this reactivation have not been identified but probably involve multiple factors.

About 1 out of 3 persons will develop zoster (shingles) in their lifetime. Approximately 50% of persons who live to 85 years will experience shingles. Common complications include postherpetic neuralgia (PHN), a chronic, often debilitating pain condition seen in 10 -18% of cases that can last months, even years. Another complication involves the eye, occurring in 10 -25% of cases, that can result in prolonged or permanent pain, facial scarring, and loss of vision.

Prompt treatment with oral antivirals can decrease the severity and duration of acute pain. Obviously prevention is the key to decreasing the occurrence of shingles.

Zoster vaccine is recommended for all persons 60 years and older without contraindication, administered as a single subcutaneous injection in the deltoid. A booster dose is not licensed. Vaccine is not indicated to treat acute zoster, to prevent those with acute zoster from developing PHN or to treat ongoing PHN. Varicella immunity does not need to be established prior to administration of Zoster Vaccine (MMWR June 6, 2008/VOL.57/RR-5)



**RECREATIONAL WATER ILLNESSES
(RWIs)**

Recreational Water Illnesses (RWIs) are illnesses that are spread by swallowing, breathing, or having contact with contaminated water from swimming pools, water parks, spas, interactive fountains, lakes, rivers, or oceans. Diarrhea is the most common RWI, and it is often caused by germs like *Cryptosporidium*, *Giardia*, *Norovirus*, *Shigella*, and *E coli* 0157:H7.

Prevent RWIs by following the six PLEAs:

- Please don't swim while ill with diarrhea.
- Please don't swallow the water.
- Please shower before you swim (children too).
- Please wash your hands after using the bathroom or changing diapers.
- Please take your kids on bathroom breaks and check diapers often.
- Please change diapers in the bathroom or diaper changing area and not at poolside.

Diarrhea caused by bacteria or parasites in recreational water can be diagnosed by a stool culture. See your health care provider ASAP for proper testing.

www.cdc.gov/Features/RWIs



MEMBERS NEEDED

The St. Clair County Health Department Family Planning Advisory Board is looking for new members. The purpose of the Family Planning Advisory Board is to provide general direction to the Family Planning Program, review and approve educational materials the program utilizes and help create awareness of the program in the community. The advisory board meets twice a year.

The Family Planning Advisory Board is interested in recruiting members that broadly represent the community. Teens and users of Family Planning methods are especially encouraged to participate.

The next meeting date is Friday, November 14, 2008 at 12 noon – 1 p.m. at the St. Clair County Health Department located at 3415 28th St., in Port Huron. If you are interested in serving on the Family Planning Advisory Board, please call Kathy Bladow RN at (810) 987-5300 ext. 157. Members are welcome to bring their own lunch.

ST. CLAIR COUNTY COMMUNICABLE DISEASE QUARTERLY REPORT	3-1-08 THROUGH 6-23-08
DISEASES REPORTED	NUMBER OF CASES
Campylobacter	3
E. Coli	0
Giardia	3
Salmonella	4
Shigellosis	0
Viral Meningitis	2
Bacterial Meningitis	0
Animal Bite	17
Rabid Animal (Bat)	1
Flu Like Disease	2309
Legionellosis	1
Chlamydia	101
Gonorrhea	35
Chickenpox (Varicella)	48
Hepatitis B, Acute	2
Hepatitis B, Chronic	6
Hepatitis C, Chronic	34
Syphilis (primary and secondary)	0

RIDDLE...

**TRUE OR FALSE: YOU NEVER
CATCH COLD GOING UP IN AN ELEVATOR.**

VIRAL HEPATITIS IN THE UNITED STATES

In the United States, the most common forms of viral hepatitis are Hepatitis A, Hepatitis B, and Hepatitis C. Hepatitis B and Hepatitis C are particularly dangerous because they can be chronic and lead to cirrhosis, liver failure, or liver cancer.

Some interesting facts:

- In 2006, the latest year for which statistics are available, an estimated 32,000 new HAV infections and 46,000 new HBV infections occurred in the United States.
- Hepatitis A and Hepatitis B were once far more common in the U. S. before vaccines to prevent them became available. As a result of vaccines, these diseases are at an all-time low.
- After years of decline in new HCV infections, in 2006, the number of estimated new HCV infections increased to 19,000. Additional data in future years will help to interpret this trend.
- An estimated 800,000-1.4 million people in the U. S. are living with chronic HBV infection. Asians, Pacific Islanders, and others who were born in countries with high rates of HBV are disproportionately affected.
- Over 3 million people in the U.S. have chronic HCV infection. Many were infected in the past through injection drug use or through blood transfusions received before 1992 when blood donor screening for HCV was unavailable. Most are unaware of their infection. Hepatitis C is the most common bloodborne infection, the major cause of liver disease, and leading reason for liver transplantation in the United States.

www.cdc.gov/Features/ViralHepatitis

MCIR VIM TRAINING

Vaccines for Children (VFC) Provider sites are currently being contacted to set up training sessions in the new Michigan Care Improvement Registry Vaccine Inventory Module (MCIR VIM). Once trained, provider sites will receive VFC vaccine orders directly from the distributor via UPS or FedEx. The following is a list of tips to ensure a smooth transition:

- Day before training:
 1. Conduct a refrigerator count of all VFC vaccines, recording lot numbers and NDC codes from vaccine boxes.
 2. MCIR VIM can be utilized for private vaccine doses. If this feature is utilized, a separate private inventory count with lot numbers and NDC codes will need to be conducted.
 3. All doses of vaccine administered prior to the training MUST be entered into MCIR or the inventory will not balance.
- Day of training:
 1. Allow 2-3 hours of un-interrupted time for staff training.
 2. Ideally 3 staff at each site should be trained and at a minimum, 2 staff members.
 3. Be sure to ask questions of the trainer to clarify any issue.
- After the training:
 1. Keep data entry current, missing data will skew inventory balances. New orders will not be processed until inventories balance.
 2. Call MCIR Representative LeAnn Gaffke at (734) 637-2187 or SCCHD Immunization Coordinator Mary Spencer at (810) 987-5300, ext. 175 for assistance.

FOOD RECALL INFO AVAILABLE ON WEBSITE

Do you frequently hear in the news about food recalls? A website available can inform the public about recalls involving products that have been potentially distributed in Michigan. Recalls are listed and archived after sixty days.

Log onto: www.michigan.gov/mda

RIDDLE ANSWER:
TRUE, YOU COME DOWN WITH A
COLD, NEVER UP.



SYPHILIS OUTBREAK IN GENESEE COUNTY

Genesee County/Flint area is currently experiencing a significant increase in syphilis, a sexually transmitted systemic infection caused by *T. pallidum*. A majority of syphilis cases in Genesee County have been diagnosed as primary or secondary stage syphilis.

- Primary syphilis - painless ulcer(s) or chancre(s) on the genitals or mouth.
- Secondary syphilis - skin rash, mucous membrane lesions, lymphadenopathy, flu-like symptoms or other manifestations. Skin rash may involve the palms and/or soles of the feet.
- Syphilis can be transmitted to others during both the primary and secondary stages.

Serologic screening of adults who present with a lesion or rash of unknown origin remains an important tool in differential diagnosis. A screening blood test may identify an early case of syphilis resulting in timely, appropriate treatment and the reduction of transmission in our community.

The diagnosis of syphilis can be presumptively made using two types of serologic tests:

- nontreponemal (VDRL or RPR)
- treponemal (FTA or TP-PA)

Benzathine penicillin G (Bicillin L-A), administered parentally, is the preferred drug for all stages of syphilis. For a more detailed explanation of syphilis diagnosis and treatment, please refer to the 2006 CDC Sexually Transmitted Diseases Guidelines or the CDC website at <http://www.cdc.gov/std/treatment>.

Private medical providers are an important link in the detection, treatment and prevention of sexually transmitted infections (STI). Their effective treatment of the client's infection can be combined with the treatment or referral of the client's partner(s). St. Clair County Health Department (SCCHD) Clinic Services is one source of referral for partners who need assessment and treatment due to exposure to sexually transmitted infections such as syphilis, chlamydia and gonorrhea. Partners can be directed to call (810) 987-5300 to schedule an appointment for STI testing. Fees are assessed on a sliding fee scale based on income and family size for STI testing and treatment. Medicaid and other insurances are also accepted. HIV testing is available by appointment.

NATIONAL SHORTAGE OF RABIES VACCINE

Due to a national shortage, Rabies vaccine is available only for post-exposure at this time. Individuals requiring pre-exposure vaccine for education, employment, etc. must defer immunization until sufficient supplies are resumed. Sanofi - Pasteur is producing Imovax in pre-filled syringes only, which has created a temporary shortage. Novartis, maker of Rab-Avert is only available for post-exposure use in patients who are allergic to Imovax.

For more information, contact the Michigan Department of Community Health at (517) 335-8165 during business hours or at (517) 335-9030 on weekends.

SCCHD HIV CASE MANAGEMENT PROGRAM

The HIV Case Management program at SCCHD is available to persons living with HIV/AIDS, who are seeking resources and support. The following services are available for eligible HIV/AIDS infected persons:

- Housing
- Insurance
- Medications
- Medical Care
- Food/Nutritional Supplements
- Mental Health Services
- Transportation

For more information, contact:

HIV Case Management Services at SCCHD
(810) 987-5300