

May 2009

Marion County
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marioncountyhealthdept.org



Public Health
Protect. Promote. Partner.

Marion County Health Bulletin

The Mission of the Marion County Health Department is to improve the quality of life through preventing disease and preventative health maintenance.

Osteoporosis: What is it?

Osteoporosis is a disease in which bones become fragile and more likely to break. If not prevented or if left untreated, osteoporosis can progress painlessly until a bone breaks. These broken bones, also known as fractures, occur typically in the hip, spine and wrist.

Any bone can be affected, but of special concern are fractures of the hip and spine. A hip fracture almost always requires hospitalization and major surgery. It can impair a person's ability to walk unassisted and may cause prolonged or permanent disability or even death. Spinal or vertebral fractures also have serious consequences, including loss of height, severe back pain, and deformity.

Symptoms

People cannot feel their bones getting weaker. They may not know that they have osteoporosis until they break a bone. A person with osteoporosis can fracture a bone from a minor fall, or in serious cases, from a simple action such as a sneeze or even spontaneously.

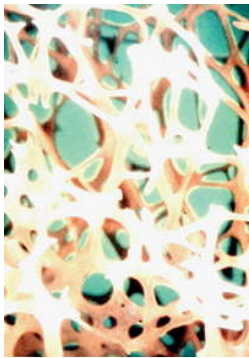
Vertebral (spinal) fractures may initially be felt or seen in the form of a severe back pain, loss of height, or spinal deformities such as kyphosis or stooped posture. In many cases, a vertebral fracture can even occur with no pain.

Women can lose up to 20 percent of their bone mass in the five to seven years after menopause, making them more susceptible to osteoporosis.

Risk Factors

Certain people are more likely to develop osteoporosis than others. Factors that increase the likelihood of developing osteoporosis and broken bones are called "risk factors." Many of these risk factors include:

- Being female
- Older age
- Family history of osteoporosis or broken bones
- Being small and thin
- Certain race/ethnicities such as Caucasian, Asian, or Hispanic/Latino, although African Americans are also at risk
- History of broken bones
- Low sex hormones
 - Low estrogen levels in women, including menopause
 - Missing periods (amenorrhea)
 - Low levels of testosterone and estrogen in men
- Diet
 - Low calcium intake
 - Low vitamin d intake
 - Excessive intake of protein, sodium and caffeine
- Inactive lifestyle
- Smoking
- Alcohol abuse
- Certain medications, such as steroid medications, some anticonvulsants and others
- Certain diseases and conditions such as anorexia nervosa, rheumatoid arthritis, gastrointestinal diseases and others



Healthy Bone



Osteoporotic Bone

5 steps to bone health and osteoporosis prevention

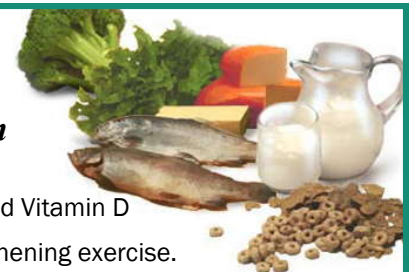
EAT RIGHT: Get your daily recommended amounts of Calcium and Vitamin D

EXERCISE: Engage in regular weight-bearing and muscle strengthening exercise.

MAINTAIN A HEALTHY LIFESTYLE: Avoid smoking and excessive alcohol consumption

TALK TO YOUR HEALTHCARE PROVIDER: Talk to your healthcare provider about bone health.

GET TESTED: Have a bone density test and take medication when appropriate.



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Mike Morton, RPh
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Matt Stedelin, MD
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Volunteers Needed for Public Health Emergencies

The Marion County Health Department is a non-profit agency whose mission is to protect the health of Marion County citizens.

In our mission to protect the public's health, we are looking for volunteers to work along side of the Health Department staff in the event of a natural or man-made disaster.

We are looking for non-first responders and individuals who are not already obligated as an emergency volunteer with any other agency.

Volunteers will not be asked to assume hazardous responsibilities, but will be used to provide manpower and knowledge.

If you, or you know of someone, is interested in acting as a volunteer for a Public Health Emergency, simply call 548-3878 and say, "I want to become a volunteer", or visit www.marioncountyhealthdept.org/volunteer.html

Clinics & Gatherings

Blood Sugar/Pressure Clinics:
Salem Office: Mondays, 8-9am
Centralia Office: Wednesdays, 8-9am

Immunization Clinics:
Salem Office: Mondays, 9-5
Centralia Office: Wednesdays, 9-5

Cholesterol & Lab Clinic:
~Please call for an appointment.~

HIV & STD Testing:
~Please call for an appointment.~

Visit www.marioncountyhealthdept.org for a complete listing of events.

April 2009 Statistics

Clinics

| | |
|--------------------------------------------|----|
| Blood Pressure / Blood Sugar Clinics | 9 |
| Persons served: Blood Pressure | 31 |
| Persons served: Blood Sugar | 16 |
| Cholesterol Screening | |
| Number of persons served | 2 |
| Lead Screening | |
| Number of persons tested | 77 |
| Paternity Testing Clinics | 1 |
| Number tested | 3 |
| HIV Test..... | 4 |

Immunizations

| | |
|------------------------------------|-----|
| Number of Clinics..... | 9 |
| No. of persons immunized..... | 215 |
| Total vaccines administered..... | 377 |
| Children's Immunizations | |
| Pediatric Flu..... | 0 |
| Hepatitis A | 25 |
| Adult Immunizations | |
| Hepatitis A (number started) | 7 |
| Hepatitis B (number started) | 2 |
| Flu | 2 |
| Meningitis..... | 9 |
| MMR..... | 0 |
| Pneumonia | 1 |
| TD..... | 12 |
| Typhoid | 10 |
| Yellow Fever | 7 |
| Zostavax | 0 |
| Other Immunization | |
| Gardasil (number started) | 9 |
| Varicella..... | 35 |

Nursing

| | |
|--------------------------------------|------|
| Family Case Management | |
| Pregnancy Testing | 0 |
| Positive | 0 |
| Negative..... | 0 |
| Prenatal Clients | 183 |
| Infant & Child Clients..... | 649 |
| Number of Visits | 281 |
| Prenatal | 75 |
| Postpartum | 39 |
| Infant Visits..... | 149 |
| Child Visits | 18 |
| SIDS Investigations..... | 0 |
| APORS Investigations | 4 |
| Health Works Active Case Load | 59 |
| Active WIC..... | 1361 |
| WIC Clients receiving education | 330 |
| Vision & Hearing | |
| Number Vision Tested | 99 |
| Number Hearing Tested..... | 118 |
| Number Vision Referrals..... | 2 |
| Number Hearing Referrals..... | 0 |

Nursing (continued)

| | |
|-------------------------------------|----|
| Communicable Disease Investigations | |
| Chickenpox..... | 4 |
| Cholera | 0 |
| Hepatitis B (carrier) | 0 |
| Hepatitis C (carrier) | 4 |
| Malaria | 0 |
| Salmonellosis | 0 |
| Strep Pneumoniae..... | 0 |
| Whooping Cough (Pertussis)..... | 0 |
| Sexually Transmitted Disease | |
| Chlamydia..... | 15 |
| Gonorrhea | 1 |
| Syphilis | 0 |
| Tuberculosis | |
| Tests Administered | 61 |
| New Prophylactic Patients | 1 |
| New Investigations | 2 |
| New Active Cases | 0 |

Environmental Health

| | |
|--------------------------------------|----|
| Food | |
| Routine Inspections..... | 36 |
| Follow-up Inspections | 8 |
| Complaint Inspections | 1 |
| Temporary Inspections | 0 |
| Pre-Operational Inspections | 0 |
| Emergency Incident Inspections | 0 |
| Number of Permits Issued | 16 |
| Sewage | |
| Routine Inspections..... | 15 |
| Complaint Inspections | 0 |
| Realty Inspections | 0 |
| Sewage Systems Installed | 4 |
| Number of Permits Issued | 5 |
| Water | |
| New System Inspections..... | 0 |
| Existing Water Well Inspections..... | 0 |
| Realty Inspections | 0 |
| Complaint Inspections | 0 |
| Water Wells Sealed | 0 |
| Number of Permits Issued | 0 |
| Tanning | |
| Routine Inspections..... | 1 |
| Follow-up Inspections | 0 |
| Complaint | 0 |
| Miscellaneous | |
| Animal Bites | 4 |

