February is Age-Related Macular and Low Vision Awareness Month

Age related Macular Degeneration is the leading cause of vision loss in Americans aged 50 and over. The macula is located at the back of the retina and controls our central and color vision. Vision impairment from AMD occurs in one of two ways. In *dry* AMD, protein called *drusin* gather under the macula and begin to deteriorate the retinal support system. Once the structural support system of the retina has been broken down, it moves into *wet* AMD. The breaking down of that support allows abnormal blood vessels to grow and potentially leak into the retina, causing a loss of central vision.

**Symptoms and Risk Factors of AMD**

There are no real symptoms for age-related macular degeneration or low vision until the condition has progressed. Only an examination by your eye doctor can reveal indications before they become a problem. That is why it is so imperative that you get regular eye exams. After the age of 60, schedule exams for every year or as recommended by your doctor. Once the problem is identified, there are measures to take to slow or repair the damage to your vision. Once you have AMD, you may see a dark spot in the middle of your vision. Lines or outlines of objects will also appear distorted or blurred. Colors may also appear different or faded. Risk factors include but are not limited to: 1) Genetics, 2) History of smoking, 3) Being female, 4) UV Light, 5) Age 50+.

**AMD Treatment Options**

The best treatment is always preventative measures. Scheduling regular eye exams will enable your doctor to recognize any issues before they progress. Catching AMD in the early stages leads to treatment by vitamin supplementation. Vitamins C, E, Beta Carotene, Zinc Oxide and Cupric Oxide have been shown to decrease the progression of Macular Degeneration when taken in the early stages. If you are a smoker and show signs of AMD, the first step is to quit smoking. Then use caution when treating with vitamins since too much beta carotene in smokers has proven to increase the risk for lung cancer. A healthy diet full of leafy green vegetables is also recommended for treatment. The treatment for advanced stages of AMD is rapidly developing. There are various treatments that can be recommended by your doctor that focus on slowing the growth of blood vessels. These efforts can put a halt on any additional vision loss.

Sources: BLOG: Age-Related Macular Degeneration / IAB Health Productions, LLC
December 2019 Statistics

**Clinics**

- **Blood Pressure/Blood Sugar Clinics**: 4
  - Persons served: Blood Pressure: 4
  - Persons served: Blood Sugar: 7

- **Paternity Testing Clinics**: 2
  - Number of Persons Tested: 3

**Immunizations**

- **Number of Clinics**: 8
  - No. of adults: 68
  - No. of adults immz. adm: 82
  - No. of pediatricians: 102
  - No. of pediatrics immz. adm: 210
  - Total of vaccines administered: 292

**Children's Immunizations**

- Pediarix: 17
- Pediatric Flu: 58
- Hib: 27
- Prevnar: 23
- Rotavirus: 7
- Hep A: 18
- Dtap: 9
- MMR: 14
- Tdap: 4
- Hepatitis B: 1
- Varicella: 12
- Kinrix: 2
- Gardasil: 3
- Meningitis: 8
- Pentacel: 0
- IPV (Polio): 4
- TD: 0
- Men. B: 3

**Adult Immunizations**

- Hepatitis A: 1
- Hepatitis B: 2
- Flu: 44
- Meningitis: 0
- MMR: 0
- Pneumonia 23: 3
- TD: 2
- Tdap: 5
- Typhoid: 1
- Varicella: 0
- Yellow Fever: 0
- Prevnar 13: 7
- Shingrix: 14

**Maternal Child Health (MCH)**

- Maternal Health Encounters: 366
- WIC Caseload: 954

**MCH Continued...**

- WIC Clients receiving Education: 131
- WSSM / WIC Education: 98
- Internet WIC Education: 15
- Individual WIC Education: 18
- Lead: 41
- Hemoglobin: 100
- ASQ Developmental Screenings: 94
- Depression Screenings: 48
- EPSDT’S: 46
- Fluoride Varnish (Oral Health): 45
- Number of Vision Tested: 0
- Number of Hearing Tested: 8
- OAE Hearing Tested: 1
- Pregnancy Tests: 0

**Family Case Management**

- APORS Visits: 7
- Healthworks Caseload: 88

**Communicable Disease Investigations**

- Chickenpox: 0
- Cryptosporidiosis: 0
- Hepatitis B: 4
- Hepatitis C: 4
- Histoplasmosis: 0
- HIV/AIDS Cases Investigated: 0
- HIV Test: 1
- Salmonellosis: 1
- Streptococcal Infections (Group A): 0
- Whopping Cough (Pertussis): 0

**Sexually Transmitted Disease**

- Chlamydia: 14
- Gonorrhea: 10
- Syphilis: 1

**TB (Tuberculosis)**

- Tests Administered: 19
- New Prophylactic Patients: 0
- New Investigations: 0
- New Active Cases: 0

**Drug Testing**

- 5-Panel Hair Drug Test: 0
- 9-Panel Non-Regulated Urine Test: 0
- 5-Panel Hair Test w/ Exp.Opiates: 0

**Lab Draws**

- **Private Pay**
  - Salem Office: 45
  - Centralla Office: 20
  - Total Private Pay Lab Draws: 65

**Quest Lab Draws**

- Salem Office: 2
- Centralla Office: 3
- Total Quest Lab Draws: 5

**Environmental Health**

**Food**

- Routine Inspections: 15
- Follow-up Inspections: 1
- Complaint Inspections: 2
- Temporary Inspections: 0
- Pre-Operational Inspections: 0
- Emergency Incident Inspections: 0
- Number of Permits Issued: 12

**Sewage**

- Routine Inspections: 4
- Complaint Inspections: 0
- Realty Inspections: 1
- Sewage Systems Installed: 4
- Number of Permits Issued: 7

**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

**Closed Loop Wells**

- Closed Loop Well Inspections: 0
- Systems Installed: 0
- Number of Permits Issued: 0

**Tanning**

- Routine Inspections: 1
- Follow-up Inspections: 0
- Complaint Inspections: 0

**Body Art**

- Routine Inspections: 0
- Follow-up Inspections: 0
- Complaint Inspections: 0

**Miscellaneous**

- Animal Bites: 0

**FIT Test**

- Female: 0
- Male: 0