March 2019
Marion County Health Department
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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.

March is National Colorectal Cancer Awareness

Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States. The American Cancer Society's estimates that in 2019 there will be over 101,420 new cases of colorectal cancer in the United States which is expected to cause about 51,020 deaths during 2019.

Overall, the lifetime risk of developing colorectal cancer is about 1 in 22 (4.49%) for men and 1 in 24 (4.15%) for women. Some of the risk factors for colorectal cancer include being overweight or obese, physical inactivity, a diet consuming red meats and processed meats, smoking, heavy alcohol use, older than 50 years of age, personal or family history of colorectal polyps and personal history of inflammatory bowel disease.

Regular screenings, such as a colonoscopy can often find colorectal cancer early, when it is most likely to be curable, or prevented. Some polyps, or growths, can be found and removed before they have a chance to turn into cancer. The greatest risk factor for colorectal cancer is the failure to be screened. For many reasons people are resistant to the idea of having a colonoscopy.

The American Cancer Society recommends that all adults at average risk of colorectal cancer start routine screening at 45 through 75 years of age using a stool based test such as a high-sensitivity fecal test, like a FIT annually or a visual examination such as a colonoscopy every 10 years, CT Colonography or flexible Sigmoidoscopy every 5 years. If a person chooses to be screened with a test other than a colonoscopy, any abnormal test result should be followed up promptly with a colonoscopy to complete the screening.

A Fecal Immunochemical Test or FIT may be a good option for people aged 45 to 75 who are resistant to getting a colonoscopy. The test is simple, non-invasive and easy to use. The sample can be collected in the privacy of your own home. FIT results aren't impacted by food or medication. The FIT is very sensitive to detecting human blood found in a stool sample and is up to 97% effective in detecting positive results and up to 92% effective in detecting negative results. Any type of rectal bleeding is abnormal and should be evaluated by a physician.

All persons 45-75 years of age may call the Marion County Health Department, Salem Office, Monday through Friday at 618-548-3878 to get further information of FREE FIT kits. All callers will be screened over the phone for FIT eligibility.

For the Month of March, the General Health Profile (GHP) will be at a discounted price of $40.00!

It is important to monitor your own health by having routine blood work done periodically. A General Health Profile Lab (GHP), includes certain tests that help evaluate overall health and wellness. The GHP includes comprehensive metabolic panel, complete blood count, TSH, T4 Total, cholesterol and thyroid screening. The test results can give important information about the health of the heart, kidneys, liver, thyroid and blood components.

To schedule a lab appointment for the discounted price of the General Health Profile test call the Salem office: 618-548-3878 or Centralia office: 618-532-6518.

Sources: CDC
MCH Continued...
WIC Clients receiving Education........206
WSSM/WIC Education...................138
Internet WIC Education................13
Individual WIC Education..............26
Lead......................................29
Hemoglobin.............................114
ASQ Developmental Screenings.......93
Depression Screenings................71
EPSDT’S..................................61
Fluoride Varnish (Oral Health).......31
Number of Vision Tested...............0
Number of Hearing Tested.............11
OAE Hearing Tested....................0
Pregnancy Tests.........................1

Quest Lab Draws
Salem Office................................5
Centralla Office...........................8
Total Quest Lab Draws................13

Environmental Health
Food
Routine Inspections....................30
Follow-up Inspections...................4
Complaint Inspections..................1
Temporary Inspections..................0
Pre-Operational Inspections...........2
Emergency Incident Inspections......0
Number of Permits Issued..............20

Sewage
Routine Inspections.....................0
Complaint Inspections..................0
Realty Inspections.......................0
Sewage Systems Installed..............0
Number of Permits Issued..............1

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....................0
Follow-up Inspections..................0
Complaint Inspections..................0

Body Art
Routine Inspections....................1
Follow-up Inspections..................0
Complaint Inspections..................0

Miscellaneous
Animal Bites.............................0

FIT Test
Female..........1
Male..........1

Lab Draws
Private Pay
Salem Office............................46
Centralla Office.........................14
Total Private Pay Lab Draws.........60