

October 2009

Marion County
Health Department
118 Cross Creek Blvd., Salem, IL
618.548.3878

1013 N. Poplar St., Centralia, IL
618.532.6518

marioncountyhealthdept.org



Public Health
Prevent. Promote. Protect.

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.

Prostate Cancer

Prostate cancer is the most common non-skin cancer in America, affecting 1 in 6 men. It is the second leading cause of death in American men.

The prostate is a gland in the male reproductive system located below the bladder and in front of the rectum. It is about the size of a walnut, and the tube carrying urine runs through the prostate.



The major influencing factors to develop prostate cancer are:

- **Age** — as you increase in age, so does the risk
- **Race** — African American
- **Family History** — a father or brother
- **Where you live** — men living north of 40° latitude

If the cancer is caught at its earliest stages, most men will not experience

any symptoms. Symptoms that some men will experience are:

- Weak or interrupted flow of urine
- Frequent urination (especially at night)
- Trouble urinating
- Pain or burning urination
- Blood in urine or semen
- Pain in back, hips or pelvis that doesn't go away
- Painful ejaculation

Screening for prostate cancer can be performed in a physician's office using two tests:

1. the PSA (Prostate-specific Antigen) blood test
2. Digital rectal exam (DRE)

In general, the earlier the cancer is caught, the more likely it is for the patient to remain disease-free.

Because approximately 90% of all prostate cancers are detected in the local or regional stages, the cure rate for prostate cancer is very high—nearly 100% of men diagnosed and treated at this stage will be disease-free after five years.

Prevention

The exact cause of prostate cancer is not known. But based on what we do know, the American Cancer Society recommends changing the way we eat by:

- Choosing foods and beverages in amounts that help achieve and maintain a healthy weight
- Eat a variety of healthful foods with an emphasis on plant sources
- Limiting your intake of red meats, especially high-fat or processed meats
- Eat 5 or more servings of fruit and vegetables each day
- Eat whole-grain breads, cereals, rice, pasta and beans.

These guidelines on nutrition may also lower the risk for some other types of cancer, as well as other health problems.

With greater public awareness, early detection is on the rise and mortality rates are declining. Additionally, new medical technology are enabling cancer patients to return to active and productive lives after their treatment.

For more information, visit the following sites:

prostatecancerfoundation.org
cancer.org



Elizabeth Franczyk, MD
Richard Haney
Pamela Hawkins, RN

Stan Morrison, DDS
Mike Morton, RPh
Aziz Rahman, MD

Matt Stedelin, MD
Paula Strothers, RN
Tom Turner



Cold or Flu?

SYMPTOM	COLD	FLU
Sudden Symptoms	Develop over a few days	Rapid onset; within 3-6 hours
Fever	Rare	100°F or higher, usually lasts 3 to 4 days
Cough	Productive cough	Dry cough
Body Aches	Slight	Moderate to severe
Stuffy Nose	Common	Not common
Chills	Uncommon	Common
Tiredness	Mild	Moderate to Severe
Sneezing	Common	Not Common
Headache	Uncommon	Very Common
Sore Throat	Common	Not Common
Chest Discomfort	Mild	Severe

Remember the 3 C's:

CLEAN: Wash your hands often. Scrub your hands for at least 20 seconds with soap and water or use an alcohol-based hand-cleanser.

COVER: Cover your cough. Use a tissue to cover your mouth and nose when you cough or sneeze. Don't have a tissue? The crook of your elbow will do.

CONTAIN: Contain germs by steering clear of others who are sick. If you do get sick, stay at home until you're well again, so you don't spread more germs.

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.

September 2009 Statistics

Clinics

Blood Pressure / Blood Sugar Clinics9
 Persons served: Blood Pressure40
 Persons served: Blood Sugar35
 Cholesterol Screening
 Number of persons served1
 Lead Screening
 Number of persons tested 103
 Paternity Testing Clinics3
 Number tested8
 HIV Test.....7

Immunizations

Number of Clinics.....9
 No. of persons immunized 311
 Total vaccines administered 420
 Children's Immunizations
 Pediatric Flu.....55
 Hepatitis A14
 Adult Immunizations
 Hepatitis A (number started)0
 Hepatitis B (number started)6
 Flu 749
 Meningitis.....22
 MMR.....2
 Pneumonia20
 TD.....20
 Typhoid1
 Yellow Fever1
 Zostavax2
 Other Immunizations
 Gardasil (number started)4
 Varicella.....38

Nursing

Family Case Management
 Pregnancy Testing3
 Positive3
 Negative.....0
 Prenatal Clients 173
 Infant & Child Clients 534
 Number of Visits 286
 Prenatal68
 Postpartum49
 Infant Visits 151
 Child Visits18
 SIDS Investigations.....0
 APORS Investigations5
 Health Works Active Case Load56
 Active WIC 1446
 WIC Clients receiving education 323
Vision & Hearing
 Number Vision Tested2
 Number Hearing Tested.....2
 Number Vision Referrals.....0
 Number Hearing Referrals.....0

Nursing (continued)

Communicable Disease Investigations
 Chickenpox0
 Cholera0
 Hepatitis B (carrier)0
 Hepatitis C (carrier)3
 Malaria0
 Salmonellosis0
 Strep Pneumoniae0
 Whooping Cough (Pertussis).....0
Sexually Transmitted Disease
 Chlamydia.....14
 Gonorrhea1
 Syphilis0
Tuberculosis
 Tests Administered 139
 New Prophylactic Patients0
 New Investigations0
 New Active Cases0

Environmental Health

Food
 Routine Inspections.....41
 Follow-up Inspections5
 Complaint Inspections1
 Temporary Inspections19
 Pre-Operational Inspections2
 Emergency Incident Inspections0
 Number of Permits Issued62
Sewage
 Routine Inspections.....15
 Complaint Inspections2
 Realty Inspections0
 Sewage Systems Installed12
 Number of Permits Issued13
Water
 New System Inspections.....0
 Existing Water Well Inspections1
 Realty Inspections0
 Complaint Inspections0
 Water Wells Sealed0
 Number of Permits Issued0
Tanning
 Routine Inspections.....1
 Follow-up Inspections0
 Complaint0
Miscellaneous
 Animal Bites3

