

For the Health of It

Clark County Health Department

NOTABLE NEWS

January 1, 2022

VOLUME 5
ISSUE 1



NCPS TECHNICIAN TRAINING

Five of our employees recently completed the National Child Passenger Safety Certification Training, brought to us by Safe Kids Worldwide. We conducted an on site car seat safety check and hope to conduct more free events in the near future. So Stay Tuned!

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JANUARY IS RADON ACTION MONTH



Myth: Scientists aren't sure radon really is a problem

Although some scientists dispute the precise number of deaths due to radon (lung cancer deaths due to radon estimated at 22,000 per year), all major health organizations (like the CDC, the American Lung Association, and the American Medical Association) agree with these estimates that radon causes thousands of preventable lung cancer deaths every year.

Myth: Radon will only affect my lungs if I'm a smoker

The risk of cancer from radon exposure depends on the level of radon you have been exposed to, how long you have been exposed and your smoking habits. An individual with high radon exposure has a one in 20 chance of getting lung cancer. With smokers, that rises to one in three.

Myth: I have a new, energy-efficient house, so I shouldn't have a radon problem

In fact, the opposite can be true. The more closed the house is (newer windows, good insulation, etc.), the easier it is for the radon to concentrate as it has nowhere to escape.

Myth: Radon is difficult to detect

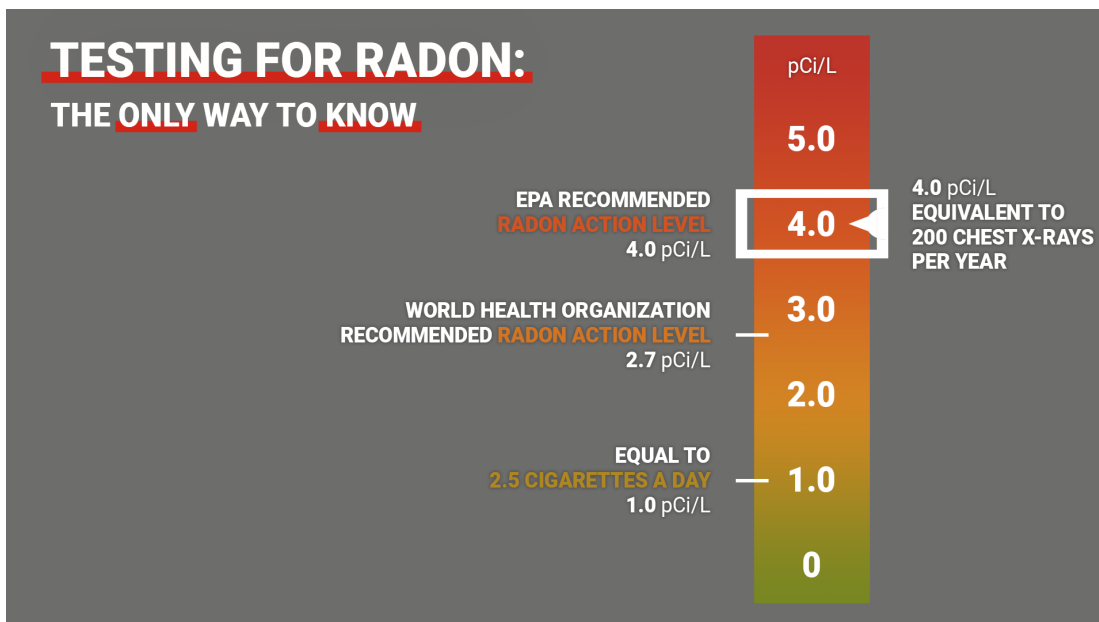
While it's true that radon is colorless, odorless and tasteless, radon is easy to detect. You can even do it yourself by purchasing an inexpensive test kit online or at your local home improvement store.

Myth: You only need to worry about radon if you live in certain areas of the country

Although there are regions with more and less radon, Radon is found in every state. Radon levels are very local, and depend on soil composition, atmospheric conditions, home construction, etc.

Myth: Once you have a radon mitigation system, you don't need to test again

Just like any appliance, radon mitigation systems will lose efficiency over time. The average lifespan of a radon fan is 5-10 years. If the system was not properly installed, the system can also be less effective.



For more info: <https://www.epa.gov/radon>



FIX A LEAK WEEK!

March 18-24!

THE FACTS ON LEAKS

10

percent of homes have leaks that waste 90 gallons or more per day

A leaky faucet dripping at the rate of one drip per second can waste more than

3,000 gallons
per year



Did you know?

Minor water leaks account for more than



trillion gallons

of wasted water each year and is equal to annual household water use in

A shower leaking at

10 Drips
per minute wastes more than

500
gallons per year



11
million homes

REPAIR

leaks by checking faucet washers and gaskets for wear and replacing them if necessary



Replace old toilets with WaterSense labeled models & save



13,000
gallons of water savings for the average family

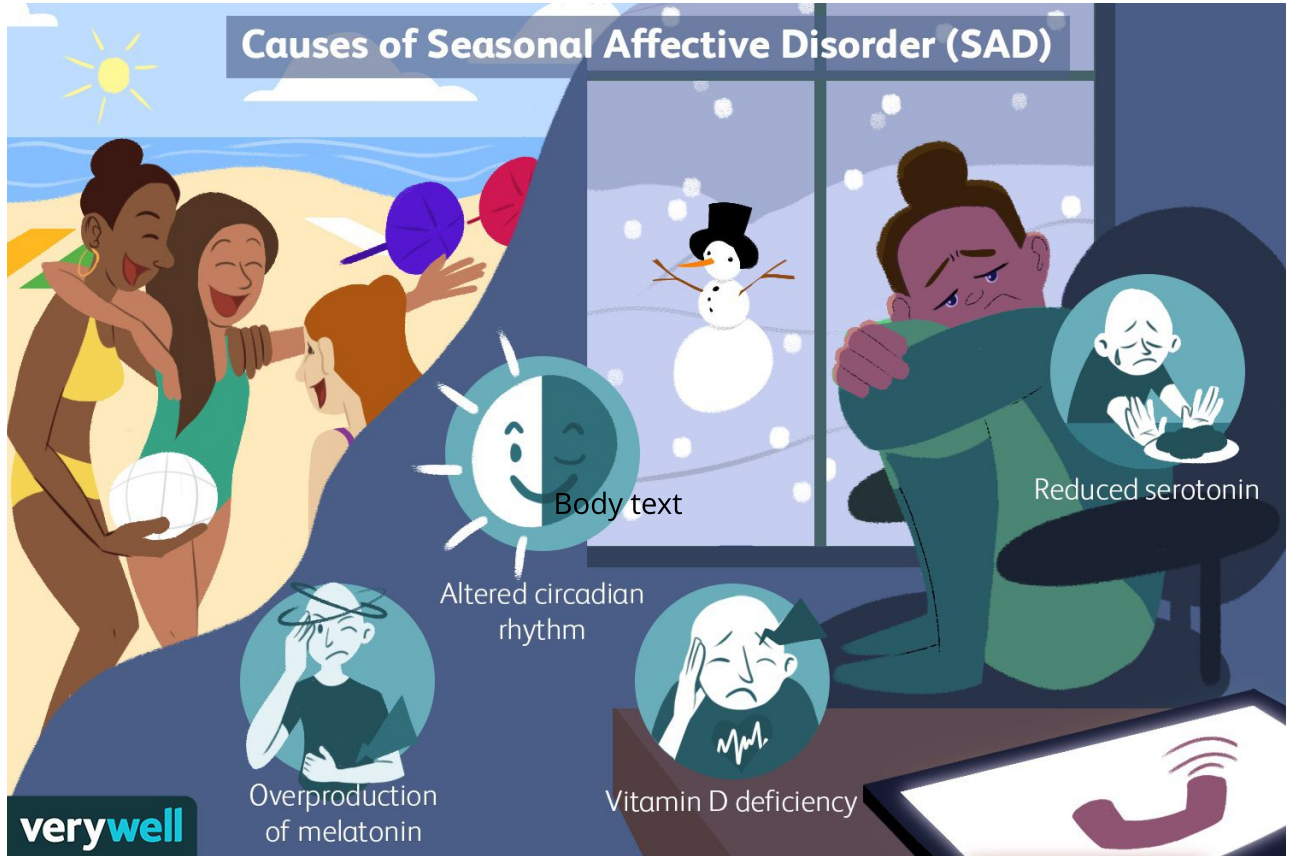
Homeowners can save



10 percent on their water bills



Does Winter make you SAD?



Quick Tips to Combat SAD



Spend more time outdoors, get your daily dose of vitamin D



Keep a journal to document and manage negative thoughts and feelings



Rearrange office or house furniture to maximize sun exposure



Resist unhealthy eating



Take a vacation in the sun



Take vitamin D supplements



Eat vitamin D foods like salmon, eggs, fortified yogurts



Try to work outdoors (i.e. walking meeting)

HOLIDAYS GOT YOU DOWN?



You are not alone! Depression and Anxiety can happen to anyone.

Resources are available!

[crisistextline.org](https://www.crisistextline.org)

OTHER IMPORTANT NUMBERS

National Suicide Prevention Lifeline:

1-800-273- TALK (8255)

Safe Place- Teens Text "SAFE" and current location to 4HELP (44357)

National Domestic Violence Hotline – Call 800-799-SAFE (7233)

Sexual Assault Hotline – Call 800-656-HOPE (4673)

Poison Control Center - 1-800-222-1222

Dial 2-1-1 from a local phone or use their website to search for organizations that offer local support resources

Indiana Problem Gambling Helpline - 1-800-522-4700

American Pregnancy Association
Pregnancy Educator 1-800-67- BABY 6
(1-800-672-2296)

Teen Line- teen to teen helpline . Call 1-800-TLC-TEEN (9pm to 1am)
Or text "TEEN" to 839863 (6:00pm to 9:00pm)

Childhelp- 1.800.4ACHILD. Provides 24/7 assistance in 170 languages to people with information and questions regarding child abuse. All calls are confidential.

National Human Trafficking Hotline 1.888.373.7888

Eating Disorders Awareness and Prevention 1-800-931-2237

****Not in crisis mode but still want to talk?** Try the KEY Consumer "Warmline" You can talk to a peer who is also in recovery from mental health challenges. 8:30-4:30 M-F. 1-800-933-5397

HEALTH OFFICER'S PERSPECTIVE

**BY DR. ERIC
YAZEL,
CLARK COUNTY
HEALTH OFFICER**



By the time you read this we will probably have advanced another letter or two in the Greek alphabet naming our variant strains of COVID. While it may make for great news drama as we watch each one make its way across the world, it also creates a lot of stress, frustration, and anxiety.

The typical virus wants to infect as many people as possible, so as we progress through the strains, they typically will become more infectious. The good news is, they also typically become less severe as well. People who are critically ill typically aren't encountering enough people to be prolific spreaders. Fingers crossed, COVID-19 follows that same pattern.

What does this mean for the future? We will likely continue to see these variants. Some will probably evolve to the point that we need to get a booster shot more specific to the individual strain. Remember, this is exactly how the flu vaccine works; each year the shot is formulated for the most prevalent strains of the flu. We don't bat an eye at this. Hopefully, as we are exposed to different strains over time, our immune system will recognize the virus better each time. The thing is, the same basic prevention principles exist regardless of the variant: Hand washing, don't touch your face, cough/sneeze into your elbow, etc. Know your own risk profile and act accordingly. If you are high risk- mask up, avoid large crowds, and socially distance. If you are willing, get vaccinated, booster or whatever you need to get fully protected. Last and most importantly of all, be smart and make good decisions.

ONE HEALTH: ANIMALS, PEOPLE, AND THEIR ENVIRONMENT: MICROSPORIDIOSIS

Microsporidiosis is a disease caused by a number of species of intracellular parasitic fungi. Specifically, *Enterocytozoon bieneusi* is a species that commonly causes diarrhea in immunocompromised individuals. It is responsible for over 90% of documented cases of human microsporidiosis

First identified in 1985, it has since become a parasite of economic importance, due to the variety of hosts in which it is found. *E. bieneusi* creates spores which can survive harsh conditions outside the host. It can then be transmitted to humans through contaminated water and food supplies. Food and waterborne *E. bieneusi* has been the cause of hospital outbreaks as well.

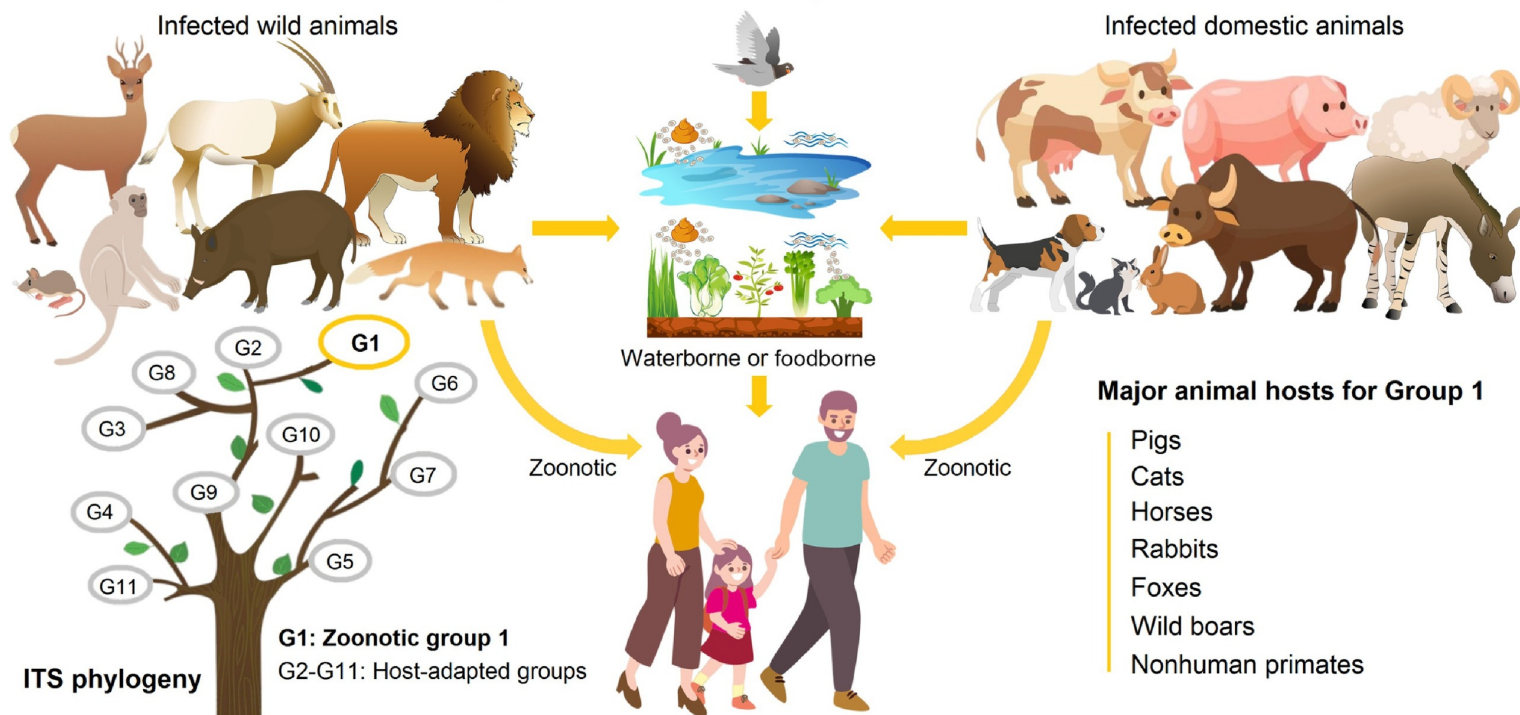
Many animal species can be carriers, including monkeys, cattle, deer, sheep, goats, dogs, cats, horses, carnivores, rodents, birds, etc., and it is these hosts who excrete the infectious spores. Additionally, pigs may play an important role in the transmission process, and studies are looking into the similarity of parasite strains

found in them and humans.

Although anyone can become infected with microsporidiosis, individuals living with HIV are particularly susceptible to the disease. "In developed countries in North America, Europe, and Australia, studies involving HIV-seropositive persons with diarrhea reported rates between 2% and 78%" (Matos et al. 2012). This infection has a strong possibility of become a chronic issue as well.

More information needs to be known about environmental survival, movement, and host to host transmission of *E. bieneusi*. This is an example of the importance of a One Health approach to science, and public health. Causes of microsporidiosis have been limited due to species complexity and variety; however, understanding the relationship between people, animals, and their environment will prove to be an important step in the strategy for illness prevention.

Transmission of *Enterocytozoon bieneusi*



Matos O, Lobo ML, Xiao L. Epidemiology of *Enterocytozoon bieneusi* Infection in Humans. *J Parasitol Res.* 2012;2012:981424. doi:10.1155/2012/981424

<https://www.sciencedirect.com/science/article/pii/S2352771420303104>

[https://www.cell.com/trends/parasitology/fulltext/S1471-4922\(21\)00201-4](https://www.cell.com/trends/parasitology/fulltext/S1471-4922(21)00201-4)

MENTAL HEALTH: BRAINGAMES

WORDSEARCH

H P G M M D G S F Z L X H Z S V O Y R H
 Z Q F G V X L S L A N W Q H D T X H S H
 B S M N O E D N N O I T I R T U N T K G
 K B Q V D D M L O K H F S J E Z B L Y M
 Q G F E G D A V F T Y T N D N J I A S Y
 P U U O D F H U T F R Z C O B I N E B U
 U X A X O W M E T A B O L I S M D H W O
 K L K L W A P H S A H A P O T T P P C M
 O G K H S J F T U Y X A F C D N T M X W
 M Y K S S E N L L E W N Y A V E T M H N
 T J J I O B U F S L E T K L E M Z R T Y
 K F O V A R W I J U M I U O L H H O H G
 Q H P H W K C K S P Y O X R R S A F B M
 O P E V I R G N M G Z X R I X I A L P P
 E D H B E L N C K B L I S E X R D W X N
 J G N X J N V I S W C D S S B U K D R L
 P V E J A A B B I S Y A Z Y E O F E U L
 Y O U J F R H E B L Z N P C S N H G N V
 T S H A R T X G J Y V T G A A C M N A Q
 L D A U R Y T I N U M M I J J D B C G G

NOURISHMENT
 NUTRITION
 CALORIES
 EXERCISE
 METABOLISM
 IMMUNITY
 ANTIOXIDANT
 HEALTHY
 GOAL
 WELLNESS

1) When they take out an appendix, it's an appendectomy; when they remove your tonsils, it's a tonsillectomy. What is it when they remove a growth from your head?





2) Each icon represents a number.
 Use the clues to solve the final math problem.

$$\text{Blue Circle} + \text{Blue Circle} + \text{Pink Flower} = 21$$

$$\text{Yellow Sun} + \text{Pink Flower} + \text{Pink Flower} = 10$$

$$\text{Blue Circle} - \text{Pink Flower} = 9$$

$$\text{Yellow Sun} + \text{Blue Circle} + \text{Pink Flower} = ??$$

Key:
 2 =  8 = 
 1 =  10 = 

BRAINTEASER

SCIENCE SPOTLIGHT

Effect of nutrition on neurodegenerative diseases. A systematic review

Vittorio Emanuele Bianchi a , Pomares Fredy Herrera b and Rizzi Laurac

ABSTRACT :

Neurodegenerative diseases are characterized by the progressive functional loss of neurons in the brain, causing cognitive impairment and motoneuron disability. Although multifactorial interactions are evident, nutrition plays an essential role in the pathogenesis and evolution of these diseases. A systematic literature search was performed, and the prevalence of studies evaluated the effect of the Mediterranean diet (MeDiet), nutritional support, EPA and DHA, and vitamins on memory and cognition impairment. The data showed that malnutrition and low body mass index (BMI) is correlated with the higher development of dementia and mortality. MeDiet, nutritional support, and calorie-controlled diets play a protective effect against cognitive decline, Alzheimer's disease (AD), Parkinson disease (PD) while malnutrition and insulin resistance represent significant risk factors. Malnutrition activates also the gut-microbiota-brain axis dysfunction that exacerbate neurodegenerative process. Omega-3 and -6, and the vitamins supplementation seem to be less effective in protecting neuron degeneration. Insulin activity is a prevalent factor contributing to brain health while malnutrition correlated with the higher development of dementia and mortality.

Bianchi, V. E., Herrera, P. F., & Laura, R. (2021). Effect of nutrition on neurodegenerative diseases. A systematic review. *Nutritional neuroscience*, 24(10), 810-834.

https://www.researchgate.net/profile/Vittorio-Bianchi-2/publication/337034058_Effect_of_nutrition_on_neurodegenerative_diseases_A_systematic_review/links/5dfa6fc1299bf10bc363ade7/Effect-of-nutrition-on-neurodegenerative-diseases-A-systematic-review.pdf

1201 Wall Street Jeffersonville, IN 47130

Office Hours

Monday 8:30am - 4:30pm

Tuesday 8:30am - 4:30pm

Wednesday 8:30am - 4:30pm

Thursday 8:30am - 4:30pm

Friday 8:30am - 4:30pm

Saturday - CLOSED

Sunday - CLOSED

Administration/Vital Records/Environmental

812-282-7521

Public Health Nurse

812-283-2459

HIV/STD Program Office

812-288-2706

Public Health
Prevent. Promote. Protect.

Clark County Health Department

