

For the Health of It

Clark County Health Department

VOLUME 5
ISSUE 4

NOTABLE NEWS

LEAD GRANT

The department was recently awarded a \$13,000 grant from the Indiana Department of Health Lead and Healthy Homes Division. This 2 year grant will be used to purchase an in house Blood Lead Level testing machine in order to provide a valuable and often overlooked resource to children in our community. Our Department has a certified lead risk assessor on staff to educate and follow up on those affected with an Elevated Blood Lead Level (EBLL), and can perform housing assessments in conjunction with the State.

Although anyone can have an EBLL, children are particularly vulnerable. All children should be tested for blood lead levels,

as no level is safe. Children on Medicaid are required to be tested at ages 1 and 2. In addition, any child between 24 and 72 months with no record of a previous blood lead screening test should receive one. If your child is under 6, talk to your pediatrician about this simple test, particularly if the child frequents a home built before 1978.



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Although the primary way a child can develop an EBLL is through ingestion of lead contaminated dust, paint, or soil, household products such as ceramics, jewelry, and spices can also contain dangerous quantities of lead. Elevated lead levels can cause irreversible brain and nervous system damage, slowed development, and learning and behavior problems. Have your child evaluated before it becomes a problem. Talk to your doctor or call the Department for information.



NOVEMBER IS BLADDER HEALTH MONTH

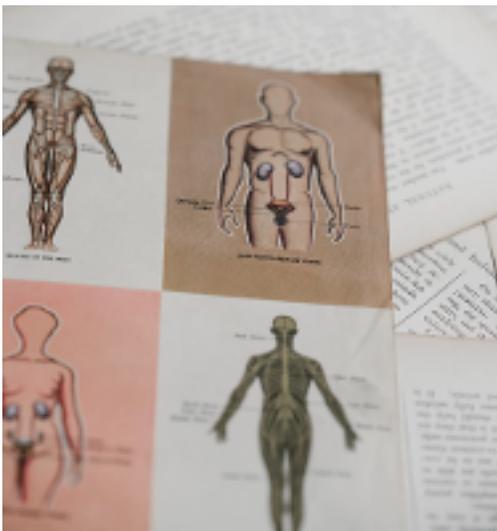
"Hold it!!!" I can hear the phrase distinctly, though it has been years since I have told my mom how badly I needed to 'go' during a road trip. The human body is truly amazing, with seemingly everything having an exclusive function and unique purpose. But from the day we are born we take for granted the wonder it is to be able to 'hold it.' The wee, that is. Pee, urine, the water waste. Whatever you might call it, our body has a specialized holding tank for it. The bladder is a hollow organ located in the abdominal cavity and lower pelvic region, and is known to typically hold up to 500 milliliters of urine at one time ⁽⁶⁾. Connected to the bladder are the ureters (tubes of tissue from the kidneys to the bladder) and the urethra (tube of tissue from bladder to outside the body) ⁽⁶⁾. When the bladder fills with urine, the nervous system sends a signal, from bladder to brain and from brain back to the detrusor muscle, to relax the external urethral sphincters ⁽⁶⁾.



At least, that is how the bladder is *supposed* to work. When the bladder functions properly, we achieve bladder health, defined by Journal of Women's Health as,

"A complete state of physical, mental, and social well being related to bladder function and not merely the absence of (lower urinary tract symptoms) LUTS. Healthy bladder function permits daily activities, adapts to short-term physical or environmental stressors, and allows optimal well-being (e.g., travel, exercise, social, occupational, or other activities)." ⁽³⁾.

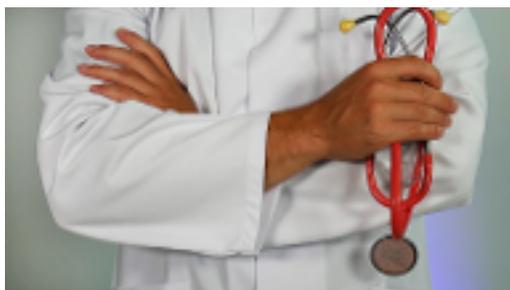
When the bladder does not function properly, issues such as urinary incontinence, lower urinary tract symptoms, urgency, frequency and nocturia, as well as bladder pain syndrome, urinary tract infections, and bladder cancer can arise ⁽¹⁾. Proper management of diabetes and obesity are suggested to decrease the probability of developing urinary incontinence ⁽⁴⁾. In fact, waist circumference has been identified as a risk factor for leakage, or incontinence, in women, with weekly leakage increasing 15% for every 10-cm increase ⁽⁷⁾. In addition, the presence of comorbidities, such as cardiovascular diseases, have been proposed as a factor likely to increase leakage in both men and women ⁽⁷⁾.



NOVEMBER IS BLADDER HEALTH MONTH

Besides preventing and managing comorbidities, such as excess weight, cardiovascular disease, diabetes, etc., there are additional measures that can

be taken to ensure bladder health. Behavioral factors that may increase the risk of developing bladder cancer include tobacco use, extended use of urinary catheters, and exposure to paints, dyes, metals, and petroleum products ⁽⁵⁾. Be sure to always use personal protective equipment, including appropriate mask and goggles when working with hazardous products and chemicals! Additional risk factors that generally cannot be controlled include family history, genetics, past treatment with radiation therapy, as well as ingesting drinking water contaminated with arsenic or treated with chlorine ⁽⁵⁾.



"Use the bathroom often and when needed!"



Surprisingly, there is no standard or routine screening that can test for bladder cancer; however, some screening methods are currently being studied in clinical trials ⁽⁵⁾. Some tips for maintaining a healthy bladder are as follows:

1. Maintain a relaxed position when urinating.
2. Do pelvic floor muscle exercises.
3. Use the bathroom often and when needed.
4. Take enough time to fully empty the bladder when urinating.

For additional tips and information on bladder health, be sure to visit:

<https://www.nia.nih.gov/health/15-tips-keep-your-bladder-healthy>



(1) Burgio, K. L., Newman, D. K., Rosenberg, M. T., & Sampsel, C. (2013). Impact of behaviour and lifestyle on bladder health. *International Journal of Clinical Practice*, 67(6), 495–504. doi:10.1111/ijcp.12143

(2) "15 Tips to Keep Your Bladder Healthy." National Institute on Aging, U.S. Department of Health and Human Services, <https://www.nia.nih.gov/health/15-tips-keep-your-bladder-healthy>.

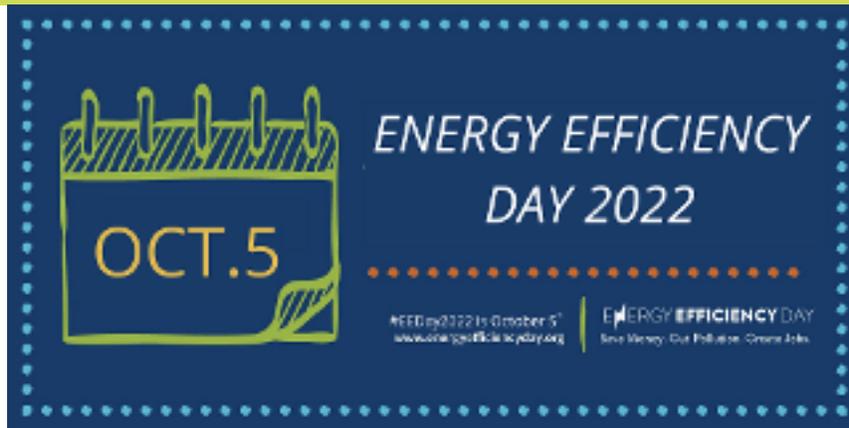
(3) Lukacz, E. S., Bavendam, T. G., Berry, A., Fok, C. S., Gahagan, S., ... Goode, P. S. (2018). A Novel Research Definition of Bladder Health in Women and Girls: Implications for Research and Public Health Promotion. *Journal of Women's Health*, 27(8), 974–981. doi:10.1089/jwh.2017.6786

(4) Markland, A. D., Richter, H. E., Fwu, C.-W., Eggers, P., & Kusek, J. W. (2011). Prevalence and Trends of Urinary Incontinence in Adults in the United States, 2001 to 2008. *The Journal of Urology*, 186(2), 589–593. doi:10.1016/j.juro.2011.03.114

(5) PDQ® Screening and Prevention Editorial Board. PDQ Bladder and Other Urothelial Cancers Screening. Bethesda, MD: National Cancer Institute. Updated <07/30/2021>.

(6) Shermadou ES, Rahman S, Leslie SW. Anatomy, Abdomen and Pelvis, Bladder. [Updated 2021 Jul 31]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan

(7) Tennstedt, S. L., Link, C. L., Steers, W. D., & McKinlay, J. B. (2008). Prevalence of and Risk Factors for Urine Leakage in a Racially and Ethnically Diverse Population of Adults: The Boston Area Community Health (BACH) Survey. *American Journal of Epidemiology*, 167(4), 390–399.



Energy Efficiency Day is a collaborative effort of dozens of energy efficiency advocacy groups around the United States. The Energy Efficiency Day message is simple: “Save Money. Cut Pollution. Create Jobs.” The goal is to share tips, tools and stories that promote the multiple benefits of energy efficiency, from lower costs to healthier homes. Energy efficiency is the cheapest, quickest way to meet our energy needs, cut consumer bills and reduce pollution. *-Newbuildings.org*

Want to lower your home energy bills and be more environmentally friendly? Here are 10 simple ways to reduce energy waste, at home and at work:

1. Make the switch to LED

LEDs are a great example of how innovation and technology can make your life easier. They last at least 25 times longer and consume up to 90 percent less electricity than incandescent bulbs.

Tip: By switching five of your home’s most frequently used bulbs with ENERGY STAR® certified LEDs, it’s possible to save \$75 on energy costs annually.

2. Seal Those Leaks

On average, heating and cooling account for almost half of a home’s energy consumption. In fact, all the little leaks can be equivalent to leaving open a 3-foot-by-3-foot window.

Tip: Take simple steps like caulking windows, sealing leaks around chimneys and recessed lighting, and sliding draft guards under your doors to save up to 20% on heating costs.

3. Heat and Cool Efficiently

Don’t waste money heating or cooling an empty home. Install a programmable thermostat and in colder weather schedule your home’s heat to lower when you are away or asleep, and increase when you are returning home or waking-up. In warm weather, schedule the thermostat to raise the temperature when you are away or asleep, and lower it at other times.

Tip: Follow the U.S. Department of Energy recommended temperatures and be energy-efficient all year.

4. Maintain Your HVAC System

Make sure to clean or change your furnace filters regularly. A dirty furnace filter will slow

down air flow, making the system work harder to keep you warm (or cool) and costing you more money.

Tip: Consider getting a winter tune-up. Just as a tune-up for your car can improve your gas mileage, a semi-annual or yearly tune-up of your heating and cooling system can be vital to improve efficiency, saving you money and making your home more comfortable.

5. Look for the ENERGY STAR® Label

ENERGY STAR® labeled windows can cut heating costs by as much as 30% compared to single-pane windows, while increasing indoor comfort and lessening fading of home furnishings.

Tip: If you are undertaking a major home remodel or new build, consider installing ENERGY STAR® qualified HVAC equipment and appliances.

6. Turn the Electronics Off

That sounds easy, but too often we forget and leave electronics plugged in that are not in use.

Tip: Turn off unnecessary/idle lights, appliances and electronics. A power strip can help turn off multiple items at once. (Sometimes the simplest things are really effective!)

7. Winter Tip: Invite the Sun In

It feels like the sun abandons us during the winter, but that doesn't mean we should ignore it during the shorter days.

Tip: Open curtains/shade on your west- and south-facing windows during the day to allow sunlight to naturally heat your home, and save 2%-12%.

8. Summer Tip: Close Blinds and Shades

This tip is easy to forget, but vital: excess sunlight will make it harder to keep your home cool and comfortable.

Tip: During the day, keep your blinds and shades closed to prevent warm air from building up in your home.

9. Clean Your Clothing Efficiently

That's an easy one. A washing machine spends 90% of its energy to heat water.

Tip: Consider using cold water instead. In addition, try to run full loads as much as possible, because the machine uses roughly the same amount of energy regardless of the load size. Also, consider air-drying.

10. Clean Up Your Dishes Efficiently

If there's one thing that has the power to unite people, it's food. And with food comes dishes to clean. Fear not – there really is a more efficient way to use your dishwasher.

Tip: Avoid the "rinse hold" cycle and skip heated drying – simply open the door at the end of the washing cycle and let the dishes air dry!

HEALTH OFFICER'S PERSPECTIVE

I Like THE WAY YOU WORK IT

BY DR. ERIC
YAZEL,
CLARK COUNTY
HEALTH OFFICER



It seems like everywhere we turn these days, the focus seems to be on the lack of workforce. This isn't just a Clark County situation, but a national situation. Unemployment levels are extremely low across the state, and locally we are below the state average. That's good right? Yes and no. Multiple job opportunities are good for our citizens. It helps push employers to raise salaries and benefits to remain competitive in the job market. On the other hand, for some essential community services, which have typically lagged behind in salary adjustments and don't have the flexibility to rapidly adjust to changing community scenarios, it makes workforce hiring and retention a real challenge.

So why am I talking about this? I'm a health officer not an economist, right? Stay in my lane. But I do have a few important points here. First, having an economically healthy community leads to a healthier overall community as well. We are extremely well positioned in our county to have a period of unprecedented growth, and our elected officials have done a great job of navigating this while continuing to invest in public health, EMS services, park lands, and other components of maintaining a healthy community during this time of growth. Second, as wages continue to improve, and hopefully outpace inflation, we will be able to encourage our citizens to use that disposable income for healthy decisions- food choices, exercise, etc. And last but certainly not least, let's focus on all those who continue to work in those essential community services. We have become used to an 'everything immediately available at our fingertips' environment. The person you are working with may be trying to cover while short staffed, working extra hours, etc. Let's all make a conscious effort to show some appreciation and grace in these situations. And thank them for continuing to keep our county up and running smoothly during these challenging times! Everyone have a safe and fun Fall!

ONE HEALTH: ANIMALS, PEOPLE, AND THEIR ENVIRONMENT: PETTING ZOOS



Petting zoos are a fun and unique way to teach kids about animals and the environment. They offer up close and personal experiences with many kinds of animals. But all that closeness can offer cuddles...and germs.

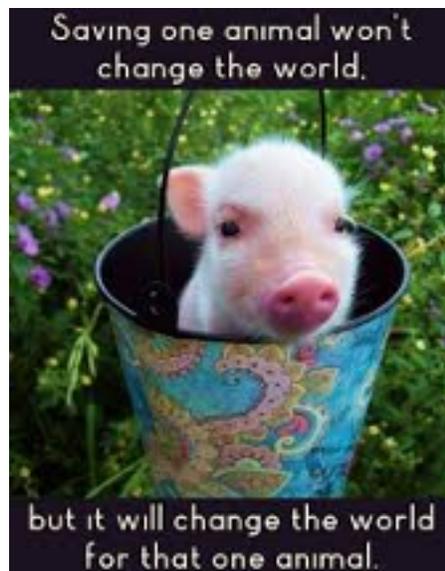


A University in Israel looked at skin, fur, feather and fecal samples of 228 animals at eight different petting zoos. They found that 12 percent of the animals had at least one type of bacteria that is resistant to antibiotics, and another 25 percent of those infected animals had multiple strains of multi-drug resistant bacteria. ⁽¹⁾

Some of the strains detected included a version of *E. coli* that causes diarrhea and another type that can start urinary tract infections. Both are incredibly contagious and easily passed from animals to humans.

You often can't tell when an animal may be carrying harmful germs. Some of the hidden organisms are *Campylobacter*, *Cryptosporidia*, *E. Coli*, and *Salmonella* which can all lead to illness, hospitalization, or death. You should assume that all animals may be carrying disease causing organisms, and be sure to take the following precautions:

- ❑ Ensure adults and children wash their hands before and after petting animals.
- ❑ Don't eat or drink around the petting zoo animals.
- ❑ Don't allow children to kiss or rub their faces on animals.
- ❑ Children under 5 should not touch reptiles, amphibians, or birds because these animals are more likely to make them sick.
- ❑ Don't let children sit or play on the ground in animal area.



1: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6831544/>

More info: <https://www.liebertpub.com/doi/10.1089/fpd.2016.2185>

SCIENCE SPOTLIGHT

Non-occupational lead poisoning associated with traditional Chinese medicine: A case report

Huan Ma, Li-meng Wu, Yu Zou and Xiao-an Li

Introduction: Traditional Chinese medicine has a long history and is widely popular in China because of its safety and small side effects. In Chinese families, people believe that the combination of traditional Chinese and Western medicine is more effective, and in terms of conditioning and health care, they tend to rely on traditional Chinese medicine. However, the toxic [effects] and side effects of traditional Chinese medicine, especially heavy metal poisoning, should not be ignored.

Patient concerns: A case of non-occupational lead poisoning caused by long-term use of traditional Chinese medicine.

Diagnosis: A 21-year-old man with severe colic periumbilical pain was referred to our hospital. Through careful inquiry of his medical history, we found that he had been taking traditional Chinese medicine to treat facial acne in the past year. His test results showed anemia, liver damage, blood lead concentration of 1,268.4 µg/L, and bone marrow smear showed basophilic stippling erythrocyte. The patient was diagnosed with "lead poisoning."

Conclusion: We found that lead poisoning in patients taking traditional Chinese medicine has been reported from time to time. Through consulting the data, we summarized the most common drugs leading to lead poisoning, and reviewed the pathogenesis and common clinical manifestations of lead poisoning. Because lead poisoning is easy to be misdiagnosed, we should ask more carefully about the past history and drug history of patients in order to make timely diagnosis and treatment..

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<https://www.frontiersin.org/articles/10.3389/fpubh.2022.938186/full>

For More Info:
www.cdc.gov/nceh/lead/prevention/sources/foods-cosmetics-medicines.htm

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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

