



Monroe County Health Department

Serving the Community since 1921

315 West Oak Street · Sparta, WI 54656 · (608) 269-8666 · Fax (608) 269-8872

2018 FOURTH QUARTER NEWSLETTER

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

According to the American Cancer Society, 31% of all female cancer diagnoses in Wisconsin are breast cancer, making it the most frequently diagnosed cancer in Wisconsin women. For this reason, it is important to be aware of certain factors that put you at a higher risk for developing breast cancer. If a few of these apply to you, that doesn't necessarily mean that you are going to develop breast cancer, but it is important to understand the effect they can possibly have on your health. Risk factors include the following:

- Being female
- Increasing age
- Family history of breast cancer
- Inherited genes that increase cancer risk
- Personal history of breast issues
- Radiation exposure
- Obesity
- Beginning your period at a young age
- Beginning menopause at an older age
- Having never been pregnant
- Having your first child at an older age
- Postmenopausal hormone therapy
- Drinking alcohol

Fortunately, there are things you can do to decrease breast cancer risk. Being aware of your body is the most important!

- Perform breast self-exams to become familiar with your breasts. If you notice new changes, lumps, or any unusual signs, talk to your doctor as soon as possible.
- Ask your doctor about breast cancer screenings such as clinical breast exams and mammograms (x-rays of the breast). Women 40 to 44 years of age have the option to start getting yearly mammograms, age 45 to 54 should get mammograms yearly, and 55 and older may switch to every two years or they can continue with yearly screenings.
- Limit postmenopausal hormone therapy.
- Drink alcohol in moderation. Consume no more than one drink a day.
- Try to exercise at least 30 minutes a day.
- Maintain a healthy weight.
- Eat a healthy diet.



For more information about breast cancer awareness, visit: <http://www.nationalbreastcancer.org/breast-cancer-awareness-month>.



MONROE COUNTY GREAT APPLE CRUNCH

The Monroe County Nutrition Coalition joining Minnesota, Wisconsin, Illinois, Indiana, Michigan and Ohio in celebrating National Farm to School Month by crunching into locally and regionally grown apples at NOON on Thursday, October 11, 2018. You can also crunch any day or time in October that works for you!

We would like to invite your organization to join us by serving apples to employees or others either on October 11th or anytime during October and take some group photos of folks "Crunching" and submit them to the Monroe County Health Department by emailing Julie.Anderson@co.monroe.wi.us by October

19th! We'll be showcasing photos of this fun event on our Facebook Page! You can also showcase the crunch on your own social media pages by using the hashtags #GreatAppleCrunch, #MonroeCountyGreatAppleCrunch #WIAppleCrunch, #F2SMonth, and #OneMillionCrunches.



NATIONAL DEPRESSION SCREENING DAY is held every October during *Mental Illness Awareness Week* to provide individuals with screening options as well as depression education. This year it takes place on October 11th. The goal is to raise awareness for mental illness and to provide information about available support services for those who are struggling.

Depression is more common than you think. It affects more than 16 million American adults every year according to Mental Health America. Symptoms for depression are different for everyone. The following are common signs and symptoms of depression.

- Persistent sad or anxious mood
- Changes in appetite
- Feelings of hopelessness, guilt, or worthlessness
- Changes in weight
- Loss of interest in hobbies and activities
- Difficulty concentrating, remembering, or making decisions
- Decreased energy
- Difficulty sleeping, awakening, or oversleeping
- Feeling restless or having trouble sitting still
- Thoughts of death or suicide

Monroe County has resources and services available to help with depression and other mental health issues:

- **Northwest Connections** (1-888-552-6642) is a 24 hour mental health and alcohol and other drug abuse crisis line for Monroe County residents. They offer information, support, counseling, and emergency services to those in need.
- **National Suicide Prevention Lifeline** (24 hours/day): 1-844-274-7472
- **Text "HOPELINE" to 741741** to receive emotional support and resources for any struggles including issues with relationships, parents, bullying, school, friends, job loss, and LGBTQ issues.
- **Gundersen Behavioral Health Clinics:** Sparta: (608) 269-1588 / Tomah: (608) 374-3853
- **Mayo Clinic Behavioral Health Clinics:** Sparta: (608) 269-4132 / Tomah: (608) 372-5999
- **Scenic Bluffs** (Assessment & Treatment): (608) 654-5100
- **Tomah VA Medical Center Phone:** 608-372-3971 / Toll-Free Phone: 1-800-872-8662
- **National Alliance on Mental Illness (NAMI)** Monroe County <https://namimonroejuneau.org/>

If you are suffering from any sort of mental illness do not hesitate to reach out. Call a hotline or make an appointment at one of the above locations. You are not alone!

TIME TO TEST RADON IN YOUR HOME

Radon is a colorless, odorless gas that can cause lung cancer. Radon is the leading cause of lung cancer among non-smokers. Testing is the only way to know your level of exposure. Radon testing kits are available at Monroe County Health Department for \$10. Call or stop in for more information.



2018 FOURTH QUARTER NEWSLETTER



GET YOUR FLU SHOT

Monroe County Health Department (MCHD) will again be offering influenza vaccine clinics at MANY sites throughout the county this fall and winter.

The CDC recommends that everyone 6 months and older should get a flu vaccine.

The 2018-2019 flu vaccine (quadrivalent) will protect against two influenza A viruses and two influenza B viruses. The viruses in the vaccine change each year based on surveillance by the Centers for Disease Control (CDC), World Health Organization (WHO) and the Food & Drug Administration (FDA) as to strains of viruses that will circulate in a given year. Approximately two weeks after vaccination, antibodies that provide protection against the flu will develop.

The top three reasons you should get your flu vaccine are:

1. Prevents influenza-related death. Each year over 36,000 people in the U.S. die because of the flu. More people die from flu than from any other vaccine-preventable disease.
2. Prevents severe illness. In the U.S., influenza hospitalizes approximately 200,000 people annually. Children younger than 2 years old are as likely to be hospitalized as adults who are 65 and older.
3. Protects other people. You should get vaccinated if you live with or care for others who are at high risk of complications from the flu. Getting vaccinated can help protect family members, including seniors and young children.

MCHD will bill Medicare, Medical Assistance, Senior Preferred and third party insurance companies. The charge for the flu vaccine is \$30 regular dose / \$50 high dose. Flu mist is not available this year. Below is a listing of flu clinics. Please contact Monroe County Health Department at 269-8666 for more information and/or to schedule a flu shot.

<u>Date</u>	<u>Time</u>	<u>Location</u>
10/03	8:00 am - 12:00 pm	Monroe County Health Department - 315 West Oak, Sparta
10/04	9:00 am - 5:00 pm	Tomah VA - 2nd Street – Watch for signs
	11:00 am - 11:45 am	Sparta Meal Site - Barney Center
10/05	9:00 am - 5:00 pm	Tomah VA - 2nd Street – Watch for signs
10/08	11:15 am - 12:00 pm	Cashton Meal Site
	6:30 pm - 7:00 pm	Cashton Fire Department
10/09	10:30 am - 11:15 am	Kendall Meal Site
	11:30 am - 12:00 pm	Wilton Meal Site
	12:30 pm - 1:00 pm	Norwalk Meal Site
10/12	1:00 pm - 4:30 pm	Monroe County Health Department - 315 West Oak, Sparta
10/13	7:30 am - 11:00 am	Oakdale Electric
10/15	6:00 pm - 6:45 pm	Warrens Fire Station
10/16	10:30 am - 11:15 am	Tomah Senior Center/Nutrition Site
	12:30 pm - 1:00 pm	Festival Foods, Tomah
	1:45 pm - 2:30 pm	First United Methodist Church, Tomah
10/17	8:30 am - 12:30 pm	Monroe County Health Department - 315 West Oak, Sparta
10/18	10:00 am - 10:30 am	Town of Little Falls Town Hall, Cataract
10/24	8:30 am - 12:30 pm	Monroe County Health Department - 315 West Oak, Sparta
10/31	1:00 pm - 4:00 pm	Monroe County Health Department - 315 West Oak, Sparta
11/07	8:30 am - 12:30 pm	Monroe County Health Department - 315 West Oak, Sparta

To pre-register or if it is preferred to set up individual appointments at Monroe County Health Department,, please call 608-269-8666 or stop in at our new location 315 W. Oak St., Sparta, WI 54656.



PREPAREDNESS CORNER-WINTER SAFETY

Winter will soon be upon us and while Wisconsin can look like a sparkling wonderland in the winter, we all know that it tends to have a darker side with storms that bring an overwhelming amount of snow and ice, extremely cold temperatures, and high winds. Being prepared for this type of weather will help keep you and your family safe.

There are many things you can do to help prepare your home for winter:

- Have your heating systems, fireplaces, and chimneys inspected to ensure that they are clean and working properly.
- Install smoke and carbon monoxide detectors and check the batteries monthly.
- Make sure your house and water lines are properly insulated as well to prevent pipes from freezing when the temperatures drop.
- Keep nonperishable food items and an extra water storage in your home to prepare for weather-related emergencies.
- Have an up-to-date emergency kit that includes things like a battery-operated flashlight, a first aid kit, a battery-operated radio, extra medicine, and a cell phone with a charger and an extra battery. For information on what belongs in your emergency kit, visit <https://www.cdc.gov/childrenindisasters/checklists/kids-and-families.html>.

As far as emergency kits, not only should you have one in your home, but also in your car. This kit should include:

- jumper cables
- flares/reflective triangles
- ice scraper
- cat litter/sand for tire traction
- blankets
- flashlight
- battery-powered radio
- extra batteries
- first-aid kit
- cell phone
- portable cell phone charger
- food
- water
- compass
- maps

To further prepare your car for winter, you should have your radiator serviced, check antifreeze levels routinely, and inspect tire tread or replace tires with all-weather/snow tires. To avoid ice in the gas tank and fuel lines, keep the gas tank at least half full at all times. Be aware of weather conditions and forecasts when you are planning to travel, and avoid driving when severe weather advisories have been issued. If you do need to drive, make sure family or friends are aware of your planned route and estimated time of arrival.

Winter is coming no matter what, and the best thing you can do is be prepared. Following these tips can help make sure that you enjoy the winter wonderland that Wisconsin can be throughout these next few months. For more information about winter safety, visit <https://www.cdc.gov/features/winterweather/index.html>.

IS YOUR VEHICLE WINTER READY?



2018 REPORTABLE COMMUNICABLE DISEASE CASES – MONROE COUNTY

<u>DISEASE</u>	2018 1 st QTR	2018 2 nd QTR	2018 3 rd QTR	2018 4 th QTR
Anthrax				
Arboviral infection (encephalitis/meningitis)				
Animal Bites	5	9	7	
Babesiosis		2	3	
Blastomycosis				
Brucellosis				
Botulism				
Botulism, infant				
Campylobacter	4	4	9	
Chancroid				
Chlamydia	41	36	34	
Cholera				
Clostridium Difficile				
Cyclosporiasis		8		
Cryptosporidiosis	1	1	12	
Diphtheria				
E. coli O157:H7 & other				
E.coli enterohemorrhagic				
E. coli enteropathogenic				
E.coli enteroinvasive				
E.coli enterotoxigenic				
Eastern Equine Encephalitis				
Ehrlichiosis/Anaplasmosis	1	6	5	
Giardiasis	1	1		
Gonorrhea	8	7	8	
Haemophilus influenzae invasive disease (including epiglottitis)				
Hantavirus infection				
Hemolytic uremic syndrome				
Hepatitis A				
Hepatitis B	1	2	2	
Hepatitis C	4	3	6	
Hepatitis D				
Hepatitis E				
Histoplasmosis				
HIV				
Influenza A	117	19		
Influenza A hospitalized	38	1		
Influenza B	55	12		
Influenza B hospitalized	9	6		
Kawasaki disease				
LTBI	2		2	
Legionellosis				
Leprosy (Hansen Disease)				
Leptospirosis				
Listeriosis				
Lyme disease	6	24	50	
Malaria				

<u>DISEASE</u>	2018 1 st QTR	2018 2 nd QTR	2018 3 rd QTR	2018 4 th QTR
Measles				
Meningitis, bacterial (other than Haemophilus)			1	
Meningitis, Viral				
Meningococcal disease				
Mumps				
Mycobacterium Avium			1	
Mycobacterium chelonae		1		
Mycobacterium Gordonae		1		
Mycobacterium tuberculosis(TB)				
Norovirus				
Norwalk Like disease				
Pelvic inflammatory disease				
Pertussis(whooping cough)	1	1	6	
Plague				
Poliomyelitis				
Psittacosis				
Q Fever				
Rabies (human)				
Rheumatic fever (newly diagnosed & meeting the Jones criteria)				
Ricin toxin				
Rocky Mountain spotted fever			1	
Rotavirus				
Rubella				
Rubella (congenital syndrome)				
Salmonellosis	1	4	6	
Shigellosis				
Small pox				
Streptococcal disease (all invasive disease caused by groups A & B Streptococci)	4	2	2	
Streptococcus pneumoniae invasive disease (invasive pneumococcal)	2	3		
Syphilis				
Tetanus				
Toxic shock syndrome				
Toxic substance related disease				
Toxoplasmosis				
Trichinosis				
Tularemia				
Typhoid fever				
Varicella (chicken pox) reported by number of cases only	1			
West Nile Virus				
Yellow fever				
Yersiniosis				
Zika virus				

