

For the Health of It

Clark County Health Department

July 1, 2025

VOLUME 8
ISSUE 3

NOTABLE NEWS

LET'S GARDEN!

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The Clark County Health Department will be launching a monthly publication of a Gardening 101 educational newsletter. This newsletter came about as a proposed project by our Emergency Preparedness Coordinator, Jo Polk.

Jo was looking to secure her 40 hours of volunteer and education hours for the Purdue Extension Master Gardening Certification after completing the 16-week educational program. One of our part-time Public Health nurses, Marti Keith, and one of our volunteers, Hannah Dickens, also attended the Master Gardening class with Jo and decided that a joint project would be perfect for all three of them. The newsletter will contain gardening education, recipes, and other special topics for the public to enjoy and put into practice.

It will also include a question-and-answer section for the public to send in garden questions they would like assistance with. To submit a gardening question, please email the question to Jo Polk and put Gardening 101 question in the subject line at jpolk@clarkcounty.in.gov. Look for our first publication via our web page and social media accounts in July!

All Clark County Students Grades K-12 and College Students Summer Vaccine Clinics At IVY Tech and Indian Oaks Pointe in Sellersburg

4 dates and centrally located for your convenience

Select Tuesdays at IVY Tech

Indian Oaks Pointe Clubhouse, Thursday, 6/26

All Clinics from 4:00 pm – 7:00 pm

1. Visit: <https://patients.vaxcare.com/registration>
or Scan QR Code
2. Use Enrollment Code: **IN19295**
3. Select Desired Clinic Date
 - ☐ 06/17/25 All Clark County Schools Vaccine Clinic at Ivy Tech
 - ☐ 06/26/25 All Clark County Schools Vaccine Clinic at Indian Oaks
 - ☐ 07/08/25 All Clark County Schools Vaccine Clinic at Ivy Tech
 - ☐ 07/22/25 All Clark County Schools Vaccine Clinic at Ivy Tech
4. Complete Registration Process



SUPER SATURDAY 9/13/2025

ALL HIGH SCHOOL JUNIORS AND SENIORS IN CLARK, FLOYD, HARRISON, JEFFERSON (IN), SCOTT AND WASHINGTON COUNTY HIGH SCHOOLS

DOOR PRIZES FINANCIAL AID INFO, FAFSA ASSISTANCE, SCHOLARSHIP INFO
MILITARY RECRUITERS PHOTOGRAPHERS TUITION REIMBURSEMENT PROGRAM
SALES REP FOR CAPS/GOWNS/CLASS RINGS/ANNOUNCEMENTS
REPRESENTATIVES FROM UNIVERSITIES, COLLEGES, TECHNICAL/VOCATIONAL SCHOOLS
PERSONAL FINANCES REPRESENTATIVES FROM LOCAL BUSINESS APPRENTICESHIP PROGRAMS
CLARK COUNTY HEALTH DEPT FOR SENIOR IMMUNIZATIONS

IVY TECH, 8204 SR 311, SELLERSBURG OGLE HALL 10 AM-2 PM



Austin, Borden, Charlestown, Clarksville, Christian Academy, Corydon Central, Eastern, Floyd Central, Henryville, Jeffersonville, Lanesville, Madison, New Albany, New Washington, North Harrison, Providence, Rock Creek, Salem, Scottsburg, Silver Creek, Southwestern, South Central, West Washington



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BLOOMING BEAUTIES OR KILLER GREENS? A BEGINNER'S GUIDE TO NOT GETTING POISONED

What has white flowers and can grow to be insanely tall? If you said Poison Hemlock, you'd be correct. Oh wait... Giant Hogweed could also be correct, and also Queen Anne's Lace? How can there be this many plants that look so similar and how are we supposed to know when to protect ourselves from these giant plants? Thankfully, there are enough differences between the three plants that a few simple observation techniques can help you understand which invasive plant you are dealing with.

Each plant- Poison Hemlock, Giant Hogweed, and Queen Anne's Lace- are all originally from Europe and were introduced to the United States as ornamental plants, but have quickly moved to roadsides, creek beds, and waste areas. All three grow into a circular formation known as a rosette during their first year and produce tall, hollow stalks with clusters of flowers in the following year. Poison Hemlock and Queen Anne's Lace die shortly after two years, but Giant Hemlock can live for two or more years, with the plant dying shortly after flowering.

With each plant producing white flowers, the difference between the stems' appearances and height are the most beneficial strategy for proper identification. A Poison Hemlock produces a stem that is 6 to 10 feet tall and is hairless and hollow, with red or purple spots and streaks. A Giant Hogweed grows a stem that is 10 to 15 feet tall and is bright green with dark red and purple spots and has coarse white hairs at the base of leaf stalks. Finally, a Queen Anne's Lace stem is 1 to 4 feet tall, with a solid green stem with tiny hairs covering the surface.

Queen Anne's Lace Stem



Poison Hemlock Stem



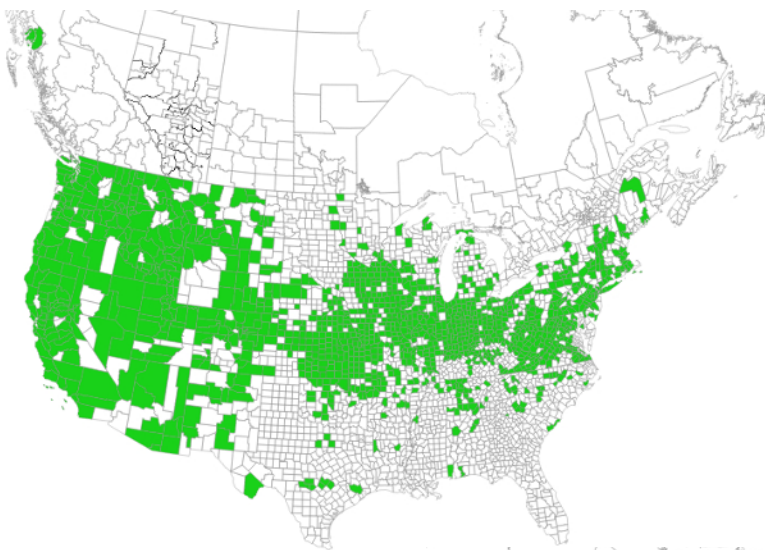
Giant Hogweed Stem



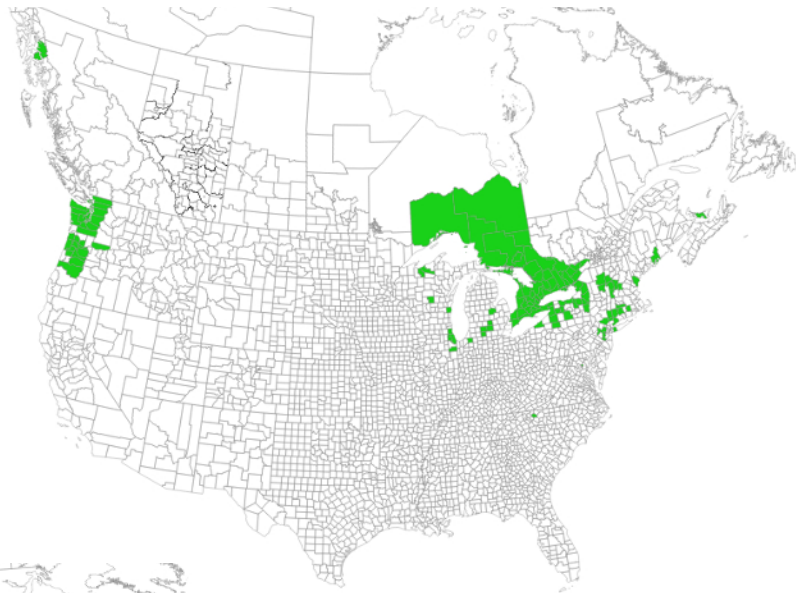
But why does it matter to be able to tell the difference between the three plants? Well to put it simply, one is extremely poisonous, one is highly toxic, and the other rarely has an impact on people. Meaning, knowing which is growing in your yard or in the creek behind your house is crucial for protecting you and your community, and allows professionals to understand how to properly remove the plants. But which is which?

Poison Hemlock is the plant which is poisonous towards humans and animals, this includes the leaves, stem, flowers, and roots, with the leaves becoming extremely poisonous in the spring. Signs of poisoning consist of: nervous trembling, salivation, respiratory paralysis, convulsions, coma, and even death. Giant Hogweed takes the title of the most toxic plant, its clear sap can cause photodermatitis, or swelling/ severe blistering of the skin after exposure to sunlight. These blisters leave scars that remain on a human's skin for up to 6 years and most people experience skin sensitivity to sunlight in those exposed areas. This means that Queen Anne's Lace is the safest of the three plants; however, individuals should still avoid the plant as people with sensitive skin are still prone to break out into a rash or blisters after contact with the sap.

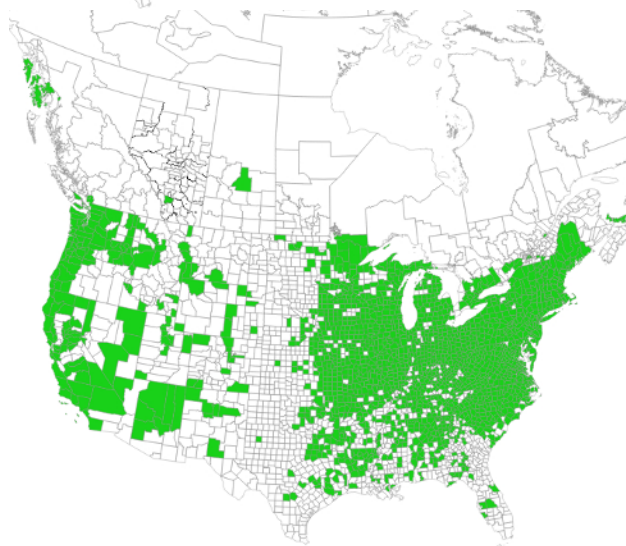
Poison Hemlock Distribution



Giant Hogweed Distribution



Queen Anne's Lace
Distribution



SUMMER SAFETY FIRST: LEARN THE LIFE-SAVING SKILL OF CPR!

Summer is here, bringing with it warmer weather, outdoor activities, and more time spent near water. While these months are filled with fun, they also bring an increased risk of accidents, making the ability to perform CPR more critical than ever.

Why is CPR So Important, Especially in Summer?

- **Drowning Prevention:** Sadly, drowning incidents spike during the summer months. Knowing infant, child, and adult CPR can be the difference between life and death in those crucial moments after a water-related emergency.
- **Choking Hazards:** Picnics and family gatherings often mean more opportunities for choking incidents, especially with young children.
- **Unexpected Emergencies:** From cardiac events in adults to unforeseen accidents involving children, CPR provides immediate, vital support until professional medical help arrives.
- **Peace of Mind:** Imagine the confidence you'll feel knowing you have the skills to protect your loved ones in an emergency!

CPR is a life-saving technique crucial in emergencies like heart attacks or near-drowning, when someone's breathing or heartbeat stops. Immediate CPR can double or triple a person's chance of survival. By learning CPR, you empower yourself to be a first responder and potentially save a life.

Upcoming CPR Class: Secure Your Spot!

The Clark County Health Department is dedicated to equipping our community with essential life-saving skills. Our next comprehensive CPR class, covering techniques for infants, children, and adults, is on Monday, August 12th.

Date: Monday, August 12th

Time: 6:00 PM

Location: 1201 Wall Street, Jeffersonville, IN 47130



Our certified instructors will provide hands-on training to ensure you gain the confidence and competence to perform CPR effectively. **Spaces are limited, so register today!**

To register or learn more, please contact 812.282.7521 or visit:

<https://www.clarkhealth.net/index.php/preparedness/infant-and-child-safety>

Invest in yourself and the safety of those around you. Learn CPR this summer – it's a skill you hope to never use, but one that can make all the difference.

ONE HEALTH: Harmful Algal Blooms (HABs)

Bacteria

Blue-green Algae, or cyanobacteria is an organism that can have toxic affects on humans and non-human animals. It loves warm, nutrient rich water and under the right conditions, can cause 'blooms', visible in our local bodies of water.

Although many 'blooms' are species that are not harmful, you cannot identify them from the toxic cyanobacteria just by sight.

Toxicity

In large amounts, this bacteria creates a toxin that can cause vomiting, diarrhea, rash, respiratory effects, and headaches among other symptoms.

Dogs are particularly susceptible to this toxin, and have been known to have rapid onset of death after exposure.

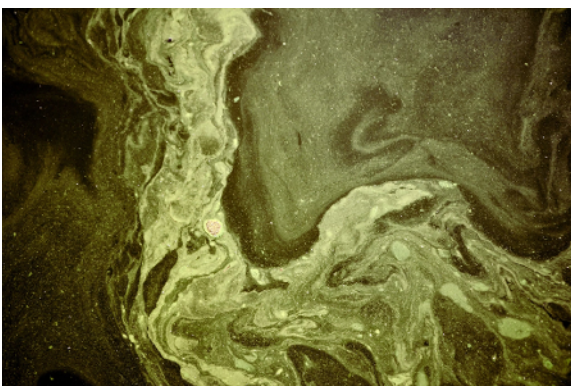
Although no antidote is available, humans and pets should seek immediate medical care for supportive therapies if cyanobacteria exposure is suspected.

Precautions

Avoid drinking from or walking and swimming in water that has visible algal blooms, scum, foam on the surface or that has an odor.

Avoid fishing/eating fish in areas where there are current blooms.

Check local advisories for warnings before visiting a particular body of water.



Resources:

<https://www.pca.state.mn.us/air-water-land-climate/blue-green-algae-and-harmful-algal-blooms>

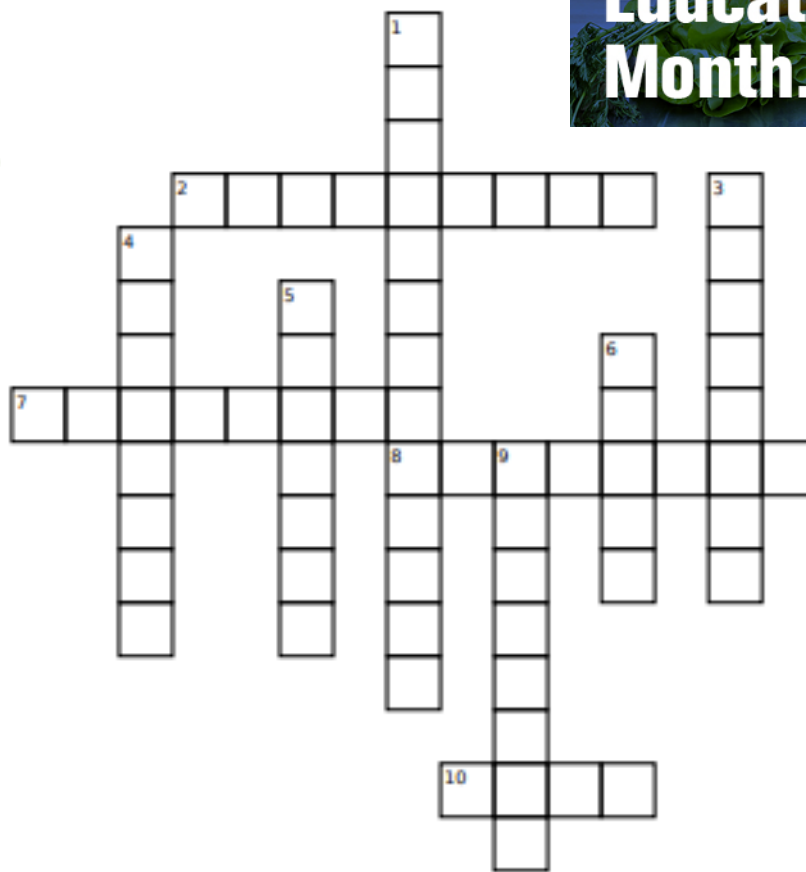
<https://www.cdc.gov/harmful-algal-blooms/about/index.html>

https://www.cdc.gov/ohhabs/data/summary-report-united-states-2019.html#cdc_report_pub_study_section_4-data

<https://www.niehs.nih.gov/health/topics/agents/algal-blooms>

MENTAL HEALTH: BRAIN GAMES

CROSSWORD



Down:

1. this occurs when harmful objects or germs get into food
3. this is when 2 or more people get sick from the same food
4. microscopic living organism that can cause illness
5. the most important thing to remember when preparing food is to practice good hand _____
6. this is not living, can't grow in food but can grow in a living organism, but can still make you sick
9. this organism can grow at cold temperatures and can make you sick if you refrigerate items too long

Across:

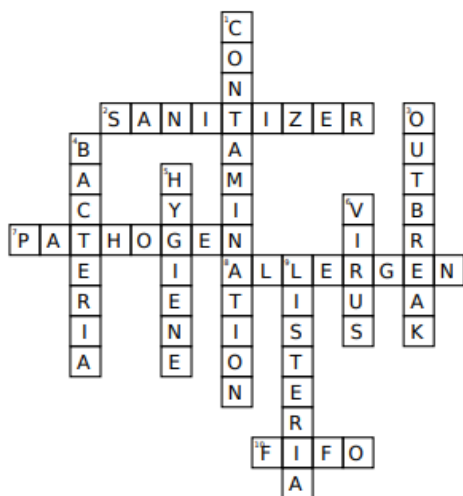
2. Hand _____ is never a substitution for hand washing
7. certain bacteria, virus, or parasites that can cause illness
8. Proteins in foods or derivatives of them that cause abnormal immune responses (allergic reactions)
10. acronym for using oldest foods first

Understanding Racial Disparities in Prostate Cancer: A Multifaceted Approach

Charles Cobbs | Gregory T. Chesnut | Ayesha A. Shafi

ABSTRACT Prostate cancer (PCa) remains a significant public health challenge in the United States, disproportionately affecting African American (AA) men, who face higher incidence rates, more aggressive disease, and elevated mortality compared to Caucasian American (CA) men. This review explores the multifactorial underpinnings of these disparities, integrating genomic, socioeconomic, environmental, and systemic contributors. Genomic analyses reveal that AA men harbor distinct molecular alterations, including higher frequencies of FOXA1, BRAF, and CHD1 mutations, as well as DNA damage repair defects, highlighting the critical need for population-specific precision medicine. Immune-oncologic pathways and stromal interactions within the tumor microenvironment further underscore biological differences driving aggressive disease phenotypes. Concurrently, adverse social determinants—including limited access to care, lower PSA screening rates, delayed treatment, medical mistrust, and underrepresentation in clinical trials—contribute to poorer outcomes. Despite these challenges, evidence from equal-access healthcare systems indicates that when provided equitable treatment, AA men can achieve outcomes comparable to or better than their CA counterparts. This review emphasizes actionable strategies to reduce disparities, including increasing AA representation in clinical trials, enhancing culturally competent patient-provider communication, improving access to early detection and high-quality care, and expanding community-based outreach initiatives. A holistic, interdisciplinary approach is essential to dismantle systemic barriers and achieve health equity in prostate cancer outcomes.

Crossword Answers:



Cobbs IV, Charles, Gregory T. Chesnut, and Ayesha A. Shafi. "Understanding Racial Disparities in Prostate Cancer: A Multifaceted Approach." *Cancer Medicine* 14.11 (2025): e70979.

<https://onlinelibrary.wiley.com/doi/pdf/10.1002/cam4.70979>

Administration/Vital Records/Environmental

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Public Health Nurse

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HIV/STD Program Office

Phone 812-288-2706

Office Hours

Monday - Friday:

8:30 am - 4:30 pm

Saturday - CLOSED

Sunday - CLOSED

Public Health
Prevent. Promote. Protect.

Clark County Health Department