

For the Health of It

Clark County Health Department

NOTABLE NEWS

April 1, 2022

VOLUME 5
ISSUE 2

NEW SCHOOL LIAISON POSITION

In an effort to get back to normal after the effects of the Covid-19 pandemic, Clark County has received a grant which will enable them to focus on the needs of school nurses and their students. How can we assist the students and the nurses of Clark County? Is it helping the schools have a better plan for the next outbreak of an infectious disease? Is it assisting in immunizations, audits, and screenings like vision, dental and hearing? Clark County's School Liaisons will be visible in your local school doing what it takes to take the strain off school nurses the pandemic has amplified. It is hoped, these efforts will lead to improved school nurse satisfaction, and also decrease school exclusions caused by preventable illnesses.

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VOLUNTEERING

Great representation from our local school system nurses, who also help us out at CCHD, with Lyndsay Coombs, Nola Garrison, and Teresa Stengel out at Franklin Square Elementary Literacy Night.

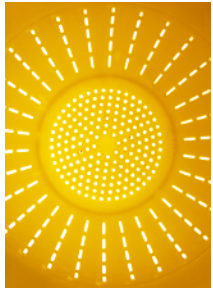


TO SUPPLEMENT OR NOT TO SUPPLEMENT? THAT IS THE QUESTION.



The average, healthy adult who eats a balanced diet shouldn't need to supplement that diet with pills, powders, herbs, and oils. But, c'mon- who eats like that all the time?! We all hear about the good that specific supplements can do if we take them. But should we?

Harvard Health Publishing and the National Institute of Health have some pretty good resources on taking supplements, some of which are linked below. As always, talk to your physician about your specific needs, but here is a brief look at what the experts say.



Vitamin D- if you are going to take anything, vitamin D should make the list. As adults we spend more time indoors, away from our natural vitamin D source, the sun. Vitamin D is necessary to help absorb other important minerals in the body. Although it can play a role in the body's immune regulation and inflammatory responses, its role in general immune response still needs to be investigated. But take note-high levels can have toxic effects.

Antioxidant supplements like vitamin E, vitamin A, beta carotene, and vitamin C- The experts say no. Many of these can have deleterious effects on the body.

B vitamins- thiamin, riboflavin, folate, niacin, colbamin, etc.- These can be used for specific reasons. For example folate has been shown to be beneficial for pregnant women and women trying to conceive, and B-12 (colbamin) may be necessary for strict vegetarians as B-12 is found in high amounts in animal based foods.

Fish /Flax oils- heart healthy omegas, right? They can be in the right forms for certain people. There are differences in Omega 3's (ALA, DHA, EPA) and Omega 6's so knowing how much you already consume should help determine what you may need to supplement. Fish oil can also have anti-platelet effects at high doses, so once again, speak to your doctor about your specific needs.

Fiber- another yes from our experts. The average American doesn't get enough fiber and it has been linked to improving things like diabetes, heart health, gut health, and even obesity.

So what 3 things should you take from this?

- 1) Everyone is an individual-talk to your doctor about your needs. Many supplements can interfere with medications you are currently on.
- 2) Do your research-know what you are taking. We didn't even touch upon many vitamins, minerals, and herbal supplements that are available.
- 3) Supplement not Substitute! Eating a well balanced diet is THE BEST way to get what you need.

https://www.health.harvard.edu/newsletter_article/supplements-a-scorecard

<https://www.nia.nih.gov/health/dietary-supplements-older-adults>

https://www.health.harvard.edu/staying-healthy/listing_of_vitamins

<https://ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/>

<https://newsinhealth.nih.gov/2010/08/rough-up-your-diet>

<https://ods.od.nih.gov/factsheets/VitaminD-Consumer/>



FAILURE TO DRAIN? WHAT A PAIN! GET THE SCOOP ON POOP



Seems like we're finally heading into a beautiful spring this year! Time to get outside and enjoy the sunshine, fresh air, and some much needed time on the lawn. However, if you go out to your yard this season and catch a whiff of sewage or see a dark, wet patch in the grass, it probably isn't daffodils and tulips coming up early. If your home utilizes a septic system for wastewater treatment, what you may be witnessing are signs of a septic system failure. When properly designed, maintained, and used, septic systems can provide sufficient treatment for most pollutants. According to a survey of Indiana county environmental health specialists, the most commonly reported cause of septic system failures is soil wetness (seasonally high water table). Other common causes are undersized systems, age of the system, and improper usage/maintenance. When these failures unfortunately occur, the homeowner should be able to recognize the most common signs of failure. These include but are not limited to:

- Slowly draining sinks and toilets
- Gurgling sounds in the plumbing
- Plumbing backups (most commonly reported failure category)
- Sewage odors in the yard
- Ground is wet or mushy above your septic system absorption field
- Grass is greener or grows faster above your absorption field
- Tests show the presence of bacteria in nearby streams or well



If you believe your septic system needs repair or may be in failure, it is important that you contact your local health department right away and report the problem. The health department will help you identify the issues and provide a list of professionals in the area who can assist you. In addition to helping you, health departments use reports of failing systems to develop future septic system designs that will better function in Indiana soils.



Tips for proper maintenance of a septic system:

- Limit the use of garbage disposals
- Don't overdo your water usage (A good limit is 50 gallons per person per day.)
- Don't add stuff like facial tissues, hygiene products/wipes, or cigarette butts to the septic system
- Don't pour cooking oils or grease down the drain
- Maintain grass or other vegetative covering over the drain field
- Keep vehicles and heavy equipment off of the system

The following substances should NOT be put in the septic system:

- cooking grease, oils, or fats;
- pesticides;
- paints;
- paint thinners;
- solvents;
- wipes, diapers, hygiene products, condoms;
- disinfectants like bleach; and
- other household chemicals.

Also humans. No humans in the septic tank.....



Public and Environmental Health in a Modern World



Inclusion does not imply endorsement.

OSHA Heat Safety Tool

Department of Labor

Provides the heat index for work sites and precautions to prevent heat illness (Android only).

ShopWell: Better Food Choices

ShopWell simplifies nutrition labels and finds foods for your diet. Create a food profile with your dietary goals, allergies, health concerns, and dislikes, and get personalized nutrition scores when you scan a label.

Elevate: Brain Training

This brain-training program is designed to improve your focus, speaking abilities, processing speed, memory, math skills, and more. Get a personalized training program that adjusts the more you use it to maximize your results.

Fabulous: Self Care

Use this app to help you enjoy a healthier, happier life. The app takes a holistic approach that motivates you to be more productive. You will learn how to improve energy levels, increase your ability to focus, lose weight, and sleep better.

Remente

Being healthy is more than just eating right, drinking enough water, and sleeping well — it's also about getting your mind right. This app gives you resources to help search your life for happiness and fulfillment, with goal setting, a daily planning tool, and written and visual features to help you track your feelings.

Medisafe

This is a simple smartphone app. You simply tell it when you take your medications and receive medication reminders.

MyFitnessPal

MyFitnessPal is an all-in-one tracker for activity, mindfulness, food logging, sleep, fertility, and more. You can set weight or activity goals, create meal plans, and sync the app with most fitness tracking devices and watches.

Diabetes:M

This is app is useful for diabetics and allows them to manage their glucose levels in an easier way. It lets you track and monitor your food, while also keeping tabs on your glucose and insulin levels as well as injection sites. Get personalized reports which you can then share with your doctor.

Apple Health

Apple Health is the iOS health “brain” and health tracker app that comes on all Apple devices. It monitors sleep, food, activity, symptoms, heart rate, and respiration. The app also integrates with tons of other apps and can give you detailed reports on entire categories of wellness.

Be My Eyes

Be My Eyes connects blind and low vision users with sighted volunteers or for visual assistance through a live video connection. Sign up to volunteer today!

IRECYCLE

This is an app that helps us learn about and participate in recycling. One of the main ecological problems we have is the excess of waste. Many things we buy come in containers that go right to the trash. IRecycle helps you reduce waste, offering thousands of ideas to recycle and reuse all types of materials. You can also learn what materials are recyclable or not.

First Aid: American Red Cross

This app contains step-by-step instructions and videos to treat injuries, as well as has the capability to call 911 directly from the app. In the event of a real emergency, turning on Location Services will enable the app to find your nearest hospitals.

Disaster Alert

Developed by the Pacific Disaster Center (PDC), Disaster Alert features an interactive map of Active Hazards occurring around the globe.



Check into other applications that may be helpful for personal, public, or environmental health, including things like emergency contacts/ lock screen apps, maps, health info, SOS location devices, virtual doctors, and your local energy companies to quickly report issues.

HEALTH OFFICER'S PERSPECTIVE

*When you focus on the good,
the good gets better.*

BY DR. ERIC
YAZEL,
CLARK COUNTY
HEALTH OFFICER



I recently got back from a much-needed vacation with my family, joining what seemed like the rest of Southern Indiana down in Florida. One of our must stop sites down there is a dog beach. It's just as it sounds- hundreds of dogs, careening around the beach, having the time of their lives. I always sit back and smile, with maybe a little bit of jealousy, at how happy and carefree they seem. I can't help but wonder, how do we capture a little of that in our own lives?

Life is not always puppies and ice cream, if anything the last two years have taught us that. But we have fallen into the habit of always focusing on the negatives that are going on around us. I get it, that's a lot of the media we are exposed to today. Good news doesn't generate as many clicks. But these last 2 years generated a lot of amazing stories too: First responders putting together a parade to honor exhausted hospital workers, small business stepping up to provide meals and other things for the community, even when they were hurting themselves, a homeless member of our community who hand made masks out of scrap materials and dropping them off at the hospital. Too many to count of our citizens stepped up to help their friends, family, and neighbors. We showed that Clark County, Indiana is full of some of the finest people this country has to offer.




So how do we get that positive outlook back? Well, first look around you. Community COVID numbers are the lowest they have been right now. The weather is warming up. All sorts of outdoor events are coming. Thunder and Derby are on the horizon. Clark County in the spring/summer is a great place to be. Enjoy it. Be intentional with your positive outlook. Make a point each week of doing an act of kindness, big or small, without an expectation of anything in return. Slow down. Notice the people who keep our community running smoothly and safely behind the scenes and thank them. Appreciate the friends and family in your life, live in the moment. Small changes in your daily activities and habits like this can make huge changes in your mental health and happiness. And if you still need a boost, I'm always happy to give you directions to the dog beach!



ONE HEALTH: ANIMALS, PEOPLE, AND THEIR ENVIRONMENT: RAIN BARRELS

CATCH THAT RAIN!

RAIN BARREL BENEFITS

-  Save money by taking advantage of rainwater as a FREE resource.
-  Promote plant and soil health by watering with captured rainwater.
-  Reduce runoff and pollution to our environment and protect local creeks, streams, and the ocean.



Did You Know?

- 40% of the average homeowner's water use is outdoors. Rain barrel use reduces the stress on municipal water systems during the dry, summer months.
- 700 gallons of water runs off a 1,200 square foot roof after only one inch of rainfall. Using a rain barrel is an excellent way to conserve some of this water.
- A quarter inch of runoff from an average roof will easily fill a rain barrel. If you have five storms a season, that equals 275 gallons of free water.
- Runoff from rains pick up soil, oil, pesticides, fertilizers and other contaminants and push them to other areas. When these pollutants accumulate they contribute to algae growth in lakes and alter the habitat for fish and other aquatic wildlife which can also make lakes and oceans dangerous for humans and other mammals.

For more info on rain barrels:

https://water.rutgers.edu/Stormwater_Management/rainbarrels.html

<https://www.epa.gov/soakuptherain/soak-rain-rain-barrels>

<https://extension.psu.edu/why-use-a-rain-barrel>

<https://www.americanrivers.org/threats-solutions/clean-water/green-infrastructure/rain-barrel-garden/>

<https://clearycompany.com/5-benefits-rain-barrels/>

MENTAL HEALTH: BRAINGAMES

WORDSEARCH



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

TICK
 MOSQUITO
 LYME
 EHRlichiosis
 HEARTWORM
 DEET
 PARASITE
 PREVENTION
 ZOONOSIS
 VECTOR

1) What do a tick and the Eiffel Tower have in common?

2) A bat ate 1050 mosquitos in four nights. Each night she ate 25 more than the night before. How many mosquitos did the bat eat each night?

BRAINTEASER



1) They are both "Pari-sites"
 2) The bat ate 225 mosquitos on the first night, 250 on the second night, 275 on the third night, and 300 on the fourth night.
 Let x represent the number of mosquitos the bat ate on the first night. So, you can write this equation:
 $x + (x + 25) + (x + 50) + (x + 75) = 1050$
 $4x + 150 = 1050$
 $4x = 900$
 $x = 225$ on the 1st night

SCIENCE SPOTLIGHT

Ketogenic diet and chemotherapy combine to disrupt pancreatic cancer metabolism and growth

Lifeng Yang, Tara TeSlaa, Serina Ng, Jessie Yanxiang Guo, Haiyong Han et al.

"The findings of a new study suggest that a ketogenic diet -- which is low in carbohydrates and protein, but high in fat -- helps to kill pancreatic cancer cells when combined with a triple-drug therapy. In laboratory experiments, the ketogenic diet decreased glucose (sugar) levels in the tumor, suggesting the diet helped starve the cancer. In addition, this diet elevated ketone bodies produced by the liver, which put additional stress on the cancer cells."

--The Translational Genomics Research Institute. "Could diet modification make chemotherapy drugs more effective for patients with pancreatic cancer? Laboratory experiments, testing a ketogenic diet, lead to nationwide clinical trial." ScienceDaily. ScienceDaily, 22 March 2022. <www.sciencedaily.com/releases/2022/03/220322122830.htm>.

Yang, Lifeng, et al. "Ketogenic diet and chemotherapy combine to disrupt pancreatic cancer metabolism and growth." *Med* 3.2 (2022): 119-136.

[https://www.cell.com/med/fulltext/S2666-6340\(21\)00409-8?_returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS2666634021004098%3Fshowall%3Dtrue#relatedArticles](https://www.cell.com/med/fulltext/S2666-6340(21)00409-8?_returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS2666634021004098%3Fshowall%3Dtrue#relatedArticles)

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

