Our Mission

“To assure the highest possible level of health for the people of the communities we serve.”

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Get the Facts on Cervical Cancer

Over the past few years the recommendations/guidelines for frequency of cervical cancer screening have changed based on scientific studies. This has caused confusion for many women in terms of knowing how often to get tested. This stems from the fact that doctors used to recommend yearly pap screenings for all women and some still do. The Centers for Disease Control (CDC) has initiated a campaign to help women get the facts and provides important information about their bodies and health.

**What is cervical cancer?** Cancer is a disease in which cells in the body grow out of control. Cancer is always named for the part of the body where it starts, even if it spreads to other body parts later.

When cancer starts in the cervix, it is called cervical cancer. The cervix is the lower, narrow end of the uterus. The cervix connects the vagina (the birth canal) to the upper part of the uterus. The uterus is where a baby grows when a woman is pregnant.

Cervical cancer is the easiest gynecologic cancer to prevent with regular screening tests and follow-up. It also is highly curable when found and treated early.

**What are the symptoms?** Early on, cervical cancer may not cause signs and symptoms. Advanced cervical cancer may cause bleeding or discharge from the vagina that is not normal for you, such as bleeding after sex. If you have any of these signs, see your doctor. They may be caused by something other than cancer, but the only way to know is to see your doctor.

**Are there tests that can prevent cervical cancer or find it early?** There are two tests that can either help prevent cervical cancer or find it early.

- The Pap test (Pap smear) looks for precancers, cell changes, on the cervix that can be treated, so that cervical cancer is prevented. The Pap test also can find cervical cancer early, when treatment is most effective. The Pap test is recommended for women aged 21-65 years old. This test only screens for cervical cancer; does not screen for any other gynecologic cancer.
- The HPV test looks for HPV, the virus that can cause precancerous cell changes and cervical cancer.
- The recommended frequency of screening for either of these tests can range from 3-5 years and is dependent on age, test results, past history & hysterectomy. It is important to speak with your provider who will guide you on frequency based on your individual situation.

For more information on how to prevent cervical cancer and what to do if you have been recently diagnosed, visit [www.cdc.gov/cancer/gynecologic](http://www.cdc.gov/cancer/gynecologic). To find free or low-cost Pap tests, please call 800-CDC-INFO or visit [www.cdc.gov/cancer/nbccedp](http://www.cdc.gov/cancer/nbccedp).
Stay Healthy Over the Winter Months!

With the cold winter months upon us, it is easy to put aside our health as we focus on celebrating winter activities with family and friends. But these activities fall in the middle of the annual flu season. Close quarters, stress and lack of sleep during this time of year can make us more vulnerable to illness and increases the need to avoid the spread of germs.

One of the most important steps a person can take to avoid getting sick and spreading germs to others is keeping their hands clean. Adults and children should wash their hands often, especially after coughing or sneezing.

Hand washing is simple! Just follow these steps:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. This is about the time it takes to sing "Happy Birthday" twice through.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. Sharing cloth towels can spread germs.
- If possible, use a paper towel to turn off the faucet and open the door.

In addition to hand washing, there are several other good health habits to practice now and throughout the rest of the winter season that can help your body stay healthy and fight off the flu and other illness. Public health professionals in Michigan recommend the following:

- Eat a balanced diet including plenty of vegetables, fruits and whole grain products.
- Drink plenty of water and go easy on salt, sugar, alcohol and saturated fat.
- Exercise regularly. Thirty or more minutes of physical activity most days of the week can help boost your immunity.
- Get plenty of rest. Sleep is shown to help your body fight off illness.
- Try not to touch your eyes, nose or mouth. Germs are often spread this way.
- Stay away from people who are sick as much as you can.
- If you get sick, stay home from work or school.

At this time of year, sickness and disease are the last things anyone should have to worry about, which is precisely why we should not let preventable health conditions get in the way.

It's still not too late to get your FLU SHOT! Call the Health Department today!
Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.

**Get Yourself and Your Family Vaccinated!**

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

Everyone 6 months or older should get an annual flu vaccine. Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

**Take Everyday Preventive Actions to Help Stop the Spread of Flu Viruses!**

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water).

**Take Antiviral Drugs If Your Doctor Prescribes Them!**

Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick.

#FightFlu

www.cdc.gov/flu
Hepatitis A Southeast Michigan Outbreak

Public health officials and the Michigan Department of Health and Human Services (MDHHS) are continuing to see an elevated number of hepatitis A cases in Southeast Michigan.

Since the beginning of the outbreak in August 2016, public health response has included increased healthcare awareness efforts, public notification and education, and outreach with vaccination clinics for high-risk populations. No common sources of food, beverages, or drugs have been identified as a potential source of infection. Transmission appears to be through direct person-to-person spread and illicit drug use. Those with history of injection and non-injection drug use, homelessness or transient housing, and incarceration are thought to be at greater risk in this outbreak setting. Notably, this outbreak has had a high hospitalization rate.

Hepatitis A is a serious, highly contagious liver disease caused by the hepatitis A virus (HAV). HAV is found in the feces (poop) of people with hepatitis A. You can get hepatitis A by eating contaminated food or water, during sex, or just by living with an infected person. Illness can appear 15-50 days after exposure and you can be sick for several weeks. In some cases, people can die. Although not all people infected with hepatitis A experience illness, symptoms can include:

- nausea and vomiting
- belly pain
- feeling tired
- fever
- loss of appetite
- yellowing of the skin and eyes
- dark urine
- pale-colored feces (poop)
- joint pain

FOR MORE INFORMATION ON HEPATITIS A VISIT THIS LINK: [http://www.michigan.gov/mdhhs/0,5885,7-339-71550_2955_2976_82305_82310-447907--00.html](http://www.michigan.gov/mdhhs/0,5885,7-339-71550_2955_2976_82305_82310-447907--00.html)