

Dickinson-Iron District Health Department

THE PUBLIC HEALTH PRESS



Health Health Disease
 ~Protection * Education * Prevention~

Volume 9, Issue I

~An Active Member of the Dickinson-Iron County Community Collaborative~

Winter '10/'11

Our Mission

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

Inside this issue:

| | |
|---|---|
| January National Radon Action Month | 2 |
| Senior Screening Program | 2 |
| Carbon Monoxide Detection (Cont. from front page) | 2 |
| Declaration of MY Independence | 3 |
| Winter Quotes | 4 |

Carbon Monoxide Detection

Carbon monoxide (CO) is an odorless, colorless and toxic gas. Because it is impossible to see, taste or smell the toxic fumes, CO can kill you before you are aware it is in your home. At lower levels of exposure, CO causes mild effects that are often mistaken for the flu. The effects of CO exposure can vary greatly from person to person depending on age, overall health and the concentration and length of exposure.

Health Effects Associated with Carbon Monoxide

At low concentrations, symptoms include fatigue in healthy people and chest pain in people with heart disease. At higher concentrations, symptoms include impaired vision and coordination, headaches, dizziness, confusion, and nausea. CO poisoning can cause flu-like symptoms that clear up after leaving home. At higher concentrations, CO exposure can be fatal.

Steps to Reduce Exposure to Carbon Monoxide

It is most important to be sure combustion equipment is maintained and properly adjusted.

- Keep gas appliances properly adjusted.
- Consider purchasing a vented space heater when replacing an unvented one.
- Use proper fuel in kerosene space heaters.
- Install and use an exhaust fan vented to outdoors over gas stoves.
- Open flues when fireplaces are in use.
- Choose properly sized wood stoves that are certified to meet EPA emission standards. Make certain that doors on all wood stoves fit tightly.
- Have a trained professional inspect, clean, and tune-up central heating systems (furnaces, flues, and chimneys) annually. Repair any leaks promptly.
- Do not idle the car inside the garage.



(Cont. on page 2)

January National Radon Action Month

The Dickinson-Iron District Health Department is working with the U.S. Environmental Protection Agency (EPA) in a nationwide campaign to educate Americans about the dangers of radon exposure and to encourage them to take action to protect their homes and families. In our community, the health department is encouraging homeowners to test their homes for radon during National Radon Action Month in January.

Testing homes for elevated levels of radon is simple and inexpensive. Radon test kits can be purchased at the Dickinson-Iron District Health Department. **During the month of January, the radon test kit will cost \$4.50.**

For more information on radon, call the health department at (906) 779-7239 or (906) 265-9913 or visit our website at www.didhd.org. You can also visit EPA's National Radon Action Month website at www.epa.gov/radon/nram.

Senior Screening Program

Senior Health Screenings, through a partnership with UPCAP Services, Inc. UP Area on Aging, have been provided by the health department to residents of Dickinson and Iron counties for the past 16 years. Any resident aged 60 or older is eligible. There is no income requirement or fee for the screening. Each year UPCAP provides the health department with a certain number of screening units, approximately 60-80 each year. We hold our clinics in the spring and continue through September.



During these screenings our nurse provides a health assessment, performs blood tests for anemia, high cholesterol and sugar, monitors height and weight, measures blood pressure, instructs on stool collection and submission for testing of blood in the stool, and provides health promotion and disease prevention education. She also determines whether referrals to health care providers or services are necessary. A majority of referrals are for further evaluation of hypertension, high cholesterol and diabetes. For those referred, follow-up is conducted after 30 days to see what course of action was taken. Many have medica-

tion changes and are followed closer by their physician. For those without insurance, some have been able to secure women's health through our BCCCP program and others through the Michigan Care Action Coalition.

If you know of anyone that would like to participate in this screening please have them call the Dickinson County office at (906) 774-1868.

Carbon Monoxide Detection

(Cont. from front page)

CO Detectors

Carbon Monoxide Detectors are widely available in stores and you may want to consider buying one as a back-up but not as a replacement for proper use and maintenance of your fuel-burning appliances. However, it is important for you to know that technology of CO detectors are still developing and that there are several types on the market.

If a CO Detector Alarm Goes Off:

- Make sure it is your CO detector and not your smoke detector.
- Check to see if any member of your household is experiencing symptoms of poisoning.
- If they are experiencing symptoms, get them out of the house immediately and see medical attention. Tell the doctor that you suspect CO poisoning.
- If no one is feeling symptoms, ventilate your home with fresh air, turn off all potential sources of CO—your oil or gas furnace, gas water heater, gas range and oven, gas dryer, gas or kerosene space heater and any vehicle or small engine.
- Have a qualified technician inspect your fuel burning appliances and chimneys to make sure they are operating correctly and that there is nothing blocking the fumes from being vented out of the house.

For additional information please visit these websites:

<http://www.epa.gov/iaq/co.html> or http://www.osha.gov/OshDoc/data_General_Facts/carbonmonoxide-factsheet.pdf.

Source: Environmental Protection Agency.

Declaration of MY Independence

Every year millions of Americans set new goals, write down their wants, and decide that *this* year, is a new year. Every year millions of Individuals set New Year's Resolutions. This saying has lost all true meaning when analyzed. After asking family and friends, most people could conclude that last year's resolutions have gone unresolved and unnoticed. That is why this year things are going to be different. This year were starting the Declaration of MY Independence.



It's time the millions of people who want to change something about themselves or their lives really make that change. In a recent study, 40-45 percent of Americans make a New Year's Resolution. Of those 75

percent will continue their efforts past the first week, 71 percent past the first two weeks, 64 percent after one month, and 46 percent after six months.

We want to get people away from the idea of a "New Year's Resolution" And move towards real change. Let's face it, this isn't about doing something for 2011, it's about doing something for yourself and making a change in your life. So, we want it to last well past 2011.

The first thing is to set that goal. It might be aiming to lose the first twenty pounds you have been dying to get rid of, or maybe it's losing the last twenty. It may be to quit smoking or exercise more. It may simply be to eat more fruits and vegetables. Every goal, no matter how small, is worth something. But do remember, when making these goals, we do want them to be realistic. Losing 100 pounds may not be the place to start. Think about losing the first twenty and then working from there.

After a goal is set, formulate a plan. Make a Declaration of MY Independence so everything is set in stone. When something is written down, the likeli-

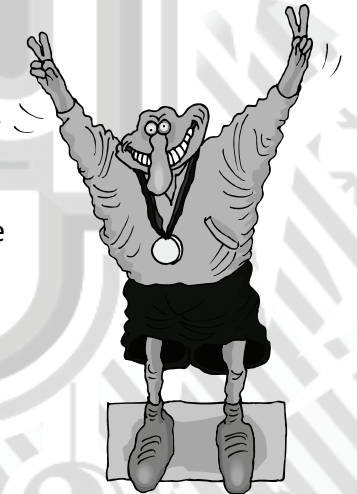
hood of it happening is much greater. Also, set a time line. Make a calendar or spreadsheet to make dates more concrete. Don't write, *Eat more vegetables*, instead write, *eat a serving of carrots on Tuesday, broccoli on Wednesday, and so on.*

Put pressure on yourself, but remember everyone screws up. Don't get down on yourself for not making your morning workout or for eating that extra piece of pie. Just move on from your slip and try not to let it happen again. Many people, after they have a mix up, end up giving up on their entire program and might even forget all the progress that they have already made.

Also, some people find it helpful if they set rewards for themselves if they achieve their goals or if they continue to stay on the right track. Remember, these goals don't have to be, *I get to eat an extra piece of pie*, they should be something more like, *I get to buy myself a new dress*, or *I get to buy that new kitchen appliance I want.*

This way the goals are not directly linked with the goal in mind, and they don't undermine the goal, but act as their own reward.

Now it is time to write it down or think about the goal that you have been dying to achieve. Make sure it is something that you truly want and something that is achievable. **This is about you.** It's your turn to make a change and it starts today. Take back your independence and give yourself the freedom to make real change! Say good bye to failed New Year's Resolutions and say hello to YOU!



Source: National Wellness Institute

**DICKINSON-IRON DISTRICT
HEALTH DEPARTMENT**

601 Washington Ave.
Iron River, MI 49935
and
818 Pyle Drive
Kingsford, MI 49802

Phone:
(906) 265-9913
(906) 774-1868

Fax:
(906) 265-2950
(906) 774-9910

E-mail: rumpf@hline.org

Serving you since 1936

We're on the web!
www.didhd.org

**THE PUBLIC
HEALTH PRESS**

is published quarterly by
the Dickinson-Iron Dis-
trict Health Department

Linda Piper,
Director

Kelly Rumpf, Editor
Health Educator

Winter Quotes



Speak or act with an impure mind and trouble will follow you.

Speak or act with a pure mind and happiness will follow you as
your shadow, unshakable.

It is better to conquer yourself than to win a thousand battles.
Then the victory is yours. It cannot be taken from you, not by
angels or by demons, heaven or hell.

It is better to do nothing than to do what is wrong. For whatever you do, you do to
yourself.

To share happiness and to have done something good before leaving this life is
sweet.

Master your words. Master your thoughts. Never allow your body to do harm. Follow
these three roads with purity and you will find yourself upon the one way, the way of
wisdom.

The mind is everything; what you think you become.

Work out your own salvation. Do not depend on others.

On a long journey of human life, faith is the best of compan-
ions; it is the best refreshment on the journey; and it is the
greatest property.

Peace comes from within. Do not seek it without.

The greatest prayer is patience.

Source: *National Wellness Institute*



**HEALTH DEPARTMENT
ADMINISTRATION**

Linda Piper, RN, BSN, MPH
Director/Health Officer

Teresa Frankovich, MD, MPH
Medical Director

Stephen Markham, BS
Finance Director

Joyce Ziegler, RNC, BSN
Community Health Services Director

Daren Deyaert, RS, BS
Environmental Health Director

**DICKINSON-IRON DISTRICT
BOARD OF HEALTH**

George Brunswick, Chair
Frank Smith, Vice Chair
Bob Black
Rosalie King
Joe Stevens
Henry Wender

"Public Health: Helping you and our neighbors to stay healthy and safe."