

# Dickinson-Iron District Health Department

## THE PUBLIC HEALTH PRESS



Health Health Disease  
~Protection \* Education \* Prevention~

Volume 7, Issue 1

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

Winter '08/'09

### National Influenza Week

(By Carol Thornton, Pandemic Influenza Coord.)

#### Our Mission

*"To assure the highest possible level of health for the people of the communities we serve."*

#### Inside this issue:

February is Healthy Hearts Month

2

#### Who should get vaccinated?

- Children 6 months to 18 years
- Adults 50 years and older; residents of nursing homes
- Child care and health care providers
- Pregnant women
- Healthy, household contacts of young children or the elderly.

February is Healthy Hearts Month  
(Cont. from pg. 2)

3

#### Who should not get vaccinated?

- Children 6 months old or less
- Those allergic to eggs/egg products
- Those who have a history of Guillain-Barre' Syndrome.

January is Healthy Beginnings Month  
Michigan WIC Program

3

There are many myths that prevent people from obtaining the vaccine each year. One that circulates every year is that the vaccine causes influenza. As the vaccine is made from killed viruses, the vaccine **cannot** cause influenza. However, it does take 2 weeks for your body to develop the protective antibodies against the influenza viruses, so a person is still at risk of getting influenza. This may account for people saying "the shot gave me the flu". So, early vaccination is best **before** influenza develops in your community.

Winter Dry Skin Tips

4

Call your health care provider or the Dickinson-Iron District Health Department to schedule your "flu shot" now. Cover your sneezes and coughs and wash those hands frequently for influenza prevention.

## February is Healthy Hearts Month Hardened Arteries: It's About More Than Heart Disease

Lots of people worry about atherosclerosis - or hardening of the arteries -- as a factor in heart disease and stroke. But did you know that diabetes, high cholesterol, high blood pressure, a sedentary lifestyle, and obesity are all major risk factors for atherosclerosis?

Many people who are eventually diagnosed with atherosclerosis have at least one of these other problems. And that's not all. Once you develop atherosclerosis, each of these conditions can worsen the damage to your arteries. Here's how:

**Diabetes.** People with diabetes tend to develop atherosclerosis earlier and more extensively than those without the disease. In fact, people with diabetes -- especially women -- are two to six times more likely to get atherosclerosis. Patients with type 1 and type 2 diabetes can also develop the disease in small blood vessels, such as those in the eyes and kidneys.



Diabetes is a major predictor of how well patients fare with atherosclerosis and heart disease. Once you have a heart attack you're going to do a lot worse than if you don't have diabetes.

**High LDL cholesterol.** High levels of LDL, the bad kind of cholesterol, promote plaque formation in artery linings, the signature symptom of atherosclerosis. Too much LDL can worsen atherosclerosis and increase the chance of heart disease. It is a

major risk factor. The higher the LDL, the more likely you are to get a heart attack. The lower the LDL, the more likely you are not to get one.

**High blood pressure.** This condition is associated with inflammation and increased damage to the lining of the vessels because they're under higher



pressure. A vessel is like a garden hose. If it's always under high pressure, eventually, it's going to get damaged. If there are other risk factors -- diabetes and high cholesterol circulating in that pipe -- eventually, all of that is going to clog it up.

**Obesity.** Being obese raises the risk of atherosclerosis in the arteries that supply blood to the heart muscle. Abdominal obesity also makes a person more likely to develop high blood pressure, type 2 diabetes and high cholesterol. Once these various problems come into play, they can further damage the blood vessels and worsen atherosclerosis. Keeping weight under control is crucial. If people can commit to eat less and walk for 20 minutes every day, it will make a big difference.



*(Cont. on next page)*

## February is Healthy Hearts Month

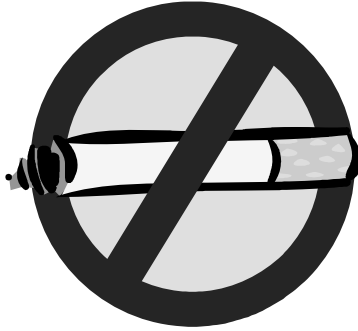
## January is Healthy Beginnings Month

### Michigan WIC Program

(By Margie Surface, Public Health Coord.)

(Cont. from pg. 2)

**Smoking.** Smoking is linked to progression of atherosclerosis. It harms the inner lining of blood vessels, increases risk of injury to the inner lining of arteries, raises LDL cholesterol, and lowers HDL (good) cholesterol. If you look at patients under 50 with heart attacks, almost all of them are smokers. Smoking can cause heart disease by damaging your blood vessels and causing more plaque and blood clots to form inside blood vessels. The good news: risk of heart disease decreases quickly after a smoker gives up cigarettes.



Keeping blood pressure, cholesterol, weight, and diabetes under control also re-

sults in big payoffs, even if your atherosclerosis has already led to heart disease. If you control the risk factors more aggressively, you're more likely to do better in terms of preventing a new heart attack or not needing a bypass or other procedure.

Source: Web MD

In the era of change and diminishing public health services, the Women, Infants and Children (WIC) program has been a constant provider for Michigan families who are at or below 185% of the U.S. Poverty guidelines, including under-employed (working poor) families, who cannot afford healthy foods, health care and immunizations.

The Michigan WIC Program provides nutritious foods, nutrition education and referrals to health and other social services to pregnant, post-partum and breastfeeding women, infants and children up to the age of five.

By providing WIC services we are also saving health care dollars. For every dollar spent on a pregnant woman it saves over \$3.50 in federal, state, local and private health care costs. The Dickinson-Iron Health Department now has 2 certified lactation specialists on staff to provide breastfeeding support for our WIC families, which is the premier infant feeding method. In addition, the Michigan WIC program helps the local economy by re-investing 145 million dollars a year through food purchases. In our communities, last year \$642,797 dollars was spent.

Currently, WIC is a program that reaches over 8 million women, infants and children across the country. In Dickinson and Iron counties, we are serving over 1200 participants. Because of WIC, more women and children are receiving health care, prenatal care and immunizations than ever before.

In short, WIC is a wise investment. It generates important short-term reductions in medical costs and long-term improvements in the health and productivity of children. WIC is the health-care equivalent of a triple-A rated investment: it is one of the most reliable ways the government can invest its resources.

WIC is an equal opportunity provider.

## 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](mailto:rumpf@hline.org)

*Serving you since 1936*

We're on the web!  
[www.didhd.org](http://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 Dry Skin Tips

### Help your Dry Skin in Winter: 7 Tips

- You might need to change your moisturizer for winter. For really dry winter skin, find an oil-based lotion or ointment. If you are putting the ointment on your face, make sure it is non-clogging like avocado oil, mineral oil, primrose oil, or almond oil. You can also look for lotions containing "humectants," a class of substances (including glycerine, sorbitol, and alpha-hydroxy acids) that attract moisture to your skin.
- Use SPF 30 sunscreen. It blocks 98 percent of harmful rays. SPF 50 only blocks about 99 percent of harmful rays so you definitely get your money's worth with SPF 30.
- Wet clothes from snow and

sweat can make dry skin worse. Wear wicking fabrics and change often if wetness is an issue.

- Humidify your dry house.
- For dry feet, use lotions with petroleum jelly or glycerine. Exfoliants that remove dead skin help moisturizers sink in faster and deeper.
- Use gentle products on your face and avoid harsh products such as toners and peels. Find a cleansing milk or mild foaming cleanser, a toner with no alcohol, and masks that are "deeply hydrating."
- No Hot Showers. Opt for a warm oatmeal bath instead. Hot water can breakdown the lipid barriers in your skin and lead to a loss of moisture.

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: Protecting the public's health through disease prevention and education."*