

# Dickinson-Iron District Health Department

## THE PUBLIC HEALTH PRESS



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

Volume 6, Issue 4

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

Fall 2008

### September is National Preparedness Month

#### Our Mission

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



The U.S. Department of Homeland Security's *Ready* Campaign ([www.ready.gov](http://www.ready.gov)) is sponsoring the fifth annual National Preparedness Month (NPM) in September with support from more than 2,700 NPM coalition members, the largest amount to date. NPM coalition members, consisting of national, regional, state, and local organizations, will combine efforts throughout the month of September to encourage all Americans to take steps to prepare for emergencies before they happen.

"National Preparedness Month is an important reminder about each American's civic responsibility to prepare for emergencies," said Homeland Security Secretary Michael Chertoff. "Those with the capacity and wherewithal to help themselves must do so in advance, so that in the event of an emergency, responders can first assist those who are unable to tend to themselves. From wildfires and earthquakes in California, to hurricanes and tropical storms along the Gulf Coast, to flooding in the Midwest, recent events remind us more than ever that we must prepare ourselves and our families for a disaster. This is the time, each year, when every American should ask the question, 'Am I ready?'"

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The *Ready* Campaign and Citizen Corps ([www.citizen corps.gov](http://www.citizen corps.gov)) are encouraging individuals across the nation to take important preparedness steps that will greatly improve their ability to survive and recover from all types of emergencies, whether natural or man-made. These steps include getting an emergency supply kit, making a family emergency plan, becoming informed about the different emergencies that may affect them, and getting involved in community preparedness and response efforts.

NPM coalition members are encouraging Americans to prepare for emergencies in their homes, businesses, schools, and communities by hosting events such as seminars, fairs, community outreach events, workshops, webinars, and trainings. For a complete list of events, please visit [www.ready.gov](http://www.ready.gov).



Senate Homeland Security and Governmental Affairs Committee Chairman Joseph I. Lieberman and Ranking Member Susan M. Collins, along with House Homeland Security Committee Chairman Bennie G. Thompson and Ranking Member Peter T. King, will serve as honorary Congressional Co-Chairs of NPM 2008. They will lead the effort to increase public awareness about the importance of emergency preparedness on Capitol Hill and throughout the country.

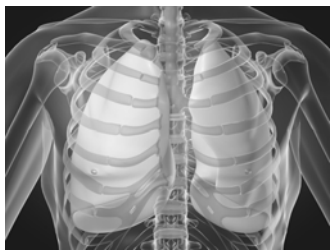
For more information on the *Ready* Campaign and NPM, please visit [www.ready.gov](http://www.ready.gov) or [www.listo.gov](http://www.listo.gov). Individuals can also call 1-800-BE-READY or 1-888-SE-LISTO for more emergency preparedness information.

*"Public Health: Supplying you with the right tools and resources to protect you and your family."*

## November is “Kick Butts Month” Effects of Smoking

Smoking harms nearly every organ of the body; causing many diseases and reducing the health of smokers in general. The adverse health effects from cigarette smoking account for an estimated 438,000 deaths, or nearly 1 of every 5 deaths, each year in the United States. More deaths are caused each year by tobacco use than by all deaths from human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.

- Cancer is the second leading cause of death and was among the first diseases causally linked to smoking.



- Smoking causes about 90% of lung cancer deaths in men and almost 80% of lung cancer deaths in women. The risk of dying from lung cancer is more than 23 times higher among men who smoke cigarettes, and about 13 times

higher among women who smoke cigarettes compared with never smokers.

- Smoking causes cancers of the bladder, oral cavity, pharynx, larynx (voice box), esophagus, cervix, kidney, lung, pancreas, and stomach, and causes acute myeloid leukemia.
- Rates of cancers related to cigarette smoking vary widely among members of racial/ethnic groups, but are generally highest in African-American men.
- Smoking causes coronary heart disease, the leading cause of death in the United States. Cigarette smokers are 2–4 times more likely to develop coronary heart disease than nonsmokers.
- Cigarette smoking approximately doubles a person's risk for stroke.
- Cigarette smoking causes reduced circulation by narrowing the blood vessels (arteries). Smokers are more than 10 times as likely as nonsmokers to develop peripheral vascular disease.
- Smoking causes abdominal aortic aneurysm.
- Cigarette smoking is associated with a tenfold increase in the risk of dying from chronic obstructive lung disease. About 90% of all deaths from chronic obstructive lung diseases are attributable to cigarette smoking.

- Cigarette smoking has many adverse reproductive and early childhood effects, including an increased risk for infertility, preterm delivery, stillbirth, low birth weight, and sudden infant death syndrome (SIDS).

- Postmenopausal women who smoke have lower bone density than women who never smoked. Women who smoke have an increased risk for hip fracture than never smokers.

**For information on quitting smoking, call the health department at 779-7234.**

*Source: Centers for Disease Control*

## October is Cancer Prevention and Control Month

*(By Bev Olson, BCCCP Coord.)*



In the United States it is estimated that one in eight women will be diagnosed with breast cancer every year. Breast cancer is the most common cancer that affects women other than skin cancer. It is estimated that 182,460 women will be diagnosed with breast cancer in the United States this

year. Of these, one in 35 or 40,480 women will die from this disease.

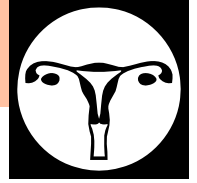
Early detection is very important when it comes to breast health and prevention. Two important practices include monthly self-examinations after age 20 and yearly mammograms after age 40. Following a low-fat diet, regular exercise and being a nonsmoker may also reduce your risk. Mammograms are the best method to detect early breast cancer and can cut related deaths by as much as one-third.

A few symptoms that may indicate breast cancer include a lump or dimple in the breast, a change in size or shape of the breast or unusual discharge from a nipple. Even when a lump is detected, eight out of 10 breast lumps turn out to be benign, or non-cancerous. It is important for all women to take care of their bodies, especially when it comes to awareness and prevention of breast cancer and other diseases.

*(Cont. on the next page)*

## October is Cancer Prevention and Control Month

(Cont. from page 2)



Another cancer, ovarian cancer is the eighth most common cancer women are affected by. A woman's risk of getting invasive ovarian cancer during her lifetime is about 1 in 71. The American Cancer Society estimates that about 21,650 new cases of ovarian cancer will be diagnosed in the United States during 2008. Similar to other cancers, prevention is essential because when detected in its early stage the five year survival rate is more than 93%. However, many women don't seek help until the disease has begun to spread. The best way for early detection of ovarian cancer and other gynecologic conditions is through a pelvic exam. Symptoms that are often associated with ovarian cancer include bloating, pelvic or abdominal pain, difficulty eating or feeling full quickly and urinary urgency or frequency.

**The Dickinson-Iron District Health Department has a Breast and Cervical Cancer Control Program (BCCCP) for income eligible women between the ages of 40-64. For more information on this program contact your local Health Department at 779-7237 in Dickinson County and at 265-4166 in Iron County.**

## National Preparedness Month 2008



**Homeland Security**

National Preparedness Month (NPM) is sponsored by the U.S. Department of Homeland Security's

(DHS) *Ready* Campaign. NPM is held each September and is designed to encourage Americans to take simple steps to prepare for emergencies in their homes, businesses and communities.

September 2008 is the fifth annual NPM. The month will focus on important preparedness steps including:

- o Get an Emergency Supply Kit
- o Make a Family Emergency Plan
- o Be Informed
- o Get Involved

NPM Coalition membership is open to all public and private sector organizations. It is free to join with a commitment to spread the emergency preparedness message during the month of September. Groups can register to become a NPM Coalition Member by visiting [ready.gov](http://ready.gov) and clicking on the NPM banner.

As of April 30, 2008, there are more than 700 organizations signed up as NPM Coalition Members.

In 2007, the *Ready* Campaign partnered with more than 1,800 organizations, including national, regional, state and local government organizations to highlight the importance of public emergency preparedness throughout September.

During the month, Coalition Members share preparedness information with their members, customers,

employees and communities. A couple examples of the events that took place in 2007 include:

**Be Ready Camp:** In Alabama, the state's *Be Ready* Alabama Campaign coordinated youth "*Be Ready* Camps" focused on building preparedness skills and a "*Be Ready* Sunday" for faith-based organizations across the state to deliver preparedness messages. In addition, there was also a statewide event called "*Be Ready* Day," which educated and trained individuals on preparing for emergencies, volunteer opportunities in the communities and first responders' preparedness and response capabilities.

**Business Preparedness Roundtable:** In Ohio, Columbus' Mayor Michael Coleman hosted a business preparedness roundtable discussion. Approximately 15 businesses participated in the discussion, along with numerous representatives from state agencies who attended as observers to better understand how they can support businesses in preparing and recovering from a disaster.

*Ready* is a national public service advertising campaign produced in partnership with The Advertising Council that is designed to educate and empower Americans to prepare for and respond to emergencies, including natural disasters and potential terrorist attacks.

The Campaign's Web sites ([ready.gov](http://ready.gov) and [listo.gov](http://listo.gov)) and toll-free numbers (1-800-BE-READY and 1-888-SE-LISTO) provide Americans with free emergency preparedness information.

(Cont. on back page)

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trict Health Department

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## National Preparedness Month 2008

*(Cont. from page 3)*



Citizen Corps brings together community, emergency and government leaders to involve community members in emergency preparedness, planning, mitigation, response and recovery. More than 2,200 state, local, tribal and territorial governments in all 56 states and U.S. territories have formed Citizen Corps Councils, and every day new Councils are formed in communities around the country. These Councils enable collabo-

ration planning between government and civic leaders and provide localized support for: outreach and educational efforts to the public; training and exercises that effectively integrate emergency responders, volunteers with a response role, and the general public; and volunteer programs that augment the full range of emergency response services. For more information about Citizen Corps, visit [citizen-corps.gov](http://citizen-corps.gov).



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