

June 25, 2014

Special Interest Articles:

- **Protect Yourself from Lightning**
- **Public Health Accreditation & Quality Improvement**

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For Safer International Travels: Get Vaccinated

Many Americans are traveling internationally each year. More than one-third of Americans have a passport, which is an increase from only 10 years ago. Talk with your healthcare professional when you are planning international travel, especially if you have any pre-existing health conditions.

- Make an appointment with your healthcare professional or a travel clinic at least 4-6 weeks prior to any international travel.
- When talking to your health care professional about your travel, ask about routine vaccines.
- Check if the country you are traveling to requires proof of Yellow Fever vaccine.

In addition, following these helpful hints can also ensure safe travels:

- Be careful of what you eat and drink.
- Use insect repellent.
- Wash your hands often with soap and water or alcohol-based hand sanitizer.
- Don't touch animals, especially monkeys, dogs and birds.

To learn more, log on to:

<http://www.cdc.gov/features/vaccines-travel/>

Protect Yourself from Lightning during a Thunderstorm

The odds of being struck by lightning in a given year are only 1 in 500,000 but some factors can put you at greater risk. Lightning most often strikes people who work outside or engage in outdoor activities. Outdoor safety precautions include:

- If the weather forecast calls for thunderstorms, postpone your trip or activity.
- If no shelter is available, crouch low, with as little of your body touching the ground as possible.
- Stay away from concrete floors or walls. Lightning can travel through metal wires or bars in concrete.

Indoor safety precautions indoors include:

- Avoid water during a thunderstorm.
- Avoid electronic equipment of all types.
- Avoid corded phones and concrete floors and walls.

For additional information, log on to:

<http://www.cdc.gov/features/lightning-safety/>



Public Health Accreditation & Quality Improvement

The Toledo-Lucas County Health Department has taken several steps forward on its journey to Accreditation and continuous quality improvement!



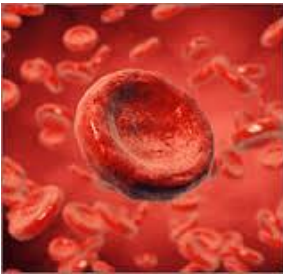
In May, the Board of Health approved the agency's first Quality Improvement Plan. A Quality Improvement Council is in the process of being formed and will be composed of staff from all levels and divisions of the health department. This Council will guide quality improvement efforts throughout the department and ensure that the QI Plan aligns with the department's Strategic Mission and Vision as we move into the future.

For more information, visit:

<http://www.lucascountyhealth.com/#/about-us/accreditation>

Human Stem Cells Used to Create Light-Sensitive Eye Cells

Using human stem cells, researchers created retina cells capable of responding to light. The retina is a layer of light-sensitive cells on the inside of the eye that sends visual messages to the optic nerve in the brain, which then creates visual images. Even though the cells researchers created haven't yet produced a visual signal that the brain can interpret into an image, this is still a very big and very important first step that could eventually lead to a genetically engineered fully functional retina cell. With this, doctors could do retina cell transplants that can stop and even reverse blindness in people with retinal disease. While these cells were grown in a petri dish, they mature in a way similar to what may occur in the eyes of a developing fetus. At 28 weeks, the photoreceptors grown in the lab respond to light in the same way as human retinas with the same amount of development. Not only will this scientific breakthrough aid eye health through retinal transplants, it will also provide scientists with the ability to study the causes of retinal diseases on human tissue rather than animals. This even allows them to test drugs to treat individual patients specifically, which in turn, may lead to even more breakthroughs in this field.



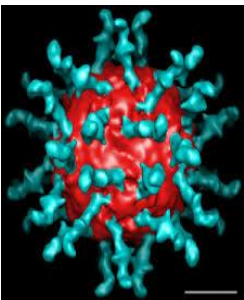
For additional information, log on to:

http://www.nlm.nih.gov/medlineplus/news/fullstory_146726.html

Rare Polio-like Disease Strikes Five Kids in California

Researchers have identified a polio-like disease that has caused severe weakness or rapid paralysis in the arms and legs of five children from California since 2012. Although poliovirus has been eradicated from most of the world, other viruses can also injure the spine, leading to polio-like syndrome. In 1988 polio was endemic in more than 125 countries. Since then, a series of immunization efforts has caused polio incidences to drop 99%, with the aim of it being completely eradicated by 2018.

Each of the 5 children with the new illness left them paralyzed in one or more limbs. All of the children had received polio vaccinations beforehand. Of the five, three of them had respiratory illness before their symptoms started. While no causes were identified in three of the children, the other two tested positive for enterovirus-68, a very rare virus with polio-like symptoms. After 6 months of treatment, there was still no improvement in limb function. It is advised that any time a parent sees symptoms of paralysis in a child, the child should be seen by a doctor immediately.



To read further, log on to:

<http://www.medicalnewstoday.com/articles/273091.php>

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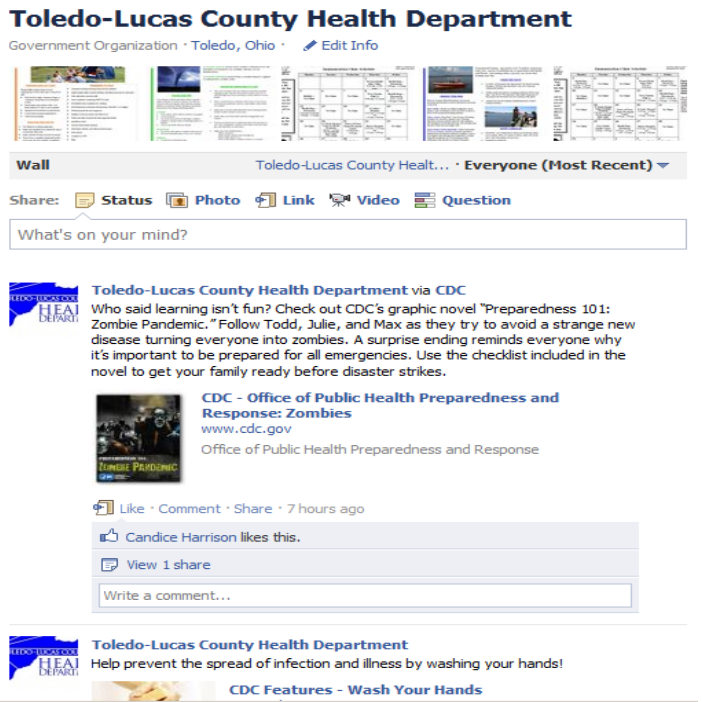
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We Want Your Input

Holding a training and want others to know about it? Have something you want to share – information from a conference, a presentation you will be conducting, or an interesting article? Send us the details and we will be happy to include it in the next issue of the newsletter. Your feedback is also welcomed.



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