

January 23, 2014

Special Interest Articles:

- 50th Anniversary Report on Smoking and Health
- FDA Urges Doctors to Cap Acetaminophen Doses

Individual Highlights:

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Vitamin E slows decline of some Alzheimer's patients in study
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Are you at risk for flu?

Influenza is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills and fatigue. Some people may also have vomiting and diarrhea. Certain people are at greater risk for serious flu-related complications, like pneumonia and bronchitis. These include:

- Children younger than 5
- Adults 65 years of age and older
- Pregnant women
- American Indians and Alaskan Natives

And people who have medical conditions including:

- Asthma
- Weakened immune system due to disease or medication
- Heart disease
- Chronic lung disease
- People who are morbidly obese

Yearly vaccination is the first and most important step in protecting against flu.

To learn more about influenza, log on to:

<http://www.cdc.gov/features/fluhighrisk/index.html>



National Birth Defects Prevention Month

January is National Birth Defects Prevention Month. Hospitalization for birth defects costs the U.S. over \$2.6 billion annually. Often, babies born with birth defects need special treatments or services to thrive, adding to the costs of their care. Birth defects affect the entire family and meeting the needs of a person affected by a birth defect can be challenging at times. The Centers for Disease Control and Preventions National Center on Birth Defects and Developmental Disabilities (NCBDDD) works to identify causes of birth defects, find opportunities to prevent them, and improve the health of those living with birth defects.

- Tracking: Accurately tracking birth defects is the first step in prevention
- Research: CDC's NCBDDD funds the Centers for Birth Defects Research and Prevention.
- Prevention: Getting folic acid before and during the early weeks of pregnancy can reduce the risk of serious birth defects of the brain and spine.

For more information, you can log on to:

<http://www.cdc.gov/features/birthdefectscostly/>



50th Anniversary Report on Smoking and Health



A new Surgeon General's Report (SGR) on smoking and health – The Health Consequences of Smoking: 50 Years of Progress- offers startling new details about the dangers of smoking as well as strategies to curtail the tobacco use epidemic that still sickens and kills many Americans. The 2014 report marks the 50th anniversary of the first SGR on smoking – a time when about 4 in 10 Americans smoked. On January 11, 1964, U.S. Surgeon General, Dr. Luther Terry released the first report on smoking and health – a landmark federal document report linking smoking to lung cancer and heart disease in men. The scientifically rigorous report laid the foundation for tobacco prevention and control efforts in the United States. Success and challenges in tobacco prevention and control include:

- Fewer than 20% of Americans now smoke, compared with 42% in 1964.
- Tobacco advertising has been banned from TV and radio in the United States.
- Twenty-six states and the District of Columbia have enacted laws prohibiting smoking in all indoor areas of worksites and public places, including bars and restaurants.
- Smoking remains the leading preventable cause of disease and death in the US.

For more information, go to: - <http://www.reuters.com/article/2014/01/17/us-usa-smoking-report-idUSBREAOG07C20140117>

Important things to know about acetaminophen



The Food and Drug Administration (FDA) says physicians should stop prescribing combination drugs with more than 325 milligrams (mg) of acetaminophen. The FDA says there is no evidence that taking more than 325 mg in a combination pill provides any additional benefit, and too much acetaminophen puts people at risk of severe liver injury. Many consumers are often unaware that many products (both prescription and OTC) contain acetaminophen, making it easy to accidentally take too much, according to the agency. The FDA says it plans to start withdrawing approval of combination drugs requiring prescriptions that exceed this limit. The agency is also recommending that pharmacists who receive prescriptions for drugs with more than the 325 mg per dose call the prescribing physician and inform him of the FDA's new warning.

To read more, log on to: http://www.cnn.com/2014/01/16/health/acetaminophen-five-facts/index.html?hpt=he_c2

Vitamin E slows decline of some Alzheimer's patients



A study published in The Journal of the American Medical Association found that high-dose vitamin E, taken over a two year period, slowed the decline of people with mild to moderate Alzheimer's by about six months on average. Vitamin E did not delay cognitive or memory deterioration. Instead, it seemed to temporarily protect something many patients consider especially valuable: their ability to perform daily activities like putting on clothes and feeding themselves. Compared with other study participants, people who took vitamin E required about two fewer hours of help from caregivers per day according to researchers. The study found benefit only in people with mild to moderate Alzheimer's, a result that echoes research in 1997 showing that vitamin E could delay functional decline for about seven months in people with moderately severe Alzheimer's. The study involved 613 veterans, mostly men, from 14 Department of Veterans Affairs hospitals around the country.

For additional information, log on to: <http://newoldage.blogs.nytimes.com/2013/12/31/alzheimers/?ref=research>

**Questions, comments,
article suggestions,
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What's on your mind?

Toledo-Lucas County Health Department via CDC
Who said learning isn't fun? Check out CDC's graphic novel "Preparedness 101: Zombie Pandemic." Follow Todd, Julie, and Max as they try to avoid a strange new disease turning everyone into zombies. A surprise ending reminds everyone why it's important to be prepared for all emergencies. Use the checklist included in the novel to get your family ready before disaster strikes.



CDC - Office of Public Health Preparedness and Response: Zombies
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