



October 23, 2013

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- **Breast Cancer Awareness**
- **Treatment for C. Diff; Pills made from Poop**
- **Get the Lead Out 5K**

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Breast Cancer Awareness

Breast cancer is the second leading cause of death among women. According to the U.S. Cancer Statistics Working Group, in 2009, 211,731 women and 2,001 men in the United States were diagnosed with breast cancer with 40,676 women and 400 men in the United States dying from this disease. Symptoms of breast cancer may include:

- New lump in the breast or underarm
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area or the breast
- Pulling in of the nipple or pain in the nipple area
- Nipple discharge other than breast milk, including blood

You can lower your risk of breast cancer by:

- Controlling your weight and exercising
- Knowing your family history of breast cancer
- Finding out the risks and benefits of hormone replacement therapy

Doctors use a mammogram to look for early signs of breast cancer. Having mammograms regularly can lower your risk of developing breast cancer.

To obtain additional information, go to:

<http://www.cdc.gov/cancer/dcpc/resources/features/BreastCancerAwareness/>

New test to detect BRCA1 and BRCA2 mutations

A report in the November issue of the Journal of Molecular Diagnostics describes a new technique using second-generation sequencing technology that is as sensitive as the standard methodology but has the potential to improve the efficiency and productivity of genetic testing laboratories. Lead investigator Aly Karsan, MD, of the Genome Sciences Centre and Department of Pathology of the BC Cancer Agency, says his institution currently receives over 500 requests annually for genetic testing. Dr. Karsan expects demands to rise and wait time to increase as public awareness broadens. As a result, there is a need for faster and low-cost testing with additional analytic capabilities. Investigators envision that more women will be able to be tested, including those without family history of breast or ovarian cancer. Another potential advantage will be that more genomic regions can be analyzed by a single test, allowing simultaneous analysis of other genes that may be contributing to breast or ovarian cancer susceptibility.

For additional information, log on to:

<http://www.medicalnewstoday.com/releases/267151.php>



OxyElite supplement linked to liver failure

Hawaii State Department of Health is investigating cases of liver failure and acute hepatitis in 29 people. Two people have undergone liver transplants and one person has died. Twenty-four of the people who fell ill reported using OxyElite Pro, a fat-burning supplement, before being diagnosed; the patients had no other medications or supplements in common. OxyElite Pro is sold nationwide but because it is a dietary supplement, it did not have to be approved by the Food and Drug Administration before going to market. Health officials have advised people to discontinue use of the product at this time. Hawaii investigators are working with the U.S. Food and Drug Administration and the Centers for Disease Control and Prevention. The company that produces OxyElite Pro, USPlabs, said it stands by the safety of all its products but the company is stopping domestic distribution of OxyElite Pro with the purple top and OxyElite Pro Super Thermo Powder.



For additional information, log on to: http://www.cnn.com/2013/10/09/health/oxelite-pro-liver-damage/index.html?hpt=he_c2

Treatment for clostridium difficile, pills made from poop

Clostridium difficile infections are among the most common and hardest ailments to treat in hospitals, spreading to about half a million Americans each year and causing nearly 14,000 deaths. Antibiotics can treat the bacteria but over-use of these medications can lead to antibiotic resistance and make people more vulnerable to other infections. Physicians have been performing fecal transplants giving sick patients some of the good bacteria, the microbiome, from healthy individuals who are able to fend off the bug. Dr. Thomas Louie, an infectious disease expert at the University of Calgary worked with his team to develop a pill that would concentrate the good bacteria populations in feces, minus the digested food and other contaminants, into a gel capsule that patients could swallow more easily. Among 27 who tested the pill, none had recurrent symptoms of their infection after taking up to 34 capsules. "There's no stool left-just stool bug," Dr. Louie stated. "These people are not eating poop."



For additional information, please log on to: <http://healthland.time.com/2013/10/04/the-latest-thing-in-pills-ones-made-from->

Get The Lead Out 5K: Childhood Lead Poisoning Prevention

Presented by the Childhood Lead Poisoning Prevention Program of the Toledo-Lucas County Health Department, 5K Race/Walk & Kids 1K

When: Sunday, October, 27, 2013 @ 9 am
Registration @ 7:30 am
Kids Race @ 8:30 am

Where: Kenwood Blvd. Shelter, Ottawa Park
2625 Kenwood Blvd.
Toledo, OH 43606

Cost: 5K \$25.00 Monday, October 14th until Race Day
1K Kids \$10.00 Monday, October 14th until Race Day w/shirt

Entry Fees:

- Entry fees payable to: **TLCHD-Get the Lead Out 5K**
- On-Line registration available to gettheleadout5k.info
- Mail to: Toledo-Lucas County Health Department, 5K Registration 635 N Erie St. Toledo, OH 43604
- Information? Send an email to debruyns@co.lucas.oh.us or 419-213-4143



Americans quit smoking due to national media campaign



According to a study released by the Centers for Disease Control and Prevention (CDC), an estimated 1.6 million smokers attempted to quit smoking because of CDC "Tips From Former Smokers" national ad campaign. As a result of the 2012 campaign, more than 200,000 Americans had quit smoking immediately following the three-month campaign, of which researchers estimated that more than 100,000 will likely quit smoking permanently. The study surveyed thousands of adult smokers and nonsmokers before and after the campaign. Findings showed that, by quitting, former smokers added more than one-third of a million years of life to the U.S. population. The Tips campaign featured emotionally powerful stories of former smokers living with smoking-related diseases and disabilities.

To read more, log on to: <http://www.cdc.gov/media/releases/2013/p0909-tips-campaign-results.html>

Obesity epidemic declining in the US among teens



Researchers from the University of Massachusetts and the Eunice Kennedy Shiver National Institute of Child Health and Human Development in Bethesda, MD have conducted an analysis of 35,000 teens aged between 11 and 16, and the results show that teen health may be improving. The researchers collected data on the youths' diets, level of physical activity, height, weight and body mass index (BMI) over an 8-year period between 2001 and 2009, using Health Behavior in School-Aged Children surveys. The study revealed that although the average BMI of the participants increase over the full study period, it saw a decline from 62.33 in 2005 to 62.07 in 2009. The study also showed reduced television viewing time over the study period, as well as a decline in the consumption of sweets.

To read further, go to: <http://www.medicalnewstoday.com/articles/266166.php>

Got Drugs? Medication Take Back Day



Medication Take Back Day at the Toledo-Lucas County Health Department
635 North Erie Street
October 26, 2013
10:00 AM – 2:00 PM

Items we CAN accept:

- ✓ Prescription medications
- ✓ Liquid medication
- ✓ Inhalers
- ✓ Ointments or lotions
- ✓ Narcotics
- ✓ Over-the counter meds
- ✓ Medications samples
- ✓ Vitamins

Items we CANNOT accept:

- ✗ Needles, syringes, lancets
- ✗ IV bags
- ✗ Hydrogen peroxide
- ✗ Aerosol cans
- ✗ Personal care products
- ✗ Bloody or infectious waste

Questions? Call (419) 213-4026



Smart syringe changes color after its been used

In India, of the four to five billion injections given each year, at least 2.5 billion are unsafe. In some cases, that means they are administered using unsterilized second-hand syringes that could be contaminated with a blood-borne disease such as hepatitis or HIV. David Swann of Huddersfield University, in England explained that in India it is common for scavengers to hunt through landfills sites looking for old syringes that they can clean up and sell to clinics. A simple change to the way syringes are made could reduce those statistics and save thousands of lives each year. David Swann's design for a new kind of syringe that changes color after it has been used was nominated for an INDEX: Award; every two years, the prestigious INDEX: Awards seek out designers working on innovative solutions to global challenges. The ABC Syringe is impregnated with an ink that's sensitive to carbon dioxide and then sealed in protective atmosphere so that it remains transparent until it is ready for use. After the seal is broken, the shell of the syringe starts to turn a dark red, alerting both doctors and patients to the risk that the syringe may already have been used.

For more information on smart syringe, log on to:

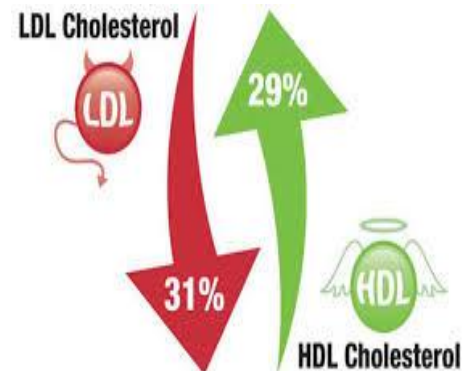
http://www.cnn.com/2013/09/03/tech/innovation/smart-syringe-turns-red/index.html?hpt=hp_t3



Learning your cholesterol numbers

It has been conventional knowledge that high cholesterol requires treatment while low cholesterol means a patient has "low risk" for a heart attack. But is cholesterol a true sign of our heart attack risk? Dr. Arthur Agatston, a Miami cardiologist, says the cholesterol numbers fall short because they measure cholesterol in your blood. They don't tell you the amount of LDL, or bad cholesterol, building up as plaque in the blood vessel walls. Plaque is what causes heart attacks. As a result, studies show some people who think they're high risk based on cholesterol numbers are not, while others who think they are in the clear are developing dangerous plaques. Cholesterol circulates in the blood stream with the help of lipoproteins. The low-density lipoprotein, or LDL, carries cholesterol away from the liver. The high-density lipoprotein, or HDL, scavenges excess cholesterol and brings it back to the liver. There are ways to improve and lower cholesterol by:

- Exercising
- A low-fat diet rich in fruits, vegetables, whole grains and legumes can also lower LDL and raise HDL
- Smokers who quit improve their cholesterol numbers
- A class of drugs called statins lowers LDL cholesterol



To find out more about what your cholesterol means, go to:

<http://www.cnn.com/2011/HEALTH/08/17/cholesterol.myths/index.html>

**Questions, comments,
article suggestions,
inquire to:**

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We Want Your Input

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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**
www.cdc.gov
Office of Public Health Preparedness and Response

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Toledo-Lucas County Health Department
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