



Public Health
Prevent. Promote. Protect.
Yates County, NY

Health Counts



A Quarterly Newsletter from Yates County Public Health

Fall 2015

Most Fall Injuries Can Be Prevented

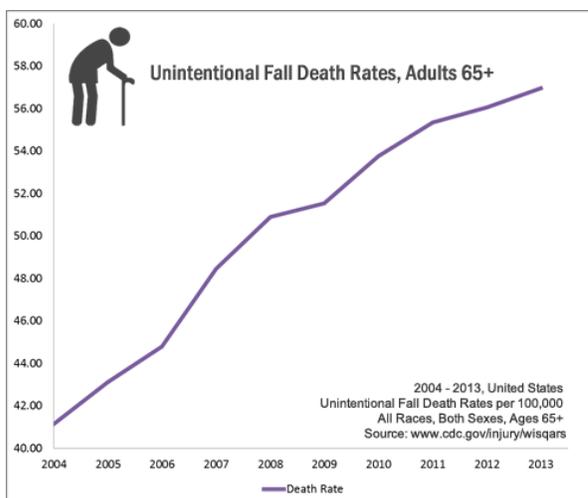
September is Fall Injury Prevention month. Since Yates County residents are often affected by fall injuries, it is important to learn what measures can be taken to increase safety and reduce the incidence of falls. Every individual can plan/do something that can impact fall prevention in their home, at work, and at play.

Age groups most affected by falls are young children first learning about their physical environment and older adults who may take medications or have conditions that can affect their strength, flexibility, and balance. Parents can access resources that help them learn about their child's developmental milestones, which can indicate the kinds of situations children can get themselves in that may be a fall safety hazard.

We are fortunate in Yates County to have agencies and health care providers who can help us learn how to better take care of ourselves. Child & Family Resources at 315-536-1134, HeadStart at 315-536-6856, and Rainbow Junction Child Care Center at 315-536-2703 can provide resources and guidance for young families. Older adults in Yates County can contact Yates Office for the Aging at 315-536-5515 for assistance and beneficial programming. Visit the CDC website to learn more about fall prevention at: <http://www.cdc.gov/homeandrecreationalafety/index.html>



Public Health Director, Deborah Minor, reports that falls are one of the leading causes of injuries to children ages 1-4 and older adults seen at our local hospital ER. It is possible that many fall injuries can be prevented. Learn more about how to put safety first.



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- Lung Health



Reduce Stress to Lower Your Cancer Risk

Breast Cancer Awareness Month in October - Highlights Hope

By now, most women are aware of the risks they face if they are diagnosed with breast cancer sometime during their lifetime. Talking with a trusted doctor is an important step in taking care of yourself. Depending on your age and family history, your doctor may recommend you get a mammogram and clinical breast exam. If all is clear, you continue on to the next time you are recommended for a mammogram and physical exam. The recommendations vary among doctors and national agencies, so you need to learn what is best for you.

One aspect of this disease has been studied in depth. These are the “controllable risk factors” you have within your ability to minimize:

- Alcohol consumption—studies indicate that women who regularly drink more than 3-6 drinks weekly, more than 2 glasses of alcohol a day, or are chronic binge drinkers are considered to have higher rates for breast cancer than those who drink in moderation.
- Excessive weight—if you are considered obese, especially after menopause, you seem to be at higher risk for breast cancer. It is believed it may have something to do with increased estrogen production in the fat cells. Maintaining a healthy weight and exercising will help your health and may lower your risk.
- Some believe hormone therapy may contribute to breast cancer risk. If you use these therapies, do so for as short a time as possible or talk with your doctor about other options.
- Studies have shown that breastfeeding can lower your risk for breast cancer.

If you are uninsured or your health insurance does not cover screenings, check out the NYS Cancer Services Program at <http://www.health.ny.gov/diseases/cancer/services/>

Child Car Seat Safety

Every September we in the Public Health world observe National Child Passenger Safety Week. What could possibly be more important than traveling with the knowledge you have done everything within your power to fasten your child into your vehicle in the safest manner possible? If you have not had your child’s car seat checked by certified specialists, contact the Yates County Sheriff’s Office to ask when the specialists will next be available for car seat checks. You can learn more at: <https://www.healthychildren.org/English/safety-prevention/on-the-go/Pages/Car-Safety-Seats-Information-for-Families.aspx>



Learn how to properly install your child’s car seat—when checked, many parents have installed the seat incorrectly. Proper installation is key to safer travel.

Lead Poisoning Prevention means healthier children!

No one can argue with that statement! We all want our Yates County children to be the healthiest possible. In order to know if your child has been lead poisoned, blood lead level testing is done at ages 1 and 2.

Know your facts, keep your child's future brighter by preventing lead exposures. It is not just lead-based paints we need to worry about. Check out the toys your child plays with, the dishes and glassware you use, the play areas children flock to, the hobbies you enjoy, the water you drink from your faucet, the food you grow in your backyard garden, and the imported candies, seasonings, and trinkets you purchase. Lead can be hiding in many places.

To learn more about lead poisoning, go to: http://www.encyclopedia.com/topic/lead_poisoning.aspx

or this website: <https://www.urmc.rochester.edu/childrens-hospital/lead-poisoning-resource-center.aspx>



Home renovations should be done using Lead Safe Practices

Lead Poisoning - Damage to Last a Lifetime!

The heavy metal lead, known on the Periodic Table of Elements as *Pb*, is a naturally-occurring substance in the environment, and has been known to be a poison for centuries. Used by ancient Romans for cosmetics, ballistics, pipes, jewelry, utensils and cooking pots, it was a favored product because of its ability to become hard and also due to its sweet-tasting properties. Roman workers who used lead in production work often died from lead poisoning. Prominent Romans who stored food and wine in leaded vessels became poisoned and were known to become mentally unstable.

Lead can be absorbed, ingested or inhaled, gaining entrance into the body. Once within the body, the toxic substance interferes with and disrupts the body's normal enzyme reactions, including the production of hemoglobin (red blood cell production), resulting in anemia. Since lead stays in the body for a very long time stored in bones and teeth, its effects are long-lasting. Intentional "chelation therapy" can help rid the body of lead when it reaches dangerous levels, but it also leaches out during pregnancy through the placenta into the growing baby and into mother's milk, causing infants to become lead poisoned.

The U.S. Environmental Protection Agency (EPA) recommends using safe work practices for contractors who renovate buildings that have lead pipes, lead-painted walls and woodwork, lead-contaminated soil around buildings, or from other sources of lead such as old gasoline, solder, and batteries. Work actions such as these can "aerosolize" lead particles, causing anyone in the area to breathe in or ingest the poison. All ages are at risk, but especially children whose bodies and brains are developing.

To protect anyone who may be exposed to lead and to learn more about "Renovating Right", go to: <http://www2.epa.gov/lead>

There is a reason for the season- Great American Smokeout!

The 3rd Thursday of November could be one of the most important days of a person's life, if he/she chooses to quit smoking for the day! That non-smoking day can be extended into many days-weeks-years of tobacco-free living. Thousands of people do this every day; it does take work, but it can be done.

During November we observe National Lung Health month. What better way to take care of your lungs than to quit an addictive habit that has proven to be very hazardous to lung health? You cannot live without your lungs, but you can live very well without tobacco. Learn how at: <http://www.nysmokefree.com/newweb/default.aspx> or call Yates County Public Health to speak with the Tobacco Cessation Specialist at 315-536-5160.

For better lung health, remember to get your annual flu shot. Talk with your doctor or pharmacy, or check the flu clinic schedule offered by the Penn Yan Rite Aid Pharmacy, on the Yates County Public Health website at: http://www.yatescounty.org/display_page.asp?plD=84. Flu season is coming, prepare your immune system for the germs that will arrive with the season. Remember, vaccines save lives.

Vaccines save lives!



Be a best friend to your pet; vaccinate on time to prevent rabies!



Public Health
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Yates County, NY

Contact Us

Give us a call for more information about our services and programs.

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publichealth@yatescounty.org
Visit us on the web at:
www.yatescounty.org
or on Facebook



Office hours:
Monday—Friday
8:00 am —4:00 pm
(closed 12 Noon—1:00 pm)

Upcoming Rabies Clinics:

- Wednesday, September 9th, 7-8 pm, Potter Fire House, 1255 Phelps Road, Town of Potter, Middlesex, NY
- Monday, September 21st, 7-8 pm, Italy Highway Barn, 915 Italy Valley Road, Town of Italy, Naples, NY
- Wednesday, October 7th, 7-8 pm, Dundee Village Barns, 25 Spring St., Dundee, NY
- Saturday, November 7th, 10-11:30 am, Yates County Maintenance Garage, 415 Liberty St., Penn Yan, NY

Yates County Public Health
417 Liberty St.
Suite 2120
Penn Yan, NY 14527



Flu Season is Approaching, Are You Ready?

It is that time of year again, time to think about preparing for winter weather and all it will bring, including the flu season!

The Centers for Disease Control and Prevention, New York State Department of Health, Yates County Public Health, and health care providers recommend that everyone who can be vaccinated from ages 6 months and above, get the flu vaccine. Talk with your health care provider as to which type of flu vaccine is best for you, since there are a few formulated types. Also, the vaccine can be administered by injection or intra-nasal spray. Your age and health condition may help determine the type and administration you receive.

Why is it important to get the flu vaccine?

- We do not know if this flu season will be a bad one or not, but if you have had the flu vaccine, your risk of getting severely ill with flu is greatly reduced.
- “Herd immunity” really works. Think of it this way, the more people who are protected by vaccines from getting sick in a community, the lesser chance those who cannot get vaccine have for getting sick themselves. These people may be vulnerable to illness like babies under the age of 6 months, people with severe, life-threatening allergies to flu vaccine

or any ingredient in the vaccine. Some people with a history of GBS (Guillain-Barré Syndrome) should not get this vaccine. To learn more about who can and cannot get flu vaccine, go to: <http://www.cdc.gov/flu/protect/whoshouldvax.htm>. As with other communicable disease vaccines like Tdap or MMR, the “cocooning effect” of vaccinating others around a vulnerable baby for flu viruses, helps protect the unvaccinated child from being exposed to deadly air-borne viruses.

- Flu vaccine is the most important preventative action someone can take to avoid getting flu. Almost as important though, is good hand hygiene (washing with soap & water or using antimicrobial hand rub) and good cough and sneeze etiquette, covering with tissues or bend of the arm.



Upcoming 2015 Flu Clinics

The following flu clinics are being sponsored by the Penn Yan Rite Aid Pharmacy which only vaccinates adults 18yrs and up:

- **Tuesday, September 8th @** Penn Yan American Legion Post, 3:00—4:00 Pm
- **Friday, September 18th @** Penn Yan Moose Lodge, 3:00—5:00 Pm
- **Monday, September 21st @** Dundee American Legion Post, 2:00—3:00 Pm
- **Tuesday, September 22nd @** Yates County Office Building Auditorium, 11:30—1:00 Pm and 3:30—5:00 Pm
- **Friday, October 9th @** Penn Yan Tops Market, Noon—3:00 Pm
- **Tuesday, October 13th @** Yates County Office Building Auditorium, 11:30—1:00 Pm and 3:30—5:00 Pm