



## Spring Brings ... Awareness

### April is STD Awareness Month

#### Did you Know?



- 50% of all sexually active young people in the United States will get an STD by the time they are 25 — and most will not know it.
- Almost 90% of Chlamydia infections reported in Yates County occur in young adults 15 to 25 years of age
- More than 50% of Gonorrhea infections reported in Yates County occur in young adults 15 to 25 years of age.

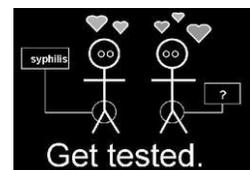
#### Take Control! Know the Facts! Get Yourself Tested!

False assumptions about sexually transmitted diseases (STDs)—how they are spread, treated, and prevented — are everywhere and it can be especially hard for people to get the facts. Here are five facts you need to know:

- You cannot tell someone has an STD just by looking at them.
- Not having sex is the only way to prevent STDs. This includes vaginal, anal, and oral sex.
- Almost all STDs that can be spread via unprotected vaginal sex can also be spread through unprotected oral and anal sex.
- Using a condom can take a lot of the worry out of sex, since it can prevent unintended pregnancy and protect you from STDs.
- STD testing is a basic part of staying healthy.

#### Where Can You Go to Get Tested?

- Your Primary Care Provider.
- Penn Yan Community Health provides free confidential screening, diagnosis, and treatment, of STD's for Yates County residents. To make an appointment, call 315-536-2752.



#### FYI –

*Cigarette smoking is the leading cause of preventable disease and death in the United States.*

**Recent studies have now linked tobacco use with many other diseases and conditions beyond lung cancer.**

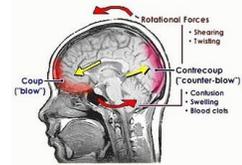
**“The U.S. Surgeon General’s report has identified 12 types of cancer, 6 categories of cardiovascular disease, diabetes, COPD, and some pneumonias with mortality due to tobacco use, and now has added more conditions that were previously unrecognized.”** These conditions include:

- \*Renal failure
- \*Intestinal ischemia
- \*Hypertensive heart disease
- \*Infections
- \*Respiratory conditions
- \*Breast cancer
- \*Prostate cancer

“On average, smokers have more illnesses, a worse quality of life, and die a decade or more earlier than never smokers”. Quit now and reduce your risk for these diseases and conditions. For help quitting tobacco, call the NYS Smokers’ Quitline at **1-866-697-8487** or YCPH at 315-536-5160.

Think  
"Injury Prevention",  
for safety sake!

For all Yates County employees and  
area residents



## TBI – Traumatic Brain Injury

Health professionals are realizing we have a “silent epidemic” occurring in the U.S. They are referring to the number of traumatic brain injuries that happen each and every day throughout America. Just in New York State alone, over 400 New Yorkers suffer a brain injury every day! When you look at that, it means “each year the incidence of New Yorkers who experience brain injuries would be greater than the seating capacity of the new Yankee Stadium, 3 times over!” Interventions are needed to prevent these brain injuries from happening. We need to learn what we can do in our own lives to prevent them.

Brain injuries can be typed in 2 ways:

- Acquired (ABI) – injuries that happen after birth, ones that disrupt the normal function of the brain like stroke and cardiac arrest
- Traumatic (TBI) – includes concussion from vehicular accidents, sports, falls, assaults, etc.

Who is at greatest risk for TBI?

- Young children – those learning to walk and exploring their environment with underdeveloped senses of balance and danger, which places them at greater risk for injuries.
- Youth and young adults – participate in sports and expose themselves to injuries from risk-taking activities.
- Adults 65 years and older – due to declining medical conditions, loss of balance, loss of vision, loss of strength and muscle tone, loss of mental abilities, medication imbalances or interferences, home environmental hazards, and bone frailty.

\*Recreational activities and sports that top the list for causing the highest number of brain injuries seen in U.S. hospital EDs are as follows: cycling, football, baseball, basketball, water sports, recreational vehicles, soccer, skateboarding/scooters, winter sports, horseback riding, gymnastics/cheerleading, and golf.

Brain injuries are grouped as: mild (concussion), moderate, or severe.

- Mild TBIs may include physical, mental, and behavioral health effects that can be long lasting and lead to chronic disabilities. Injuries to the brain can happen through physical or chemical changes.
- Physical effects after an injury may include head and neck aches, dizziness, visual disturbances, sensitivities to noise and light, fatigue, sleep disturbances, and restlessness.
- Mental effects can include reduced thinking skills, confusion, being easily distracted, and memory problems. Behavioral effects can include loss of emotional control, irritability, agitation, anger, explosiveness, sadness, and depression .
- It is believed that 80% of concussions resolve in 7-14 days, while 20% do not. Patients should be interviewed in physician offices or clinics in order to diagnose concussion. Patients need **time** to recover. Symptoms may occur days, weeks, or months after an injury.

With any kind of head injury, it is always important to think concussion until it is proven otherwise. Sleep is very important in the healing process along with an **absence** of noise, visual stimuli (TV, computer), mental concentration (studying), and physical activities. Good nutrition and drinking plenty of fluids are also vital to healing.

After a period of time activities can be gradually started again. For more information, check out the NYS Education Dept. “Guidelines for Concussion Management” at:

<http://www.p12.nysed.gov/sss/schoolhealth/schoolhealthservices/ConcussionManagementGuidelines.pdf>



**Public Health**  
Prevent. Promote. Protect.  
**Yates County**