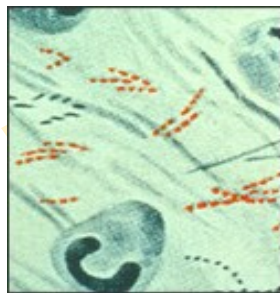


Newsletter Date

March 2010

Public Health News

Tuberculosis: Not Gone, but Sometimes Forgotten



Mycobacterium Tuberculosis— In Sputum Specimen

Known over the centuries by names like King's Evil, Long Disease and Consumption, the disease now known as tuberculosis has afflicted mankind since the days of Egyptian pharaohs. Though many in the United States think of tuberculosis as a thing of the past, one third of the world's population is infected and it is a factor in nearly two million deaths worldwide each year.

In Missouri, 107 people were reported last year with active tuberculosis disease, commonly referred to as TB. More than 3,500 others were found to have latent tuberculosis infections even though they were not yet suffering symptoms of the disease.

To raise awareness of the public health risk TB still poses to Missourians, the Missouri Department of Health and Senior Services is coordinating with local public health agencies across the state to observe World TB Day on March 24. To support this Gov. Jay Nixon has signed a proclamation also designating March 24 as Tuberculosis Awareness Day in Missouri.

"We want to change any lingering belief that tuberculosis is only an historical or foreign health problem, because it is here in Missouri," said Margaret Donnelly, DHSS director. "We want people to be aware of the risk and get tested if they have had contact with a tuberculosis patient. Missouri TB Awareness Day gives us a chance to draw attention to the fact that TB still is a very real public health threat."

Tuberculosis currently infects more than 1.5 billion people worldwide, and 8 million people will develop active disease this year. While TB numbers in the U.S. have declined over the last century, several Missouri counties have reported a growing number of cases in recent years. DHSS and local public health agencies have also conducted several extended investigations on college campuses where students tested positive for active TB, presenting a risk of infection among other students.

Tuberculosis is spread through the air from one person to another. The bacteria are put into the air when a person with active TB disease of the lungs or throat coughs, sneezes, speaks, or sings. People nearby may breathe in these bacteria and risk becoming infected. Though it is unclear why, some people exposed to TB will not become infected. Others will become infected but their immune system keeps the infection inactive, or latent. Unfortunately, some people exposed to the bacteria progress directly to active TB disease.

Anyone who has been around someone with TB disease should go to a healthcare provider or local health department for tests. A positive TB infection shows that a person has been infected with TB bacteria. It does not indicate whether a person has progressed to TB disease. Other tests, such as a chest X-ray and a sample of sputum, are needed to see whether the person has TB disease.

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If you have been in contact with someone with active TB disease, GET TESTED!

Public Health News



Symptoms of TB include Chronic cough lasting two to three weeks.

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A person diagnosed with TB infection may need medicine to prevent getting TB disease later. Medicine also is available to treat active cases of TB. It is very important for a person with TB disease to finish the medicine, and take the drugs exactly as the doctor directs. If the person stops taking the drugs too soon, they can become sick again. If they do not take the drugs correctly, the TB bacteria that are still alive may become difficult to treat with those drugs.

TB Fast Facts:

- More than 3,000 Missourians are infected each year with the TB bacterium, but do not immediately develop active tuberculosis disease. This is called latent TB infection. About 10 percent of those with latent TB infection will develop TB disease some time in their lifetime if not treated. At that point, patients will feel ill, show symptoms and be able to transmit the infection to others.
- There is a disproportionate burden of TB in minorities and persons born outside the United States.
- Each year, thousands of household members, health care employees and others who share the air with infectious TB patients are at risk of becoming infected with the tuberculosis bacterium, and the potential of progressing to active disease.
- Tuberculosis is a preventable and treatable disease.
- On average, it costs \$10,000 in public funds to treat each case of tuberculosis and conduct contact investigations to stop the spread of tuberculosis in Missouri.
- Should a case of active tuberculosis develop multidrug resistance, it can cost up to \$250,000 to cure that one case.
- Extensively drug-resistant tuberculosis is becoming more common and is often fatal.
- Getting screened for TB infection and starting treatment early is the best way to prevent the infection from progressing to active disease.

Symptoms of Active TB

Persons with active TB disease can show no obvious signs of illness, but will generally have:

Cough that lasts two to three weeks, and one or more of the following:

- Unexplained weight loss
- Fatigue
- Night Sweats

If you have the above symptoms, seek medical attention!

Brain Injury Awareness Month—March 2010

According to the Center for Disease Control, a traumatic brain injury (TBI) is defined as a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain. Not all blows or jolts to the head result in a TBI. The severity of such an injury may range from “mild”, i.e., a brief change in mental status or consciousness to “severe”, i.e. an extended period of unconsciousness or amnesia after the injury. A TBI can result in short or long term problems with independent function.

Of the 1.4 million who sustain a TBI each year in the US:

- 50,000 die
- 235,00 are hospitalized;
- And 1.1 million are treated and released from

Shaken Baby Syndrome

Shaken Baby Syndrome (SBS) is a severe form of physical child abuse. Shaken baby syndrome is a type of inflicted traumatic brain injury that happens when a baby is violently shaken. Babies have weak neck muscles and a large, heavy head. Shaking makes the fragile brain bounce back and forth inside the skull and causes bruising, swelling, and bleeding, which can lead to permanent severe brain damage or death.

The characteristic injuries of shaken baby syndrome are

an emergency department.

The leading causes of TBI are:

- Falls (28%)
- Motor vehicle -traffic crashes (20%)
- Stuck by/against events (19%); and
- Assaults (11%)

Symptoms of Concussion in Adults include:

- Headache or neck pain that won't go away
- Trouble concentrating, remembering, or decision making
- Slow Thinking, speaking
- Getting lost or confused
- Feeling tired all the time
- Mood changes, changes in sleep patterns
- Feeling light-headed or dizzy—losing balance
- Nausea/Vomiting
- Sensitivity to lights,

subdural hemorrhages (bleeding in the brain), retinal hemorrhages (bleeding in the retina), damage to the spinal cord and neck, and fractures of the ribs and bones. Symptoms of shaken baby syndrome include extreme irritability, lethargy, poor feeding, breathing problems, convulsions, vomiting, and pale or bluish skin. Shaken baby injuries usually occur in children younger than 2 years old, but may be seen in children up to the age of 5.

Often there are no obvious external head trauma and the

- sounds or distractions
- Blurred vision or eyes that tire easily
- Loss of sense of smell or taste
- Ringing in the ears

Who is at highest risk for TBI?

- Males are about 1.5 times as likely as females to sustain a TBI.
- The two age groups at highest risk for TBI are 0 to 4 year olds and 15 to 19 year olds
- Certain military duties (e.g., paratrooper) increase the risk of sustaining a TBI
- African Americans have the highest death rate from TBI

To learn more about TBI visit the Centers for Disease Control and Prevention website at : www.cdc.gov

injuries may not be immediately noticeable. SBS can result in death, mental retardation or developmental delays, paralysis, severe motor dysfunction, spasticity, blindness, and seizures.

If you think your child has been shaken, seek immediate medical care. Prompt medical attention can save your child's life. For more information contact The National Center on Shaken Baby Syndrome at:

1-888-273-0071.



“Direct medical costs and indirect costs such as lost productivity of TBI totaled an estimated \$60 billion in 2000.



CDC estimates that 5.3 million Americans currently have a long-term or lifelong need for help to perform activities of daily living as a result of TBI.



Public Health
Prevent. Promote. Protect.

**COOPER COUNTY PUBLIC
HEALTH CENTER**

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Washington, DC 20250-9410

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If you are unsure if you would qualify for the WIC program, please call Dorothy Draffen at 660-882-2626. She will be happy to review the income guidelines with you. We still have program space available for new participants.

YOU'RE INVITED TO OUR GRAND OPENING

Cooper Co. Public Health Center

April 7, 2010

Time: 3:00-6:00 p.m.

17040 Kinton Dr.

Village of Windsor Place

Boonville, MO

(660) 882-2626