October is the “National Breast Cancer Awareness Month”. As a proud Komen Grantee, the Laurel County Health Department always looks forward to participating with the Komen Foundation by attending the “Komen Race for the Cure” that is held annually in Lexington, Kentucky. This year the race will be held on October 3rd in downtown Lexington. It is very dramatic to see thousands participate in raising monies to help provide education and screening services to uninsured eligible women of our county or surrounding counties who lack the financial ability to obtain these services. Through this partnership we have detected breast cancers and then proceeded to enroll these women into Kentucky’s Breast and Cervical Cancer Treatment Program.

Breast Cancer is a type of cancer where cells in the breast tissue divide and grow without normal control. It is a widespread and random disease, striking women and men of all ages and races. It is the most prevalent cancer in the world today with about 1.3 million people diagnosed annually. With heightened awareness, early detection through screening, improved treatment methods and increased access to breast health services, people have a greater chance of survival than ever before.

Continued on next page...
HPV or Human Papilloma-virus is very common. About 79 million people in the United States are currently infected with HPV. HPV is the most common sexually transmitted infection. Nearly all sexually active men and women get it at some point in their lives. There are many types of HPV causing problems such as genital warts but the biggest concern is the types of HPV that can cause cancer.

HPV can cause cervical and other cancers including cancers of the throat, tongue and tonsils.

You can do several things to lower your chances of getting HPV. There is a vaccine that is available that is safe and effective. They can protect males and females against diseases caused by HPV when given in the recommended age groups. HPV vaccine is recommended for all girls and boys ages 11 or 12. If your child is beyond this age, there are catch-up vaccine schedules for males through age 21 and for females through age 26 if they missed the time period of 11-12 years of age.

The vaccine works very well and a recent study by the CDC showed that the vaccine is very effective and helped to lower HPV infection in teen girls by half. The vaccine is given over a six month period and consists of a series of three injections or shots.

The Laurel County Health Department participates in the Vaccines for Children Program and will provide vaccines at no cost to uninsured children and other qualifying children younger than 19 years of age. Please contact the Laurel County Health Department for any questions regarding HPV prevention and immunization. We urge you to put it on your “To Do List” as one way to prevent and decrease your child’s risk of cancer.
The vision of the American Diabetes Association is a life free of diabetes and all of its burdens. Raising awareness of this ever-growing disease is one of the main efforts behind the mission of the Association. American Diabetes Month® (ADM) is an important element in this effort, with programs designed to focus the nation’s attention on the issues surrounding diabetes and the many people who are impacted by the disease.

Here are some recent statistics on Diabetes in the United States and right here in KY:

- Nearly 30 million children and adults in the United States have diabetes.
- Another 86 million Americans have prediabetes and are at risk for developing type 2 diabetes.
- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is $245 billion.
- In Kentucky, the prevalence of Diabetes went from 6.5% in 2000 to 10.6% in 2013.
- In KY, 289,000 adults report having been diagnosed with pre-diabetes are at high-risk of developing Diabetes.

As with many diseases and conditions, early detection and treatment is a key factor in preventing complications that stem from uncontrolled Diabetes. The following are typical symptoms of Type 2 Diabetes, which is the most common type of Diabetes making up 90-95% of diabetes cases. Many symptoms can go unnoticed, however, so it’s still important to have regular check-ups with your health care provider:

- Urinating often
- Feeling very thirsty
- Feeling very hungry, even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Unintentional weight loss
- Numbness/tingling in hands and feet

The Laurel County Health Department strives to serve our community in preventing diabetes from occurring and assisting individuals who have been diagnosed to better manage their care. We offer a variety of classes year-round. See page 6 for a list of our upcoming classes, stop by our office to pick up a schedule, or call 878-7754 for more information. We also have a Registered Dietitian available for one-on-one individualized meal planning and education.

On Saturday, November 14th, we will be partnering with the Laurel County Extension Office offering a Holiday Meal Planning Class that will include diabetes-friendly holiday recipes, a meal, and a class on healthy food preparation. Space is limited, so call the Extension Office @ 864-4167 or go to laurel.ca.uky.edu and register online under “Upcoming Events”.

The following are excellent on-line resources for more information on diabetes:

- American Diabetes Association: www.diabetes.org

Sources: diabetes.org; 2015 KY Diabetes Report at chfs.ky.gov
BEFORE YOU HIT THE STREET, CHECK YOUR SEAT!

Did you know that three out of every four car seats are not used correctly? The best way to protect your child in the car is to put them in the right seat, at the right time, and use it in the right way. On September 14th, Certified Child Passenger Safety Technicians from KY Child Passenger Safety Team were on hand at LCHD to check children’s safety seats for proper installation, recalls, and to answer any questions parents might have about their child’s car seats. The team performed 10 seat checks.

The national DEA Drug Take Back event took place on September 26th at the Laurel County Health Department. Representatives from Kentucky State Police Post 11, London City Police, Laurel County Agency For Substance Abuse Policy (ASAP) Board, and Laurel County Health Department participated in successfully collecting 71.4 pounds of unwanted prescription pills and over the counter medications! Thank you to all those involved for your dedication to making Laurel County a safer place to live!

Pictured from L-R: Christie Shrader, Agency for Substance Abuse Policy; LPD Officer Kenny Jones; Stephanie Martin, LCHD; and KSP TFC Lloyd Cochran.
From the Director’s Desk
Mark Hensley

LCHD employees recently formed a team to compete in the Humana Vitality 15-day step challenge by keeping track of their daily steps using a pedometer and uploading them to Humana Vitality’s website. We will have four more step challenges this year beginning with the Breast Cancer Challenge that starts October 1st! Staff who compete in these four challenges will be eligible to win a first and second place prize of $50 and $25 for each challenge. At the end of the year, we will tally each participant’s total steps over the 4 challenges and the person with the most steps for the year will win a grand prize! We have had several employees increase their physical activity during this challenge. Pictured below is Brandy Cox. She doesn’t let a little rain stop her!

Public Health Departments work to protect the health of people and communities across the county through efforts such as ensuring access to clean air and water, encouraging healthy behaviors, and working to provide a healthy start for mothers and babies. Despite public health’s critical roles, there had not been a national accreditation program to ensure public health departments’ quality of service until the Public Health Accreditation Board (PHAB) came into existence in May of 2007. PHAB, since its origination, has worked with several organizations that represent and support the wide variety of public health departments & structures across the nation. National public health accreditation consists of adoption of a set of standards, a process to measure performance against their standards, and recognition for those departments that meet the standards. The standards define the expectations for all public health departments that seek to be accredited. Accreditation aims to improve the quality of practice & performance within public health departments. We currently have a team that is working towards accreditation. The main benefits of Public Health Accreditation are:
1) High performance and quality improvement.
2) Recognition, validation, and accountability
3) Improved communication and collaboration
4) Potential increased access to resources

We are excited to see where the accreditation process leads us and the opportunities it will provide for improvement within our organization to better serve our community.
Call us to learn more about our upcoming Freedom From Smoking classes to help you become smoke-free for life!

The Laurel County Health Department will be closed on the following dates:

Tuesday, November 3rd—close at 11:30 am

Wednesday, November 11th—Veteran’s Day

Thursday & Friday, November 26th & 27th—Thanksgiving

UPCOMING EVENTS

Diabetes Education Classes
Located in the basement classroom of LCHD unless otherwise noted.

- October 12th—Diabetes Self-Management Education (DSME) class #1; 5:00-7:00 pm,
- October 19th—DSME Class #2—5:00-7:00 pm
- October 20th—Nutrition Basics Class—5:00-7:00 pm @ the Laurel Co. Public Library
- October 26th—DSME Class #3—5:00-7:00 pm
- November 2nd—DSME class #4—5:00-7:00 pm
- November 14th (Saturday) - Holiday Meal Planning Class; 10:00 am—12:00 pm @ the Laurel County Extension Office

13th Annual Holiday Health Fair
Friday, December 11th from 1-4 pm (more details to come in our next newsletter!)

Choose 1% or Less

WIC is for low-income pregnant and post-partum women, infants, and children up to age 5 who are at nutritional risk.

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