

**November
2024**

118 Cross Creek Blvd., Salem, IL 62881
618-548.3878
1013 N. Poplar St., Centralia, IL 62801
618-532.6518
www.marioncountyhealthdept.org

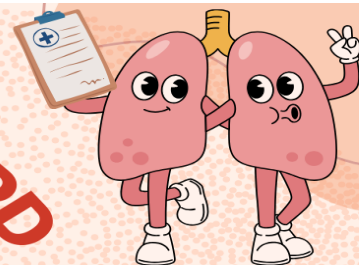
Marion County

Health Bulletin

The Mission of the Marion County Health Department is to improve the quality of life through preventing disease and preventative health maintenance.



TAKE ACTION ON COPD



Chronic obstructive pulmonary disease, or COPD, is a serious chronic lung condition that makes it more difficult to breathe. COPD worsens over time and can prevent you from doing routine activities. Take action to lower your risk for developing COPD or to minimize its impact.



STAY SMOKE FREE

The best way to lower your risk for COPD is to **not smoke**. In the U.S., cigarette smoking is the #1 cause of COPD.

If you smoke:

- Ask your healthcare provider about programs and products to help you quit.
- Call the CDC Quitline at 1-800-QUIT-NOW.
- Learn about other resources to help you quit, like smokefree.gov.
- You don't have to do it alone! Consider joining a support group.



AVOID OTHER LUNG IRRITANTS

Smoking isn't the only cause of COPD. Be aware of **what you're breathing in**.

- Avoid exposure to:
 - ~ Secondhand smoke
 - ~ Air pollution
 - ~ Chemical fumes
 - ~ Dust from the environment or workplace
 - ~ Smoke from home cooking
 - ~ Heating fuels without ventilation
- If you're exposed to any of these things at work, talk to your employer about how to limit exposure.



RECOGNIZE THE SYMPTOMS

Most people are **40 or older** when symptoms start.

- Look out for these signs of COPD:
 - ~ Shortness of breath
 - ~ Coughing
 - ~ Wheezing
 - ~ Chest tightness
 - ~ Fatigue
- Make a list of any symptoms you have and any activities that you can no longer do because of your symptoms. Bring this information to your next visit with healthcare provider.



TALK TO YOUR HEALTHCARE PROVIDER

COPD symptoms **aren't just a sign of getting older** and aren't the same as allergies.

- Discuss your symptoms with your healthcare provider along with:
 - ~ Your smoking habits
 - ~ Any family history of COPD
 - ~ Any long-term exposure to lung irritants
- Talk about getting a spirometry test. This quick and breathing test measures how well your lungs work and can help diagnose COPD.
- If you smoke, ask for resources to get support to quit.



AAT deficiency, sometimes called Alpha-1, is a disease that runs in families. Alpha-1 increases your risk for COPD. People with this disease may have COPD symptoms as early as age 20. If you have symptoms or a family history of COPD, talk to your healthcare provider about being tested for AAT deficiency and COPD

Marion County Board of Health

Mike Morton, RPh
Kendra Taylor, DNP, RN
Kyle Clark, DMD

Paula Strother, RN
Keith Kessler, BS, JD
Tom Turner, MS

Matthew Stedelin, MD
Creighton Engel, DC, MS
Seth Hahs, MD

Marion County

September 2024 Statistics

<p>Clinics</p> <p>Blood Pressure Persons served: Blood Pressure 0</p> <p>Paternity Testing Clinics2 Number of Persons Tested 1</p> <p>Immunizations</p> <p>Number of Clinics.....8 No. of adults79 No. of adults immz. adm 61 No. of peditrics 113 No. of peditrics immz. adm184 Total of vaccines administered.....245</p> <p>Children's Immunizations</p> <p>Pediarix..... 15 Pediatric Flu4 Hib 16 Pneumococcal 18 Rotavirus7 Hep A.....10 Dtap7 MMR.....10 Tdap 28 Hepatitis B.....4 Varicella.....6 Kinrix.....5 Gardasil6 Meningitis44 ProQuad6 IPV (Polio).....2 Td 0 Men. B.....0 Nirsevimab/RSV.....0 COVID-19.....0</p> <p>Adult Immunizations</p> <p>Hepatitis A 1 Hepatitis B3 Flu 40 Men. B 0 Meningitis 0 MMR..... 0 Pneumonia 23 0 TD.....1 Tdap7 Typhoid..... 0 Varicella.....5 Yellow Fever 0 Prenar 20..... 0 Shingrix.....2 RSV.....0 COVID-19.....0</p>	<p>Maternal Child Health (MCH)</p> <p>Maternal Health Encounters403</p> <p>WIC Caseload1,185 WIC Clients receiving Education..136 WSSM / WIC Education 36 Internet WIC Education 3 Individual WIC Education 28 Phone Education 69 Lead.....46 Hemoglobins 85 ASQ Developmental Screenings ... 75 Depression Screenings 46 EPSDT'S51 Flouride Varnish (Oral Health).....50 Number of Vision Tested 0 Number of Hearing Tested 0 Pregnancy Tests 0</p> <p>Family Case Management</p> <p>APORS Investigations13 Healthworks Caseload..... 70</p> <p>Communicable Disease Investigations</p> <p>Animal Bites.....8 Chickenpox 0 Cryptosporidiosis 0 Hepatitis B 0 Hepatitis C 2 Histoplasmosis 0 HIV/AIDS Cases Investigated 0 HIV Test 2 Salmonellosis 0 Streptococcal Infections (Group A) . 0 Whooping Cough (Pertussis) 2</p> <p>Sexually Transmitted Disease</p> <p>Chlamydia 9 Gonorrhea 6 Syphilis.....1</p> <p>TB (Tuberculosis)</p> <p>Tests Administered..... 33 New LTBI.....1 New Suspect TB Investigations. 0 New Active Cases 0</p> <p>Lab Draws</p> <p>Private Pay</p> <p>Salem Office 56 Centralia Office 24 Total Private Pay Lab Draws80</p>	<p>Environmental Health</p> <p>Food</p> <p>Routine Inspections.....30 Follow-up Inspections 1 Complaint Inspections 1 Temporary Inspections 12 Pre-Operational Inspections 2 Emergency Incident Inspections 0 Number of Permits Issued 17 Cottage Food Permits Issued0</p> <p>Sewage</p> <p>Routine Inspections..... 5 Complaint Inspections 0 Realty Inspections 0 Sewage Systems Installed..... 5 Number of Permits Issued 5</p> <p>Water</p> <p>New System Inspections.....0 Existing Water Well Inspections.....0 Realty Inspections 0 Complaint Inspections 0 Water Wells Sealed 0 Number of Permits Issued.....0</p> <p>Closed Loop Wells</p> <p>Closed Loop Well Inspections 0 Systems Installed 0 Number of Permits Issued 1</p> <p>Tanning</p> <p>Routine Inspections..... 1 Follow-up Inspections 0 Complaint Inspections 0</p> <p>Body Art</p> <p>Routine Inspections..... 0 Follow-up Inspections 0 Complaint Inspections 0</p> <p>FIT Test</p> <p>Female.....0 Male.....0</p>
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