

**January
2023**

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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.



January is National Thyroid Awareness Month

According to the American Thyroid Association, 1 in 10 people suffer from thyroid disorder. They also found that at least 1 in 8 women will develop a thyroid disorder during her lifetime.

Did you know, more than half of the people in America that suffer from a thyroid disorder are undiagnosed? Raising awareness about the thyroid is important because it plays a significant role in the human body.

The thyroid is a small butterfly shaped gland located just above your collarbone and in front of the windpipe. This gland controls important functions such as regulating breathing, heart rate, body weight, muscle strength, cholesterol, and body temperature.

Thyroid disease refers to a number of conditions that affect how the gland functions. The thyroid can be either overactive or underactive and both conditions can lead to health problems. Two of the most common thyroid diseases are hyperthyroidism and hypothyroidism.

Hyperthyroidism

Also known as overactive thyroid disease, this condition occurs when your thyroid gland produces excess levels of the thyroid hormone thyroxine. Additionally, this thyroid disease can increase your body's metabolism, causing weight loss and irregular heartbeat.

Hypothyroidism

Having an under active thyroid is also known as hypothyroidism. Essentially, this condition occurs when the thyroid gland doesn't produce enough thyroid-stimulating hormone (TSH). Hypothyroidism's deficiency of thyroid hormones can disrupt things such as heart rate, body temperature, and all aspects of metabolism. Major symptoms include fatigue, cold sensitivity, constipation, dry skin, and unexplained weight gain.

Diagnosing Thyroid Diseases

Thyroid conditions are all treatable. When diagnosing thyroid diseases, doctors use your medical history, a physical exam, and specialized blood tests. With these tests, a doctor can tell from your TSH levels if you have hyperthyroidism or hypothyroidism.

At the health department, we offer the following lab tests: T3 Free, T3 Total, T4 Free, T4 Total and Parathyroid Hormone. ***In the month of January the T4 Free is \$10! (must be scheduled along with a General Health Panel, GHP).***

Consult with your doctor if you feel you need thyroid testing. Call the Salem or Centralia offices to schedule your lab work!

Salem Office
618-548-3878

Centralia Office
618-532-6518

Marion County Board of Health

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Marion County

November 2022 Statistics

<p>Clinics</p> <p>Blood Pressure / Blood Sugar</p> <p>Persons served: Blood Pressure 1</p> <p>Persons served: Blood Sugar 0</p> <p>Paternity Testing Clinics 1</p> <p>Number of Persons Tested5</p> <p>Immunizations</p> <p>Number of Clinics.....9</p> <p>No. of adults 146</p> <p>No. of adults immz. adm 145</p> <p>No. of peditrics97</p> <p>No. of peditrics immz. adm 178</p> <p>Total of vaccines administered.....323</p> <p>Children's Immunizations</p> <p>Pediarix.....9</p> <p>Pediatric Flu 21</p> <p>Hib 13</p> <p>Prevnar 14</p> <p>Rotavirus4</p> <p>Hep A..... 18</p> <p>Dtap11</p> <p>MMR.....11</p> <p>Tdap..... 13</p> <p>Hepatitis B.....2</p> <p>Varicella.....10</p> <p>Kinrix4</p> <p>Gardasil2</p> <p>Meningitis32</p> <p>Pentacel 0</p> <p>ProQuad9</p> <p>IPV (Polio).....2</p> <p>Td 0</p> <p>Men. B.....3</p> <p>Adult Immunizations</p> <p>Hepatitis A 0</p> <p>Hepatitis B4</p> <p>Flu 122</p> <p>Men. B 0</p> <p>Meningitis 0</p> <p>MMR..... 0</p> <p>Pneumonia 23 0</p> <p>TD.....0</p> <p>Tdap6</p> <p>Typhoid.....2</p> <p>Varicella..... 1</p> <p>Yellow Fever2</p> <p>Prevnar 13..... 0</p> <p>Shingrix.....7</p>	<p>Maternal Child Health (MCH)</p> <p>Maternal Health Encounters 413</p> <p>WIC Caseload1,109</p> <p>WIC Clients receiving Education .137</p> <p>WSSM / WIC Education15</p> <p>Internet WIC Education 3</p> <p>Individual WIC Education19</p> <p>Phone Education 100</p> <p>Lead..... 18</p> <p>Hemoglobins 39</p> <p>ASQ Developmental Screenings 65</p> <p>Depression Screenings 45</p> <p>EPSTD'S 7</p> <p>Flouride Varnish (Oral Health).....10</p> <p>Number of Vision Tested 0</p> <p>Number of Hearing Tested 0</p> <p>OAE Hearing Tested..... 0</p> <p>Pregnancy Tests 0</p> <p>Family Case Management</p> <p>APORS Investigations 2</p> <p>Healthworks Caseload..... 77</p> <p>Communicable Disease Investigations</p> <p>Chickenpox 0</p> <p>Cryptosporidiosis 0</p> <p>Hepatitis B 2</p> <p>Hepatitis C 3</p> <p>Histoplasmosis 0</p> <p>HIV/AIDS Cases Investigated 0</p> <p>HIV Test 4</p> <p>Salmonellosis 0</p> <p>Streptococcal Infections (Group A) . 0</p> <p>Whooping Cough (Pertussis) 0</p> <p>Sexually Transmitted Disease</p> <p>Chlamydia14</p> <p>Gonorrhea 5</p> <p>Syphilis.....1</p> <p>TB (Tuberculosis)</p> <p>Tests Administered..... 4</p> <p>New Prophylactic Patients 0</p> <p>New Investigations 0</p> <p>New Active Cases 0</p> <p>Lab Draws</p> <p>Private Pay</p> <p>Salem Office48</p> <p>Centralia Office 11</p> <p>Total Private Pay Lab Draws 59</p> <p>Quest Lab Draws</p> <p>Salem Office1</p> <p>Centralia Office 2</p> <p>Total Quest Lab Draws 3</p>	<p>Environmental Health</p> <p>Food</p> <p>Routine Inspections.....11</p> <p>Follow-up Inspections 10</p> <p>Complaint Inspections 1</p> <p>Temporary Inspections0</p> <p>Pre-Operational Inspections2</p> <p>Emergency Incident Inspections0</p> <p>Number of Permits Issued 16</p> <p>Sewage</p> <p>Routine Inspections..... 7</p> <p>Complaint Inspections0</p> <p>Realty Inspections0</p> <p>Sewage Systems Installed.....5</p> <p>Number of Permits Issued4</p> <p>Water</p> <p>New System Inspections.....0</p> <p>Existing Water Well Inspections.....0</p> <p>Realty Inspections0</p> <p>Complaint Inspections0</p> <p>Water Wells Sealed0</p> <p>Number of Permits Issued.....0</p> <p>Closed Loop Wells</p> <p>Closed Loop Well Inspections0</p> <p>Systems Installed0</p> <p>Number of Permits Issued0</p> <p>Tanning</p> <p>Routine Inspections..... 1</p> <p>Follow-up Inspections0</p> <p>Complaint Inspections0</p> <p>Body Art</p> <p>Routine Inspections.....0</p> <p>Follow-up Inspections0</p> <p>Complaint Inspections0</p> <p>Miscellaneous</p> <p>Animal Bites0</p> <p>FIT Test</p> <p>Female.....0</p> <p>Male.....0</p>
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