

June, July
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Lafayette County Health Department

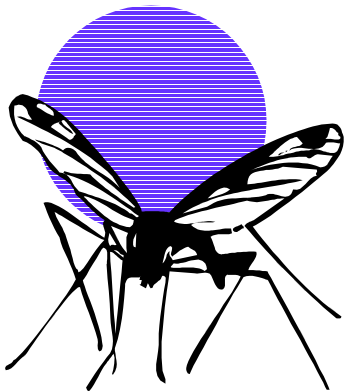
Special Interest Articles:

- Public Health:
West Nile Season Upon Us
- Home Care:
Colon Cancer Highly
Preventable
- Hospice Care:
Increasing Awareness of
Palliative Care

GUARDCARE

August 4th & 5th

Call 776-4895
To make an
Appointment!!



Public Health

Debbie Siegenthaler, RN, BSN Director

West Nile Season Upon Us!

The West Nile Virus is once again a concern with the arrival of summer.

In late May 2003, the first case of West Nile this year was confirmed in a horse in Shawano County. West Nile is a disease that is transmitted to humans by the bite of an infected mosquito. It was first detected in the United States during the summer of 1999 in New York City. The first confirmed cases in the state of Wisconsin were in the summer of 2001. According to the Center for Disease Control and Prevention, Wisconsin had 52 human cases of disease and 3 deaths last year.

It is estimated that less than 1% of all mosquitoes are actually infected with the virus. West Nile Virus is spread by the bite of a West Nile Virus infected mosquito. Mosquitoes get infected with West Nile Virus by feeding on infected birds. Crows, blue jays, and ravens are the types of birds that can be carriers of the virus.

West Niles is a risk to humans as we can get infected with West Nile Virus. Of persons actually infected with the virus, it is estimated that 80% do not experience any symptoms of the disease. The other 20% will likely become mildly ill. The symptoms to look for in these mild cases can include fever, headache, muscle pain, nausea, vomiting and swollen lymph nodes. About 1 in 150 people infected with the virus becomes seriously ill with West Nile encephalitis, or inflammation of the brain. People at the greatest risk for severe illness are those over the age of 50. The indications for this more serious illness are a sudden high fever, neck stiffness, extreme muscle weakness, convulsions, and disorientation. These symptoms can result in death in about 9-15% of cases. Those who are infected with the virus and recover will, however, become immune for the rest of their lives.



There is no vaccine or means of treatment for the disease in humans but you can take some steps to reduce the risk of exposure to the disease. Some sound methods for preventing mosquito bites are:

- ❖ Limit outdoor activity during the peak hours for the mosquito activity. These hours are around dusk and dawn.
- ❖ Wear protective clothing such as long sleeves on shirts, pants, socks and shoes.
- ❖ Use an insect repellent containing **DEET**. When using repellents make sure to follow the instructions on the label. For children 2-12 years use a product with less than 10% DEET and apply the product to the child from your own hands like a lotion. A higher DEET value does not mean that the product is more effective at repelling mosquitoes. It relates to the length of time that you are protected.

The most effective way to limit your exposure to the virus is to eliminate mosquito breeding habitat on your property and encourage neighbors to do the same. Mosquitoes need a source of stagnant water in which to lay their eggs and complete their life cycle. The best way to destroy breeding habitat is to eliminate sources of standing water. Some items to focus on are; used tires, plastic wading pools, bird baths, roof gutters, and other things that hold water for an extended period of time.

The DNR and your local Health Department are working together to keep a close watch on this disease. You can help by reporting any dead Crows, Blue Jays, or Ravens to your local DNR or Health Department. Arrangements can be made for birds to be dropped off at the DNR office. If appropriate the bird will be sent in for testing of the disease. Horses are also prone to getting West Nile Virus. Horses can be vaccinated against West Nile Virus. Discuss this preventative measure with your veterinarian.

If you have any questions about West Nile Virus Infection, contact your local DNR Warden, Jeff King at (608)776-3117 of the Lafayette County Health Department.

Home Care

Jane O'Brien, RN

Colon Cancer Highly Preventable:

Colon cancer can be easily prevented; yet it remains the second leading cause of cancer deaths in the United States and will claim nearly 57,000 American lives this year. In Wisconsin, it is estimated that 2,900 will be diagnosed with colon cancer this year, and 1,100 will die, according to the American Cancer Society. Many of those lives could be saved if people better understood the risks for the disease and were tested regularly. Colon cancer screening tests identify suspicious or pre-cancerous polyps, which can be removed before they develop into a serious health problem.



Preventing colon cancer altogether through testing is the ideal outcome, but early detection of the disease also yields important health benefits. Nationally, people whose colon cancer are found at an early stage through testing have five-year survival rates of 90 percent. However, only 37% of colon cancers are detected in the earliest stages. Of those whose cancers are found at late stage, the five-year survival rate is less that 10 percent.

Both men and women are at risk for colon cancer. Personal risk varies, so your doctor can help you make informed decisions about when to begin testing and the most appropriate testing method for you.

Factors associated with increased risk for colon cancer include:

- Age – most diagnosed are 50 or older
- Race – African Americans are at greater risk
- Personal or family history of colon cancer
- Personal or family history of intestinal polyps
- Personal history of inflammatory bowel disease (ulcerative or Crohn’s colitis)

- Certain genetic factors (familial adenomatous, polyposis, Gardner’s syndrome, hereditary nonpolyposis colorectal cancer, Ashkenazi Jewish descent)
- Smoking or use of other tobacco products
- Physical inactivity
- Diets high in red meat

The Lafayette County Health Department reminds residents of available monthly health day clinics that offer low-cost screenings (blood pressure, blood sugar, cholesterol, iron) as well as colo-rectal screening kits and immunizations.



Hospice Care

Kristie Lueck, RN, BSN

Increasing Awareness of Palliative Care:

Palliative care is, according to the World Health Organization, “the active total care of patients whose disease is not responsive to curative treatment. Control of pain, of other symptoms, and of psychological, social and spiritual problems, is paramount. The goal of palliative care is achievement of the best quality of life for patients and their families.”

The Advocates for Palliative and Compassionate Care in Southwestern (APCCSW) was formed a couple of years ago to raise community awareness of the benefits of palliative care. The group noted that there is often little opportunity for discussion about issues of death and dying, particularly for teens. To help fill this need, APCCSW produced a video entitled “Facing Death, the Choices We Have”.

The Video features four scenarios portraying teens and their families struggling to make decisions in life-threatening situations. The impact is powerful and raises issues which everyone should think about and discuss with loved ones.

This video is unique in that it was produced locally. Funding was provided by the Upland Hills Hospice and Lands’ End. Dodgeville area medical personnel, teens, and community volunteers produced and acted in the film.

The video will be available in Lafayette County:

1. Lafayette County Hospice will have a copy for showing to groups or for loan.
2. Since one of the aims of the video is to help teens begin thinking about these Issues, each school district in the area of APCCSW (including Lafayette Co.) will receive a free copy of the film. A curriculum guide, also created by a local volunteer, can be used in the schools to facilitate classroom discussion.
3. Copies will also be available for sale.

To view the “Facing Death, the Choices we Have” video, or to learn more about hospice and palliative care, contact Lafayette County Hospice at (608)776-4895.

2003 CLEAN SWEEP

Lafayette County Hazardous Waste Collection Program

When: Thursday September 11th

Where: Lafayette County Hwy Dept. - 8am - 11am

Argyle Recycling Center - 2pm - 4pm

Registration Required Call 776-4820 to Register Today!!

