



The Englewood Health Watch

El Observador de Salud de Englewood

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Many Adults Missing Out on Important Vaccines

Children receive required and recommended vaccines before enrolling in school. There are numerous public service announcements and pamphlets letting parents know the importance and safety of vaccines for their children. However, vaccines aren't just for kids! Many adults are missing out on immunizations that could keep them from contracting, and possibly spreading, serious infections.

More than 90 percent of preschool children now receive most of the vaccines that pediatricians recommend, keeping most children safe from diseases that used to be deadly. However, now more than 95 percent of the 50,000 Americans that die from vaccine-preventable diseases are over the age of 18.

According to the [National Health Interview Survey](http://www.cdc.gov/vaccines/stats-surv/nhis/2009-nhis.htm), [http://www.cdc.gov/vaccines/stats-surv/nhis/2009-nhis.htm] in 2009, adult vaccination coverage for influenza (2008-2009 season), pneumococcal disease, and hepatitis was lower than the Healthy People 2010 [http://www.healthypeople.gov/2010/redirect.aspx?url=/2010/] targets, but the seasonal influenza vaccination rates that year were higher than 2007-2008. Vaccination for Tdap (tetanus, diphtheria, and pertussis) is still very low, especially among healthcare personnel.

Some additional facts:

* Un-immunized adults now account for almost half of the million-plus whooping cough cases each year in the United States. Whooping cough (also known as pertussis), has become epidemic in many states. While adults rarely die from whooping cough, infants that they expose are at high risk from severe illness and potentially death from the bacteria.

* 41,000 adults suffer each year from pneumococcal disease, the leading cause of community-acquired pneumonia.

* More than six million women are infected each year with human papillomavirus (HPV), the major cause of cervical cancer. Almost 70 percent of these cancers are preventable with the HPV vaccine, but less than 20% of the women at the highest risk have received the shot.

* More than one million older adults suffer each year from shingles. The vaccine against shingles is recommended for those 60 years of age and older, but only 10 percent of eligible Americans have gotten it.

Click here for the recommended adult immunization schedule from the Centers for Disease Control and Prevention (CDC).

<http://www.cdc.gov/vaccines/recs/schedules/default.htm#adult>

Sources:

<http://www.cdc.gov/vaccines/stats-surv/nhis/2009-nhis.htm>

http://www.kdheks.gov/news/web_archives/2010/12272010.htm

Oropharyngeal Cancer in Men Linked to HPV

The Journal of Clinical Oncology, in its October issue, reported a rapid rise in the incidence of oropharyngeal cancer in men in the United States attributed to the Human Papilloma Virus infection. 271 cases of oropharyngeal cancers collected from 1984 to 2004, from three population-based cancer registries in the Surveillance, Epidemiology, and End Results (SEER) were retrieved and investigated for HPV status.

The Centers for Disease Control and Prevention (CDC) estimates that 5,700 new cases of oral cavity and oropharynx cancer are diagnosed in men each year in the United States. These findings are based on a large study

that covered 83% of the population from 1998 to 2003. This study used cancer registry data.

Cancers of the neck and head are usually caused by tobacco and alcohol. These studies have shown that 25% of mouth and 35% of throat cancers are caused by HPV. The number of cases can rise up by 30% in 2020.

According to the Journal of Clinical Oncology, 'the increased incidence in oropharyngeal cancer perhaps arises from increased oral sex and oral HPV exposure'. Seen mostly in the young, Human Papilloma Virus causes a clinically distinct form of oropharyngeal squamous cell carcinoma.

An epidemiological study, led by researchers at Johns Hopkins University, implicates HPV exposure and infection as a strong risk factor for oropharyngeal cancer independently of tobacco and alcohol use. The presence of oral HPV 16, one the strain associated with cervical cancer, was strongly associated with the disease and can be related to sexual behavior as a risk factor. Data collected suggest the infection is sexually acquired, but transmission from other means should be considered.

That astounding rise in incidence, about 225%, and mostly in men, makes it an important public health issue with significant clinical implications. By 2020, the number of HPV-related oropharyngeal cancer will constitute a majority of all head and neck cancers; and oropharyngeal cancer will surpass the number of cervical cancer. This brings the issue of prophylactic vaccination in young boys into focus.

HPV vaccination has been approved for boys to prevent genital warts and anal cancer, but there has been no vaccine trial for protection against oral HPV in either gender. The current political climate against the HPV vaccination makes this issue an uphill battle for public health professionals.

How to Wash Your Hands Properly to Avoid Disease



Disease can spread very rapidly when hands are not clean, and hand sanitizer doesn't kill all germs that can make you ill. Take these steps to wash your hands the correct way:

- * Wet hands with clean running water and apply soap generously. Warm water is best.
- * Rub hands together to make a lather and scrub all surfaces, including under fingernails.
- * Continue rubbing hands together for 15-20 seconds. (Imagine singing "Happy Birthday" twice).
- * Rinse hands well under running water.
- * Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.
- * Always use soap and water if your hands are visibly dirty.

If soap and water are not available, using hand sanitizer is better than nothing at all. Alcohol-based hand sanitizers significantly reduce the number of germs on skin and are fast-acting. When using hand-sanitizer:

- * Apply product to the palm of one hand.
- * Rub hands together.
- * Rub the product over all surfaces of hands and fingers until dry.

Hand washing in care facilities is especially important. According to the Centers for Disease Control and Prevention (CDC), clean hands are the single most important factor in preventing the spread of pathogens and antibiotic resistance in healthcare settings. They estimate that each year nearly

two million patients in the U.S. get an infection in hospitals, and about 90,000 will die as a result of their infection. More widespread use of hand hygiene products will promote patient safety and prevent infections.

Learn more about hand washing trainings and other materials, including instructional posters for both staff and patients, here:

<http://www.cdc.gov/handhygiene/index.html>

Sources:

<http://www.cdc.gov/Features/HandWashing/>

http://www.cdc.gov/HandHygiene/download/hand_hygiene_core.pdf

Unnatural Causes of Health

Does our social class make us sick?

Americans spend more than twice the amount of money per person on medical care than the average rich country. Yet, most of us will die by the time we are 77 years old. There are 28 countries whose people will, on average, outlive us. This includes Japan, where they spend almost a third less on medical care and the average person lives to 82 years.

Healthy habits, medical discoveries, and, of course, health care are all important. But research suggests they miss the most critical reasons of all: where we are born, live, and work can make us ill as surely as germs and viruses do. This is known as Unnatural Causes.

It's not just the poor who are sick. Even the middle class die, on average, almost three years earlier than the rich. The wages and benefits we're paid, where we live, the schools we attend, how easy it is for us to get food or healthcare, and even our tax policies are health issues every bit as important as diet, smoking and exercise.

But how does our class and race make us sick? Research has shown that constant or chronic stress is one reason. Jobs that don't pay enough, unpaid bills, or lack of control over work and schedules are examples of chronic stress. Like keeping your foot on the gas pedal, the constant release of stress hormones can wear down the body's organs and systems, causing more people to become ill with diseases and die early.

For more information on Unnatural Causes, visit:

www.unnaturalcauses.org/about_the_series.php

Sudden Infant Death Syndrome (SIDS)

Sudden infant death syndrome (SIDS) stands for the sudden, unexplained death of an infant younger than one year of age. The number of babies who die of SIDS has quadrupled in the past 20 years in the United States, most thought to be from parents sleeping with their babies.

What can be done to lower baby's risk of SIDS?

- * Babies should not sleep in the same bed as their parent(s) or sibling(s).
- * Never place a baby to sleep on an adult bed. Babies can suffocate in bedding or become trapped between the mattress and bed frame or mattress and wall.
- * Consider a portable play pen, such as a "Pack N Play", if a crib is not an option. Be sure to only use the mattress or pad provided by the manufacturer
- * Always place your baby on their back to sleep, for naps and at night.
- * Use a firm crib mattress covered by a fitted crib sheet.
- * Keep soft objects, toys and loose bedding out of your baby's sleep area. Do not use pillows, quilts or pillow-like crib bumpers and keep all items away from your baby's face.
- * Do not let your baby overheat during sleep. Dress your baby in light sleep clothing.
- * Do not allow smoking around your baby.
- * Provide "tummy time" when your baby is awake and be sure that someone is watching.

For more information, contact Valarie Buchta, Public Health Nurse, at 201-871-6511.

2012 Pet Licensing Renewals & Rabies Clinic

Dog and Cat license renewal notices will be mailed during the last week of December. It is important to remember the following:

✧ Notices reflect the fee paid in 2011, including any late charge. If you renew on time (before March 1st), only the license fee will be due.

✧ Check the rabies vaccination expiration date near the top right of the notice. If our records indicate a date sooner than November 1st, 2012, a booster shot (or updated certificate) is required prior to renewal.

✧ Please notify the Department of Health if you no longer own the pet(s) you receive a notice for or if any of the identifying information is incorrect. This is very important in the event that your pet is lost.

The first rabies clinic will be held on Saturday, February 4th from 11 a.m. to 1 p.m. Vaccinations will be given in the Municipal Court lobby. Licensing, which is required, will take place at the Health Department. Owners who have not previously licensed in Englewood should bring proof of prior rabies vaccination(s) and spay/neuter for their pet(s) if applicable.

In the event of severely bad weather, the make-up date will be Saturday, February 25th at the same time.

World AIDS Day - December 1

2011 Theme:



Leading with Science, Uniting for Action

In advance of World AIDS Day 2011, Secretary of State Hillary Rodham Clinton spoke about her goal for an "AIDS Free Generation" - a goal which aligns with the National HIV/AIDS Strategy. Visit [PEPFAR](http://www.pepfar.org) to view the November 8 speech.

On July 13, 2010, the White House released the National HIV/AIDS Strategy (NHAS), the nation's first-ever comprehensive roadmap with clear and measurable targets to be achieved by 2015.

NHAS in [English](#)

<http://aids.gov/federal-resources/policies/national-hiv-aids-strategy/nhas.pdf>

NHAS in [Spanish](#)

<http://aids.gov/federal-resources/policies/national-hiv-aids-strategy/nhas-es.pdf>

Which body fluids can transmit HIV?

Blood

Semen (cum)

Pre-seminal fluid (pre-cum)

Vaginal fluid

Breast milk

Healthy skin is an excellent barrier against HIV and other viruses and bacteria. HIV cannot enter the body through unbroken skin.

HIV Testing in/near Englewood

Planned Parenthood of Greater Northern NJ

46 N. Van Brunt St., Englewood (201) 894-0966

575 Main St., Hackensack (201) 489-1140

Bergen County Health Counseling Center

120 S. River St., Hackensack (201) 336-3350

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