



NEWS & INFORMATION

WARREN COUNTY COMBINED HEALTH DISTRICT

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Health Commissioner

MINIMIZE WEST NILE VIRUS AROUND THE HOME

Fit Fruits & Vegetables into your Budget

The following tips can help you save money as you try to eat more fruits and vegetables.

Purchase fresh fruits and vegetables in season when they tend to be less expensive.

Buy whole fruits and vegetables instead of pre-cut or pre-packaged forms which tend to be more expensive.

Consider frozen and canned if fresh are too expensive.

Consider generic or store brands instead of name brands.

Buy larger bags of frozen fruits and vegetables. They are usually a better bargain and will last longer.

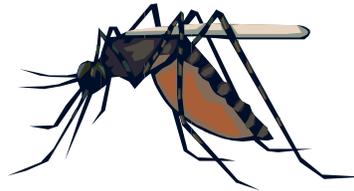
Look for store ads and use them when planning your weekly grocery list.

Think variety! Try a new fruit or vegetable each week.

Visit www.fruitsandveggiesmatter.gov for more great tips.



It is time to start thinking about mosquitoes and West Nile Virus again. This is a great time of year, while the vegetation is still down, to start looking for those



places that provide mosquito harborage areas in and around your yard. The type of mosquito most likely to carry West Nile Virus likes to lay its eggs in small, water holding areas. Usually these are man-made containers like flower pots, tires, bird baths,

buckets, etc. These mosquitoes are often referred to as tree-hole mosquitoes because without man-made containers, these mosquitoes look for holes or de-

pressions in trees that hold water to lay their eggs in. These natural and man-made types of containers are easily seen while the vegetation is down at this time of year and the sites can easily be eliminated by filling in tree-holes or de-

pressions in trees with cement. Tires should not be stored outside where they can fill with water. Lastly, pick up any containers lying about the yard that can fill with water and put them inside a garage or shed. If you have any questions about WNV or things you can do to minimize your exposure, please contact the Environmental Health Division, Warren County Health Department at 513-695-1271, 513-261-1271, 513-925-1271, or 937-425-1271.

National Colorectal Cancer Awareness Month

Colorectal cancer is a cancer that occurs in the colon or rectum. It's the second leading cancer killer in the US, but it doesn't have to be. If everyone age 50 and older had regular colorectal cancer screenings, more than one third of deaths from this cancer could be avoided. Colorectal cancer affects both men and women of all racial and ethnic groups, and is most often found in people aged 50 years or older. For men, colorectal cancer is the third most common cancer after prostate and lung cancers. For women, colorectal cancer is the third most common cancer after breast and lung cancers. Colorectal cancer screening saves

lives. Colorectal cancer almost always develops from precancerous polyps in the colon or rectum. Regular screenings are important because there may not be any symptoms of the cancer, especially at first. Colorectal cancer screening can find precancerous polyps so that they can be removed before they turn into cancer. Screening tests can also help find colorectal cancer at an early stage, when treatment often leads to a cure. You should begin screening for colorectal cancer soon after turning 50,



and then continue at regular intervals. However, you may need to be tested earlier or more often than other people if you or a close relative have had colorectal polyps or cancer or if you have an inflammatory bowel disease. Talk to your doctor about when you should begin screening and how often you should be tested. Most insurance plans and Medicare help pay for the screening. Colorectal cancer screening saves lives. If you are 50 years or older or if you think you have an increased risk of colorectal cancer talk to your doctor today. about getting screened.

PRETEENS NEED VACCINATIONS TOO

As children enter their pre-teen years, their world becomes an exciting place of new experiences and newfound freedoms. But adults know that adolescence also brings new risks and potential dangers, and parents can't be there every minute. There is something parents *can* do to protect their pre-teens, now and for years to come: make sure their children are vaccinated against potentially life-threatening diseases such as meningitis, whooping cough, and, for girls, cervical cancer. Vaccines are not just for infants. Many parents don't realize that doctors recommend several immunizations for 11- and 12-year-olds. "The protection provided by some childhood vaccines wears off over time, and as they get older, young people are at risk of exposure to different diseases at school or camp or in other new situations," says Dr. Anne Schuchat, director of the Centers for Disease Control's (CDC) National Center for Immunization and Respiratory Diseases. "What's more, research

shows that pre-teens generally do not get preventive health care, visiting the doctor only when they are sick." The Warren County Combined Health District and the CDC urge parents to schedule a routine check-up for their 11- or 12-year-olds to discuss their child's health and development and to talk with the doctor about recommended vaccinations. What vaccines do pre-teens need? Three safe and effective vaccines are recommended for 11- or 12-year-olds. All pre-teens should receive Tdap, which combines protection against tetanus, plus highly contagious diphtheria and whooping cough (also known as pertussis), into one shot; and MCV4 to protect against meningitis and its complications. Pre-teen girls should also receive the HPV (human papillomavirus) vaccine – the first-ever vaccine to prevent a disease that kills almost 4,000 American



women every year: cervical cancer. The CDC and the Warren County Combined Health District support these recommendations for pre-teens. Parents should also make sure their children are up-to-date on other immunizations such as influenza, chickenpox (varicella), hepatitis B and measles-mumps-rubella (MMR). Depending on their health and medical history, some pre-teens may require additional shots. To learn more about these vaccines and the diseases they prevent, visit the CDC's pre-teen vaccine website at www.cdc.gov/vaccines or call (800) CDC-INFO. You can also visit the Warren County Combined Health District's website at www.co.warren.oh.us/health/ and click on important information to view the recommended immunization schedule for children. Most of these vaccines are available at the WCCHD clinic. Call 513-695-1229 for information.

PUBLIC HEALTH NUISANCE INVESTIGATION AND ABATEMENT PROGRAM

A public health nuisance is any act, failure to act, or any condition that is injurious, dangerous, detrimental, or threatens the health, safety, or well-being of any individual or the public. It is the duty of the Warren County Combined Health District to investigate and abate any reported environmental conditions which represent a threat to the public's health and safety. Public health nuisances would include sub-standard housing conditions, refuse and household trash problems, sewage problems, high weed problems, mosquito harborage problems, inoperative motor vehicle problems, animal and pet waste problems, rodent problems, etc. Not all conditions which might represent a nuisance or aggravation to an individual are considered a public health nuisance. Many such nuisances are what would be termed a "personal nuisance" and do not fall under the Health Department's jurisdiction. Problems with surface water drainage be-

tween neighboring property owners would be an example of a nuisance but not a public health nuisance. If you have a condition in your neighborhood that cannot be resolved in an amicable fashion between neighbors you are encouraged to contact the Warren County Combined Health District Environmental Health Division and file a complaint. You are not required to give your name when filing a complaint and if you do, it is considered a matter of public record and is available to anyone upon request. Upon receipt of any public health nuisance complaint our environmental health division staff conducts an investigation of the condition reported. If the complaint is found to be valid we attempt to educate the person causing the nuisance to correct the behavior creating the nuisance. If education fails, orders to correct the nuisance are issued and if the violator does not voluntarily abate the nuisance our policy is to refer the matter to the

respective Prosecutor's Office for resolution of the problem through the legal system. Some of the nuisance complaints we receive are in fact, not public health related, and in those cases we will refer the matter to another government agency who might handle that particular problem. To report a nuisance you can either call our environmental health division at 513-695-1220, 937-425-1220, or 513-261-1220. You can also find our nuisance complaint form on the internet at <http://www.co.warren.oh.us/health/>

Daylight Savings Time
Begins
Sunday March 8th.

