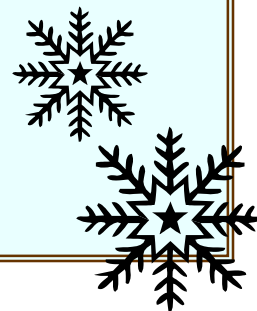


SC-HCQU View



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Happy 2005!

New Beginnings—2005. What a perfect and natural time for us to reflect on our achievements and challenges, struggles, and accomplishments of the past year. As each new day offers a fresh start, so each new year holds the potential for extraordinary things to occur.

Doing the “extraordinary” is a core value for the staff at the South Central Health Care Quality Unit (HCQU); it inspires and motivates us to continually find ways to improve the quality of our work. We are profoundly grateful for the opportunity to associate with those in our 9 counties who reach beyond the ordinary, day after day. For instance, our work brings us in contact with a variety of staff who genuinely desire to provide safe and nurturing environments for consumers, management teams who work tirelessly to remove barriers to desperately needed services, and most extraordinarily, consumers who communicate courage and hope to all who touch their lives.

Who can tell, who's helping whom?

Entering 2005, the HCQU is presented with many opportunities to make a tremendous difference in the overall health and wellbeing of individuals with MR/DD supported by OMR-funded providers and agencies. We are committed to building an integrated health service, based on developing professional relationships with a multi-level network of resources, and promoting health and wellness opportunities for the individuals we serve.

We respect you for the hard work and dedication you give every day, and look forward to partnering with you. May the spirit of anticipation and good will we experience at this time of year continue with you throughout 2005.

Warmest Wishes for a Happy New Year,
The South Central Health Care Quality Unit

January – National Health Awareness Month

National Volunteer Blood Donor Month
publicrelations@aabb.org
www.aabb.org

Thyroid Awareness Month
mluja@aace.com
www.aace.com/pub/tam2004/index.php

Glaucoma Awareness Month
info@preventblindness.org
www.preventblindness.org

National Birth Defects Prevention Month
askus@marchofdimes.com
www.marchofdimes.com

Cervical Cancer Screening Month
info@thegcf.org
www.wcn.org

Healthy Weight Week (18th – 24th)
hwj@healthyweight.net
www.healthyweight.net

Cervical Cancer Screening Month

Cervical cancer (CIN – cervical intraepithelial neoplasia) is the third most common gynecologic malignancy among women in the USA. The average age for developing cervical cancer is about 50 years, though it can affect women as young as 20.

There are several predisposing factors known: frequent intercourse at a young age (under age 16), multiple sexual partners, multiple pregnancies, exposure to sexually transmitted diseases (particularly HPV), diet deficiencies, oral contraceptives, smoking, obesity, and a family history of cervical cancer.

Can cervical cancer be prevented? Since the most common form of CIN starts with pre-cancerous changes, initially you can prevent the precancer from occurring, or secondly treat the precancers before they become cancerous.

1. Avoid exposure to HPV (Human Papilloma Virus).

- Delay sexual intercourse if you are young
- Limit lifetime numbers of sexual partners
- Avoid sex with others who have had multiple partners or known exposure to HPV

2. Don't smoke. If you smoke – STOP!

Smoking can more than double a woman's risk of developing cervical cancer, according to a new analysis published in the journal *Cancer Causes and Control* (Vol. 14, No. 9:805-814). These findings were based on studies of women who were infected with HPV.

3. Eat a well-balanced diet.

Women with diets low in fruits and vegetables over an extended period of time may be at risk for cervical cancer.

4. Monitor long-term use of oral contraceptives.

Some research suggests a relationship between oral contraceptive usage for 5 or more years and an increased risk of cervical cancer. Discuss this risk factor at your annual gynecologic appointment.

5. Maintain a healthy body weight.

Excess weight may be a co-factor along with HPV to developing cervical cancer. Obesity is a well-known risk factor for the most common gynecological cancer, endometrial cancer. Researchers found that women with a BMI (body mass index) of 25 or higher (overweight to obese category) had twice the risk of developing cervical cancer than those of normal weight.

6. Detect cervical changes by regular screenings.

To detect any changes in the cervix before they become cancerous, the American Cancer Society recommends the following guidelines for early detection with a Pap test.

- All women should begin cervical cancer testing (screening) about 3 years after they begin having vaginal intercourse, but no later than when they are 21 years old. Testing should be done every year with the regular Pap test or every 2 years using the newer liquid-based Pap test.
- Beginning at age 30, women who have had 3 normal Pap test results in a row may get tested every 2-3 years with either the regular or liquid-based Pap test. Women who have certain risk factors such as diethylstilbestrol (DES) exposure before birth, HIV infection, or a weakened immune system due to organ transplant, chemotherapy, or chronic steroid use should continue to be tested yearly.
- Another reasonable option for women over 30 is to get tested every 3 years (but not more frequently) with either the regular Pap test or the liquid-based Pap test, *plus* the HPV DNA test.
- Women 70 years of age or older who have had 3 or more normal Pap tests in a row and no abnormal Pap test results in the last 10 years may choose to stop having cervical cancer testing. Women with a history of cervical cancer, DES exposure before birth, HIV infection or a weakened immune system should continue to have testing as long as they are in good health.
- Women who have had a total hysterectomy (removal of the uterus and cervix) may also choose to stop having cervical cancer testing, unless the surgery was done as a treatment for cervical cancer or precancer. Women who have had a hysterectomy without removal of the cervix should continue to follow the guidelines above.

Should pre-cancerous changes be detected in the Pap test, further evaluation may include colposcopy and biopsy, cryosurgery or laser treatment. According to the Centers for Disease Control and Prevention, 50%-70% of sexually active adults will harbor HPV at some point in their life. In most cases, the immune system defeats the virus with no permanent effects. In rare cases HPV may cause changes in the cervix that leads to cancer. Still cervical cancer is rare even among women who have an HPV infection. It is important to get screened and take control of those risk factors that you can.

For additional information related to cervical cancer:

American Cancer Society
www.cancer.org
1-800-ACS-2345

Cancer Care
www.cancercare.org
1-800-813-HOPE (4673)

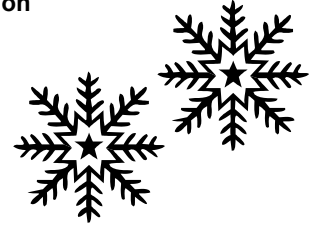
<http://www.cancer.org/docroot/CRI>

Merck Manual, 7th Edition, 1999, Merck Research Laboratories, NJ; p. 1964-1968

Professional Guide to Diseases, 7th Edition, 2001, Lippincott, Springhouse PA; p. 108-109

Centers for Disease Control and Prevention
www.cdc.gov/cancer/nbccedp/index.htm
1-888-842-6355

Women's Cancer Network
www.wcn.org
1-312-644-6610



Is It a Cold or the Flu?

Each year, millions of Americans suffer from one or more episodes of the common cold, flu (influenza), allergic rhinitis, and sinusitis. All of these conditions have one thing in common – they all produce respiratory problems. Since the symptoms of these conditions are all very similar, they often are confused with each other.

Cold Symptoms –

Symptoms of the common cold usually begin two to three days after infection and often include nasal discharge, obstruction of nasal breathing, swelling of the sinus membranes, sneezing, sore throat, cough, and headache. Fever is usually slight but can climb to 102°F in infants and young children.

Cold symptoms can last from 2-14 days, but two-thirds of people recover in a week. If symptoms occur often or last much longer than two weeks, they may be the result of an allergy rather than a cold.

Colds occasionally can lead to secondary bacterial infections of the middle ear or sinuses, requiring treatment with antibiotics. High fever, significantly swollen glands, severe facial pain in the sinuses, and a cough that produces mucus, may indicate a complication or more serious illness requiring a doctor's attention.

Allergy symptoms –

People often confuse an allergy with a cold or flu. Remember, colds are short lived and passed from person to person, whereas allergies are immune system reactions to normally harmless substances. Allergy symptoms include:

- Sneezing, watery eyes or cold symptoms that last more than 10 days without a fever
- Repeated ear and sinus infections
- Loss of smell or taste
- Frequent throat clearing, hoarseness, coughing or wheezing
- Dark circles under the eyes caused by increased blood flow near the sinuses (allergic shiners)
- A crease just above the tip of the nose from constant upward nose wiping (allergic salute)

Flu symptoms –

The flu usually begins with a fever over 102°, a flushed face, body aches, and lack of energy. Some people have other symptoms such as dizziness or vomiting. The fever usually lasts for a day or two, but can last five days.

Somewhere between day 2 and day 4 of the illness, the "whole body" symptoms begin to subside, and respiratory symptoms begin to increase. The virus can settle anywhere in the respiratory tract, producing symptoms of a cold, croup, sore throat, bronchiolitis, ear infection, and/or pneumonia.

The most prominent of the respiratory symptoms is usually a dry, hacking cough. Most people also develop a sore throat and a headache. Nasal discharge and sneezing are not uncommon. These symptoms (except the cough) usually disappear within 4 to 7 days. Sometimes there is a second wave of fever at this time. The cough and tiredness usually lasts for weeks after the rest of the illness is over.

Usually, doctors diagnose flu on the basis of whether flu is epidemic in the community and whether the patient's complaints fit the current pattern of symptoms. Doctors rarely use laboratory testing to identify the virus.

Sinusitis symptoms –

The classic symptoms of acute sinusitis are nasal congestion, greenish nasal discharge, facial or dental pain, eye pain, headache, and a nighttime cough. Some patients also complain of fever, malaise (feeling ill), bad breath, and a sore throat. It is usually preceded by a cold, which does not improve or worsens after 5-7 days of symptoms.

Chronic sinusitis is subtler, and can be difficult to diagnose. It manifests the symptoms listed above in a milder form, but usually persists for longer than 8 weeks. It is most common in patients with allergies.

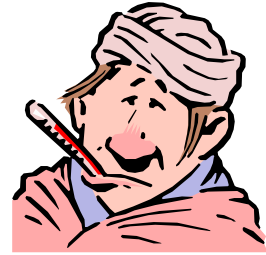
Cold or Flu Quick Comparison

Symptoms	Allergic Rhinitis	Sinusitis	Cold	Flu
Fever	No	Low grade	Rare	Characteristic, high (102-104°F); lasts 3-4 days
Headache	No	Yes	Rare	Prominent
General Aches, Pains	No	Mild	Slight	Usual; often severe
Fatigue, Weakness	No	No	Quite mild	Pronounced; Can last up to 2-3 weeks
Extreme Exhaustion	No	No	No	Early and prominent
Stuffy Nose	Yes	Yes	Common	No
Runny Nose	Yes	Yes	Yes	No
Nasal discharge	Thin and clear	Thick yellow-green	May be thick and yellow	Cloudy
Sneezing	Yes, accompanied by watery eyes	No	Usual	Sometimes
Itchy nose/eyes/throat	Yes	No	No	No
Sore Throat	Yes	Yes	Yes; early	Sometimes; mild
Cough	No	Yes	Mild to moderate; hacking cough	Common; can become severe
Congestion	Yes	Yes	Yes	No
Dizziness	No	Occasional	Yes	Yes
Facial Pain	No	Yes	No	No
Bad Breath	No	Yes	No	No
Duration	Episodic	Perpetual if not treated	5-7 days	2-3 weeks
Seasonal	Yes	Yes	Yes	Yes(winter)
Complications	None	None	Sinus congestion or earache	Bronchitis, pneumonia; can be life-threatening
Prevention	None	None	None	Annual vaccination; antiviral medicines—see your doctor
Treatment	Only temporary relief of symptoms	Only temporary relief of symptoms	Only temporary relief of symptoms	Antiviral medicines—see your doctor

From the *National Institute of Allergy and Infectious Diseases* and
University of Maryland Medicine
www.umm.edu/careguides/allergy/allergy_symptomschart.html

3 Things You Can Do To Prevent Infection

Avoiding contagious diseases like the common cold, strep throat, and influenza ("the flu") is important to everyone. Here are three easy things you can do to fight the spread of infection.



1. Clean your hands –

- Use soap and warm water. Rub your hands vigorously for at least 15 seconds.
- Or, if your hands do not look dirty, clean them with alcohol-based hand sanitizers. Rub the sanitizer all over your hands, especially under your nails and between your fingers until your hands are dry.
- Clean your hands before touching or eating food. Clean them after you use the bathroom, take out the trash, change a diaper, handle money or play with a pet.
- Doctors, nurses, dentists and other health care providers come into contact with lots of bacteria and viruses. So before they treat you, ask them if they've cleaned their hands.

2. Cover your mouth and nose –

Many diseases are spread through sneezes and coughs. When you sneeze or cough, the germs can travel 3 feet or more! Controlling a cough if you are sick can help prevent the spread of infection to others.

- Use a tissue! Keep tissues handy at home, at work and in your pocket. Be sure to throw away used tissues and then clean your hands.
- If you don't have a tissue, cover your mouth and nose with the crook of your elbow or hands. If you use your hands, wash your hands right away.

3. Avoid close contact –

- If you are sick with a fever or other symptoms of a contagious illness, stay away from other people and stay home. Call work or school and tell them you are sick.
- When you go for medical treatment, call ahead and ask if there's anything you can do to avoid infecting people in the waiting room.

These steps can help prevent the spread of infection from colds, influenza ("the flu"), and diseases like:

- | | |
|--------------------------------|-----------------|
| Pneumonia* | Whooping cough* |
| SARS | Chicken pox* |
| Tuberculosis | Strep throat |
| Mumps, measles, and rubella* | |
| (also known as German measles) | |

* Remember to get a shot to prevent this disease or infection.

Joint Commission

on Accreditation of Healthcare Organizations
Setting the Standard for Quality in Health Care

Regional Trainings

South Central HCQU

- **Falls & Fracture Prevention, Parkinson's Disease** – January 18 – 2:00p-4:00p @ Typical Life Corp., PO Box 589, Mt. Wolfe
- **Diabetes Mellitus** – February 10 – 2:00p-4:00p @ Bell Socialization Services, 160 S. George Street, York
- **Dental Awareness** – February 22 – 10:00a-12:00p @ Typical Life Corporation, PO Box 589, Mt. Wolfe

For more information call Cherie Adkins 717-909-3858

Leave a message re: registration, questions, etc.

In case of inclement weather cancellations will be posted on this phone line by 7:30am the day of the training.

SC-HCQU is not affiliated with the following organizations, however we are pleased to inform our readers of these trainings.

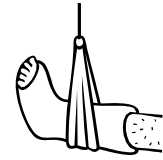
Riverside Center:

- **ASPIRE Series** – January 5, 12, 19, 26 – 9:30a-3:30p (each date) – Riverside Center, 3525 North 6th Street, Harrisburg – various presenters
- **Making Your Job Better for You** – January 10 – 9:30a-3:30p – Riverside Center (see above) – Jeanne Potak-Knowlton, M.S.
- **Intermediate Sign Language** – January 14, 21, 28, February 4, 11, 18, 25 – 9:30a-11:30a (each date) – Riverside Center (see above) – Valerie Lemmon, Psy.D.
- **Decision Making - Supervisors** – January 20 – 9:30a-12:00noon – Riverside Center (see above) – Jeanne Potak-Knowlton, M.S.

For more information contact Erin Smith, Director (717) 238-3660 or rapcrc@epix.net



Outdoor Fall and Fracture Prevention



Did You Know?

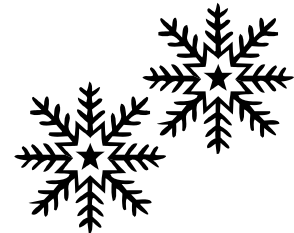
- Falls are the leading cause of injury related visits to the emergency rooms in the United States.
- Falls are the primary cause of accidental deaths in people over 65.
- More than 90% of hip fractures are associated with osteoporosis.
- Nine out of ten hip fractures in older Americans are the result of a fall.
- Individuals who have a hip fracture are 5-20% more likely to die in the first year following that injury than others in this age group.
- For those living independently before a hip fracture, 15-20% will still be in a long-term care institution a year after their fracture.
- Most falls happen to women in their homes in the afternoon.

Preventing Falls

Internal (host) Factors:

Internal factors associated with falls include:

- decreased vision
- postural hypotension
- impaired balance and/or gait
- chronic diseases that impair mental or physical functioning
- certain medications, such as sedatives and antidepressants



External (environmental) Factors:

External factors associated with falls include:

- poor lighting
- lack of handrails on staircases
- objects in pathways
- non-secured rugs

Outdoor Safety Tips

- In nasty weather, use a walker or cane for added stability.
- Wear warm boots with rubber soles for added traction.
- Look carefully at floor surfaces in public buildings. Many floors are made of highly polished marble or tile that can be very slippery. When floors have plastic or carpet runners in place, stay on them whenever possible.
- Identify community services that can provide assistance, such as 24 hour pharmacies that deliver, grocery stores that take orders over the phone and deliver, especially in poor weather.
- Use a shoulder bag, fanny pack or backpack to leave hands free.
- Stop at curbs and check height before stepping up or down. Be cautious at curbs that have been cut away to allow access for bikes or wheelchairs. The incline up or down may lead to a fall.



For additional information visit us online at www.geisinger.org/schcqu.

This information was obtained from a Power Point training entitled *Falls and Fracture Prevention* by the Central Health Care Quality Unit.

What Is Renova Center?

In 1975 Renova Center was built in Lebanon County to provide a home for people with severe disabilities. Prior to this, families were forced to travel great distances to receive long-term residential care. By having a center in the county, families could be part of all aspects of their loved one's life.

A full range of services are available to meet the residents' needs. They include medical and nursing care, recreation and social services, and therapies such as speech, music, physical, and occupational. Direct care staff provide daily care and teach basic life skills to the residents. Goals are developed by an interdisciplinary team to enhance many different skill areas. Many people go to school or a pre-vocational day program. Renova Center is currently home to 25 people ranging from 10 to 85 years of age.



Our Mission Statement...
*To help individuals
develop to their fullest potential,
enhance their quality of life,
and ensure their individual rights
in a caring,
home-like atmosphere.*

Bulletin Board

Take note!

**If your agency
would like to be featured
in
Who's Who In The View,
just give us a call or
contact us by e-mail.**

Remember –

*“No one is useless in
this world who lightens the
burdens of another”.*

– Charles Dickens



Bravo!

The Cell Phone Recycling project is off and running. The month of December we collected 18 old phones to make a grand total of 27. By simply turning in an old phone you are helping someone in need.

Consumer's Creative Corner



In recognition of Valentine's Day and American Heart Month, the HCQU View is sponsoring a "Love Your Heart" art contest for our consumers.

Decorate/color the heart attached to the end of the newsletter and mail it to:

South Central HCQU
1126 Cocoa Avenue
Hershey, PA 17033

There will be a drawing for a winner on Valentines Day. The winner will have their artwork published in the March newsletter and receive a certificate of Appreciation for Participation and a Dairy Queen gift certificate!

If you need extra entry forms, just contact us at 717-909-3854 or make as many copies as you need. The deadline for entries is January 31st.

We look forward to hearing from you and seeing all the creative ideas you have!

Medications in the News

Vitamin E Supplements May Worsen Heart Disease

An article in the November 11, 2004 edition of The Record Herald (Waynesboro, PA) newspaper, stated recent study analysis results by Johns Hopkins University. Out of 136,000 people in the study, those taking 400IU per day or more – the amount in most vitamin E supplements – were 10% more likely to die than those taking 200IU or less. However, most multivitamins contain 35 to 40IU of vitamin E, which the study suggests might be slightly beneficial for health.

Many Americans take vitamin E, an antioxidant, to reduce heart disease. Past studies indicated antioxidants protected the heart's arteries by blocking the damaging effects of oxygen. However, experts say that perhaps antioxidants work when only in food, or that people who eat vitamin-rich food have a lower risk of heart disease because they take better care of themselves overall.

The article noted that the American Heart Association guidelines indicate that recent research suggests vitamin E can also interfere with statin drugs, which lower blood cholesterol.

Name: _____

Address: _____



Mail to: South Central HCQU
1126 Cocoa Avenue
Hershey, PA 17033
Attn: Melissa