

SC-HCQU View

Facilitate-Educate-Communicate



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Taking the Bite Out of Lyme Disease. 1

“Taking the Bite Out of Lyme Disease”

The number of cases of Lyme disease in Pennsylvania is steadily increasing. In 1992 there were 1,173 reported cases, and despite efforts to educate and promote prevention, numbers rose to 3,985 cases in 2004. It is important to understand how you can prevent and control Lyme disease, as Pennsylvania is a high incident state.

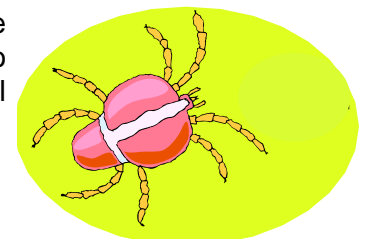
Lyme disease is a multisystem disorder, caused by the spirochete *Borrelia*, which is carried by a minute tick. It commonly begins with a raised skin lesion (papule) that becomes red and warm but not painful. Early symptoms include fatigue, headache, fever, chills, and the skin lesion, which can spread to over 20 inches, typically resembling a bull’s eye or target. Untreated, the symptoms can progress within weeks or months to include cardiac or neurological abnormalities, and eventually arthritis of the large joints and problems with concentration and short term memory.

Most cases of Lyme disease can be cured with antibiotics. However, the small percentage that continue with symptoms, despite antibiotic therapy show evidence of an autoimmune response. Lyme disease is difficult to diagnose. There are some types of lab testing available, but they are not always reliable.

Reducing exposure to ticks is the best defense against Lyme disease and other tick-borne infections. What can you do?

- Control ticks around your home and in your community- remove leaf litter, tall grasses and brush around your home, mow the lawn, stack wood in dry areas, do not feed deer on your property, and you may want to consider professional spraying of pesticides on your property.
- Use repellent, do tick checks, and follow other measures to prevent tick bites—avoid areas with a lot of ticks, such as wooded and bushy areas with high grass, overgrown grasses, brush, and leaf litter; wear long pants and tuck into socks and shirts into pants, wear long sleeves and long socks to keep ticks off your skin.
- Check your skin and clothes for ticks every day after being outdoors, even in your own yard.

If you find a tick has attached itself to your skin, remove it immediately using a fine-tipped tweezers, firmly grasping the tick very close to the skin, not crushing it, but with a steady motion pulling the tick away from your skin. After removing, wash the area well with soap and water. Any person who has been bitten by a tick should seek medical evaluation if signs of tick-borne illness develop.



Sources:
www.cdc.gov/ncidod/dvbid/lyme
<http://content.nejm.org>

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June

National Health Awareness Month



Fireworks Safety Month (June 1-July 4)
info@preventblindness.org
www.preventblindness.org

National Aphasia Awareness Month
naa@asphasia.org
www.aphasia.org

Myasthenia Gravis Awareness Month
mgfa@myasthenia.org
www.myasthenia.org

Dystonia Awareness Week (4-10)
dystonia@dystonia-foundation.org
www.dystonia-foundation.org

National Cancer Survivors Day (4)
info@ncsdf.org
www.ncsdf.org

National ASK Day (21)
ask@paxusa.org
www.AskingSavesKids.com

Eye Safety Awareness Week (27-July 5)
loretta@useironline.org
www.useironline.org

National Scleroderma Awareness Month
sfinfo@scleroderma.org
www.scleroderma.org

Vision Research Month
info@preventblindness.org
www.preventblindness.org

Home Safety Month
info@homesafetycouncil.org
www.homesafetycouncil.org/homesafetymonth

National Headache Awareness Week (4-10)
info@headaches.org
www.headaches.org

National Men's Health Week (12-18)
info@menshealthweek.org
www.menshealthweek.org

Helen Keller Deaf – Blind Awareness Week (25-July 1)
development@hknc.org
www.hknc.org

National HIV Testing Day (27)
nhtd@napwa.org
www.napwa.org/hivtestinfo/index

Med Task Force – Save the Dates

Cumberland/Perry/Dauphin Counties

Dates: 6/19, 7/17, 8/21, 9/18, 10/16
Time: 1:00pm – 2:30pm
Location: CMU
1100 S. Cameron Street, Harrisburg

Lancaster County

Dates: 6/26, 7/24, 8/28, 9/25, 10/23, 11/27
Time: 2:00pm – 3:30pm
Location: PAI
1810 Rohrstown Road, Lancaster

Lebanon County

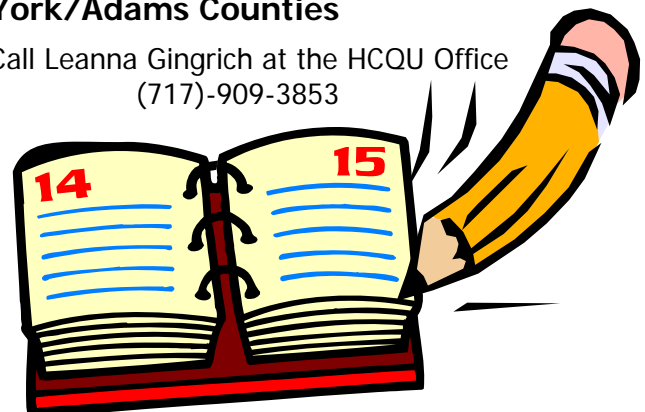
Date: 6/29 – Introduction
Time: 9:30am – 11:00am
More information forthcoming from the County MR Office.

Franklin/Fulton Counties

Dates: 7/25, 8/22, 9/26, 10/24
Time: 10:00 am – 11:30 am
Location: Location to be announced

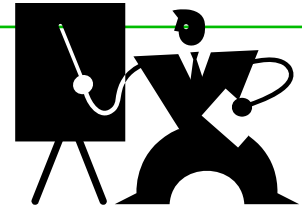
York/Adams Counties

Call Leanna Gingrich at the HCQU Office
(717)-909-3853



South Central HCQU Regional Trainings

Trainings are **free**, but registration is required.



- **Dysfunctional Behaviors and Aggression Across the Lifespan** with Jim Siberski – June 22 from 9:00 am – 3:30 pm @ Hershey Church of the Nazarene, 986 E. Governor Rd., Hershey – **Registration Deadline: June 8 before 4:00 pm**
- **Cancers of the Reproductive System** – July 25 from 10:00 am – 12:30 pm @ Silver Spring Presbyterian Church, 444 Silver Spring Road, Mechanicsburg – **Registration Deadline: July 18 before 4:00 pm**

The following trainings are co-sponsored by the
York/Adams Training Network

- **Personality Disorder & Organic Brain Syndrome** – June 27 from 1:00 pm – 3:00 pm @ Bell Socialization Services, 160 S. George St., York – **Registration Deadline: June 20 before 4:00 pm**
- **Sexuality and Social Skills** – July 13 from 10:00 am – 12:00 noon @ Typical Life Corp., North East Plaza, North George St., Manchester – **Registration Deadline: July 6 before 4:00 pm**
- **Seizures & Epilepsy** – July 25 from 1:00 pm – 3:00 pm @ Bell Socialization Services, 160 S. George St., York – **Registration Deadline: July 18 before 4:00 pm**
- **Nutrition** – August 10 from 10:00 am – 12:00 noon @ Typical Life Corp., North East Plaza, North George St. Manchester – **Registration Deadline: August 3 before 4:00 pm**
- **Intermittent Explosive Disorder & Impulse Control Disorder** – August 22 from 1:00 pm – 3:00 pm @ Bell Socialization Services, 160 S. George St., York – **Registration Deadline: August 15 before 4:00 pm**



The following trainings are co-sponsored by the
Lebanon Education Network (LEN)
(LEN Providers Only)

- **Osteoporosis & Fall Prevention** – June 22 from 10:00 am – 12:00 noon @ Lebanon MH/MR, 220 E. Lehman St., Lebanon – **Registration Deadline – June 15 before 4:00 pm**
- **Healthy Diets: What You Need to Know** – July 27 from 1:00 pm – 3:00 pm @ Lebanon Co. Penn State Extension Service – **Registration Deadline – July 20 before 4:00 pm**

Unfortunately, we are unable to accommodate registrations after the deadline.

For more information call Cherie Adkins at 717-909-3858 and
leave a message re: registration, questions, etc.
Listen to prompts on this phone line regarding trainings that are full,
as well as cancellations due to weather.

**There are also training opportunities through
Riverside Professional Development**

3525 North 6th Street ~ Harrisburg, PA 17110 ~ Phone (717)-238-3660 ~ Fax (717)-238-5886

Lancaster County MH/MR

provides staff training opportunities covering a variety of topics including those addressing Self-Determination, Community Support Program, and Grammar/Writing. Many (but not all) of these training are free. For more information, please contact Sandi Hampton at hamptons@co.lancaster.pa.us or 717-299-8038.

CMT Disease



This CMT has nothing to do with country music! Charcot-Marie-Tooth (CMT) disease, named for the 3 physicians who discovered it in 1886, is one of the most common inherited neurological disorders and affects approximately 1 in 2,500 people in the U.S. It is also known as hereditary motor and sensory neuropathy (HMSN) or peroneal muscular atrophy (comprises a group of disorders that affect peripheral nerves or peripheral neuropathies.) Peripheral nerves lie outside the brain and spinal cord and supply the muscles and sensory organs in the limbs. There are many forms of CMT disease (CMT1, CMT2, CMT3, CMT4, and CMTX.)

Symptoms

- Onset is most often in adolescence or early adulthood, but presentation may be delayed until mid-adulthood.
- Severity of symptoms is quite variable in patients and some may not realize they have the disorder.
- Progression of symptoms is very gradual.
- CMT is not fatal and patients with most forms of CMT have a normal life expectancy.
- Weakness of the foot and lower leg muscles, which results in foot drop and a high-stepped gait with frequent tripping or falls.
- Foot deformities, e.g. high arches, hammertoes.
- Lower legs may take on an “inverted champagne bottle” appearance due to the loss of muscle bulk.
- Later in the disease, weakness and muscle atrophy may occur in the hands, resulting in difficulty with fine motor skills.
- Although sensory nerves are also involved, patients rarely notice significant numbness or pain.

Causes

- Caused by mutations in genes that produce proteins involved in the structure and function of either the peripheral nerve axon or the myelin sheath.
- These nerves slowly degenerate and lose the ability to communicate with their distant targets, which results in muscle weakness and atrophy in the extremities, and the degeneration of sensory nerves results in reduced ability to feel heat, cold and pain.
- The gene mutations in CMT disease are usually inherited.

Diagnosis

- Begins with a standard patient history, family history, and neurological exam (look for evidence of muscle weakness in the arms, legs, hands, and feet, decreased muscle bulk, reduced tendon reflexes, and sensory loss. Also look for foot deformities, e.g. high arches, hammertoes, inverted heels, or flat feet.
- Other orthopedic problems, e.g. mild scoliosis or hip dysplasia may also be present.
- A specific sign found in patients with CMT1 is nerve enlargement that may be felt or even seen through the skin (hypertrophic nerves), which are caused by the abnormally thickened myelin sheath.
- The physician may order nerve conduction studies and electromyography (EMG)
- The neurologist may perform a nerve biopsy to confirm the diagnosis.
- Genetic testing is available for some types of CMT (may soon be available for other types too.)

Treatment

- There is no cure for CMT
- Physical or occupational therapies, braces and other orthopedic devices and even orthopedic surgery can help patients cope with the symptoms.

(Resource: www.ninds.nih.gov/disorders/charcot_marie_tooth)

Thank
You!

Yahoo! Health Fair

Over 130 people participated in the HCQU annual **HEALTH FAIR** on Friday, May 19, 2006 at the Chambersburg Recreation Center and we had a **GREAT DAY!**

Dental care, hand washing, exercise and nutrition were the topics presented by the HCQU staff, and each participant went home with a bag full of goodies to support them in their new healthy outlook, "Ways to Wellness".



A special "Thank You"

to Cherie Adkins, South Central HCQU Training Coordinator, for organizing the event, and "Thank You" to Franklin/Fulton MH/MR staff and all the volunteers who jumped right in and made the day a huge success.

Your time and effort were greatly appreciated!

Bulletin Board

Take note!

To receive our newsletters just send your e-mail address to mmerdman@geisinger.edu

You will be placed on our e-mail list and automatically receive *The HCQU View* each month.

Don't Forget

South Central HCQU continues to collect used cell phones. These phones will be recycled or resold and a portion of the proceeds will benefit the *National Organization On Disability (NOD)*. Just drop off old/unwanted cell phones at the HCQU office or hand them to your regional nurse.

Remember –

Never look down on anybody unless you're helping him up.
~Jesse Jackson

Shape Up HCQU



In an effort to practice what we preach, several members of the SC-HCQU took on the challenge to **Shape Up** by eating healthier, drinking more water, and exercising regularly. In 10 weeks the group of 5 lost 17 pounds and walked/biked 416.7 miles! That is about the weight of an average bowling ball and the distance from Hershey, PA to Raleigh, North Carolina! WOW!!

Is your group open to the challenge to **Shape Up** and become healthier? If you are, let us know. We will cheer you on, and be available to help you develop a plan or establish reasonable goals.

You're worth it, and we know you can do it!

