

SC-HCQU View



In This Issue

| | |
|---|---|
| And The King Will Tell Them | 4 |
| Bulletin Board. | 6 |
| Depression Can Break Your Heart | 6 |
| Did You Know? | 1 |
| Glaucoma | 5 |
| Great Apple Crunch | 2 |
| Halloween Safety | 4 |
| National Health Awareness Month. | 2 |
| Regional Trainings | 3 |
| Regional Training Update | 4 |
| Sleep Apnea Training | 5 |
| You Should See What I Hear | 4 |



South Central PA HCQU
1126 Cocoa Avenue
Hershey, PA 17033
Phone: 717-909-3854
Trainings: 717-909-3858
Fax: 717-909-3852
www.geisinger.org/schcqu

Star Long, Director
smlong@geisinger.edu

Melissa Erdman, Editor
mmerdman@geisinger.edu

Did You Know?

A Consumer's Guide to Breast Cancer Detection

Breast Cancer Risk Factors

A risk factor is something that increases a person's chance of getting a disease. Although the cause of breast cancer is unknown, the American Cancer Society lists the following as possible risk factors:

- ❖ Gender: Breast cancer is about 100 times more common in women than men.
- ❖ Age: A woman's risk for breast cancer increases with age.
- ❖ Prior history of breast cancer.
- ❖ Family history: Women with a close blood relative who has had breast cancer are more susceptible to the disease.
- ❖ Race: White women are the most likely to develop breast cancer of any racial group, however, the mortality rate is higher among African-American women.
- ❖ Early menstruation: Before age 12.
- ❖ Late menopause: After age 55.

Do it for yourself; Do it for those you love.

Finding the disease early with mammograms and breast exams by your doctor or nurse can save your life. Call your doctor today for an exam and a mammogram. Mammograms can save your life by finding breast cancer early. Early detection will give you more treatment options and certainly a better chance of survival.

If you are 40 years old or older, get a mammogram every 1 to 2 years. Have your doctor give you a clinical breast exam every year. Do monthly self-breast exams.

A Woman's Chance of Being Diagnosed With Breast Cancer Is:

- By age 40 ...1 out of 257
- By age 50 ...1 out of 67
- By age 60 ...1 out of 36
- By age 70 ...1 out of 28
- By age 80 ...1 out of 24
- After age 80 ...1out of 8

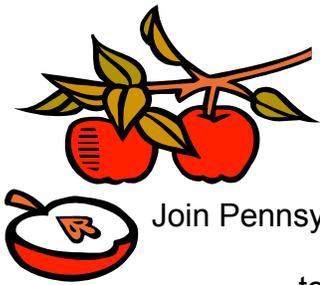
An estimated 211,240 women will be diagnosed with breast cancer in the U.S. this year, making it the most commonly diagnosed cancer in women. An estimated 40,410 women will die of the disease this year in the United States.

Don't be a statistic. Breast cancer is highly detectable through mammography screening.

October 21 is National Mammography Day.
Contact your health provider today to schedule an exam.

Resources:
<http://www.cancer.gov>, www.nci.nih.gov, www.hhs.gov, www.cancer.org

~ Star Long



Great Apple Crunch

Wednesday, October 19, 2005

Join Pennsylvania Advocates for Nutrition and Activity (PANA) in celebrating the **2nd Annual Great PA Apple Crunch**

to support healthy food choices and Pennsylvania produce!
PANA encourages schools, worksites, and communities to join the fun.

For more information on special promotions and to download Apple Crunch materials, visit the 2005 Great PA Apple Crunch page at:

www.panaonline.org/programs/khz/enterthezone/applecrunch05



October National Health Awareness Month



National Glaucoma Awareness Month

info@preventblindness.org
www.preventblindness.org

National Celiac Awareness Month

celiacs@csaceliacs.org
www.csaceliacs.org

Healthy Lung Month

info@lungusa.org
www.lungusa.org

National Dental Hygiene Month

media@adha.net
www.adha.org

National Lupus Awareness Month

info@lupus.org
www.lupus.org

National Physical Therapy Month

public-relations@apta.org
www.apta.org

National Spina Bifida Awareness Month

sbaa@sbaa.org
www.sbaa.org

Rett Syndrome Awareness Month

irsa@rettsyndrome.org
www.rettsyndrome.org

“Talk About Prescriptions” Month

ncpie@ncpie.info
www.talkaboutrx.org

Clean Air Month

info@lungusa.org
www.lungusa.org

Let’s Talk Month

questions@advocatesforyouth.org
www.advocatesforyouth.org

National Brain Injury Awareness Month

publicrelations@biausa.org
www.biausa.org

Children’s Health Month

www.childrenshealth.gov

National Mammography Day (21)

www.cancer.org

National Depression Screening Day (6)

info@mentalhealthscreening.org
www.mentalhealthscreening.org

Respiratory Care Week (23-29)

williams@aarc.org
www.aarc.org

Fire Prevention Week (9-15)

custserv@NFPA.org
www.firepreventionweek.org

National Health Education Week (17-23)

elaine@nche.org
www.nche.org

National Down Syndrome Awareness Month

info@ndss.org
www.ndss.org

Halloween Safety Month

info@preventblindness.org
www.preventblindness.org



South Central HCQU Regional Trainings



Trainings are free, but registration is required.

- **Getting The Most Out of a Psychiatrist** with Jim Siberski – October 24, 9:30am-3:00pm @ Lancaster County Public Safety Training Center, 101 Champ Blvd., Manheim – **Registration Deadline: October 10**
- **Grief and Coping with Death and Dying** – October 27, 9:30am-12:30pm @ Silver Springs Presbyterian Church, 444 Silver Springs Road, Mechanicsburg – **Registration Deadline: October 20**
- **Substitute Health Care Decision Making** with Linda and Bob Derr – October 27, 9:00am-3:30pm @ Lancaster County Public Safety Training Center, 101 Champ Blvd., Manheim – **Registration Deadline: October 13**
- **De-Stress the Discharge & Communicating with Healthcare Professionals** – November 17, 9:00am-12:00noon @ Hershey Public Library, 701 Cocoa Ave., Hershey – **Registration Deadline: November 10**
- **Grief & Coping with Death and Dying** – November 18, 9:00am-12:00noon @ Hospice of the Good Shepherd, Chambersburg – **Registration Deadline: November 11**
- **Substitute Health Care Decision Making** with Linda and Bob Derr – December 1, 9:00am-3:30pm @ Hershey Public Library, 701 Cocoa Ave., Hershey – **Registration Deadline: November 17**

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

- **Changing Needs With Aging** – October 18, 2:00pm-4:00pm @ Bell Socialization Services, 160 South George Street, York – **Registration Deadline: October 11**
- **Empowering Staff in Medical Emergencies & Vital Signs** – November 22, 2:00pm-4:00pm @ Bell Socialization Services, 160 South George Street, York – **Registration Deadline: November 15**
- **De-Stress the Discharge & Stress Management** – December 8, 10:00am-12:00noon @ Typical Life Corp., North East Plaza, North George Street, Manchester – **Registration Deadline: December 1**



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.*

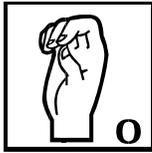
The following trainings are available at
Westmoreland County Community College (WCCC)
Sponsored by
APS HCQU

- **Self Injurious Behavior (SIB)** – October 18, 6:30pm-8:30pm @ WCCC Youngwood Campus
- **Oppositional Defiant Disorder (ODD)** – November 10, 6:30pm-8:30pm @ WCCC Youngwood Campus
- **MH/MR Supports (Positive Approaches)** – December 7, 6:30pm-8:30pm @ WCCC Youngwood Campus

To register call WCCC: 1-800-262-2103

You Should See What I Hear

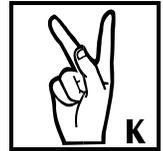
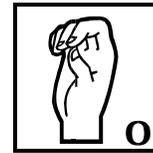
A look at the World of the Deaf and Hard of Hearing



Monday, October 24, 2005

9-11 AM

Area Agency on Aging, York



Presented by a panel from the Deaf and Hard of Hearing Services of Lancaster County.
Registration deadline is October 20th.

This training is free to all York County Government Employees.
Anyone attending from an agency outside of York County Government is required to pay a \$10 fee.

To register or for more information contact Karen Heath ksheath@york-county.org.

And the King Will Tell Them

Typical Life Corporation, in partnership with Eagle Christian Ministries, is proud to present a one day faith-based inclusion conference for people with developmental disabilities. This conference will offer a variety of topics and speakers, including how to expand the opportunities for individuals with a developmental disability to become active members in a faith of their choice.

**Saturday, October 15,
2005**

9:00am-3:30pm
at

Eagle Christian Ministries
850 South Pine Street
York, PA

Who should attend this conference?

- ♥ Church members
- ♥ Individuals with a disability
- ♥ Community members
- ♥ Caregivers/Family members
- ♥ Youth/Students

There is no registration fee. A free will offering will be collected during the conference.

Deadline to register is October 12, 2005.

For more information, directions, or to register contact

Tammy Snyder
Phone: (717) 891-4290
Fax: (717) 244-1306



Regional Training Update

To aid providers' documentation of staff members' training hours, the SC-HCQU will begin using provider-specific sign-in/sign-out sheets at all **regional** trainings. Each agency's sign-in/out sheet, a copy of the training certificate, and a copy of the PowerPoint handout will be mailed to the respective providers who had staff members in attendance. Instead of individual training certificates being distributed at the time of the training, each provider agency will copy/distribute certificates to their staff as they see fit. This new process will become effective October, 2005.

Please note: the above pertains only to regional trainings whose registration is handled through the HCQU office. Contact Cherie Adkins, RN at 717.909.3856 or email her at csadkins@geisinger.edu with any questions or concerns.

~Cherie Adkins, RN

Halloween Safety Tips

It is that time of year again when little gremlins, fairies, and superheroes will be traveling the streets. Keep these safety tips in mind when trick-or-treat night rolls around.

- ❖ Wear masks with large eye holes for better vision. Better yet wear make-up instead of a mask!
- ❖ Don't carry sharp or pointed objects as props. One fall and who knows where that "point" might poke!
- ❖ Make yourself visible. Wear reflective strips and carry a flashlight.
- ❖ Inspect all candy for tampering or foreign objects before the kiddies dig in.
- ❖ An adult should accompany all groups of trick-or-treaters. Adults can dress up too and have a great time! (Your neighbors will love your free spirit!)

Glaucoma

~ Wanda Nikolaus, RN



What is glaucoma?

Glaucoma is a disorder resulting from increased intraocular pressure that may cause vision loss, from a slight loss to blindness. The most common type is open-angle glaucoma. Generally, there are no symptoms of this type until vision is significantly impaired. It is important to be seen regularly by an eye doctor, so the intraocular pressure can be checked, the eyes dilated and the optic nerves examined. Sometimes the doctor will take photographs of the optic nerves to monitor their size. Those who have enlarged optic nerves are diagnosed as "glaucoma suspect".

What are the symptoms?

Open-angle glaucoma: Progressive loss of peripheral (side) vision, tearing, headaches, blurred vision.

Closed-angle glaucoma: Sudden onset of severe eye pain, facial pain, loss of vision, rainbow halos around lights, redness of the eye, dilated pupils. These symptoms may be accompanied by nausea and vomiting. If these symptoms occur it is a medical emergency and immediate medical attention is necessary.

How is testing done?

An eye doctor measures for intraocular pressure using a tonometer. An elevated pressure does not always indicate glaucoma if the optic nerves are not enlarged. Increased pressure without optic nerve damage is called ocular hypertension and is monitored by the eye doctor at regular intervals. A test called a visual field is performed to test for loss of peripheral vision.

What is the treatment?

Eye drops are prescribed to treat glaucoma. These may aggravate heart or lung conditions. In addition, other medications a person is taking can aggravate glaucoma. It is important to be aware of side effects and observe for any that may be present.



Sources of information:

www.webmd.com

www.emedicine.com

<http://health.allrefer.com>

The Merck Manual 15th edition, Merck & Co., Inc.



**Central HCQ
Presents**

Sleep Apnea/Sleep Disorders & Dysphagia

October 27, 2005 ~ 8:30 am - 2:30 pm

at

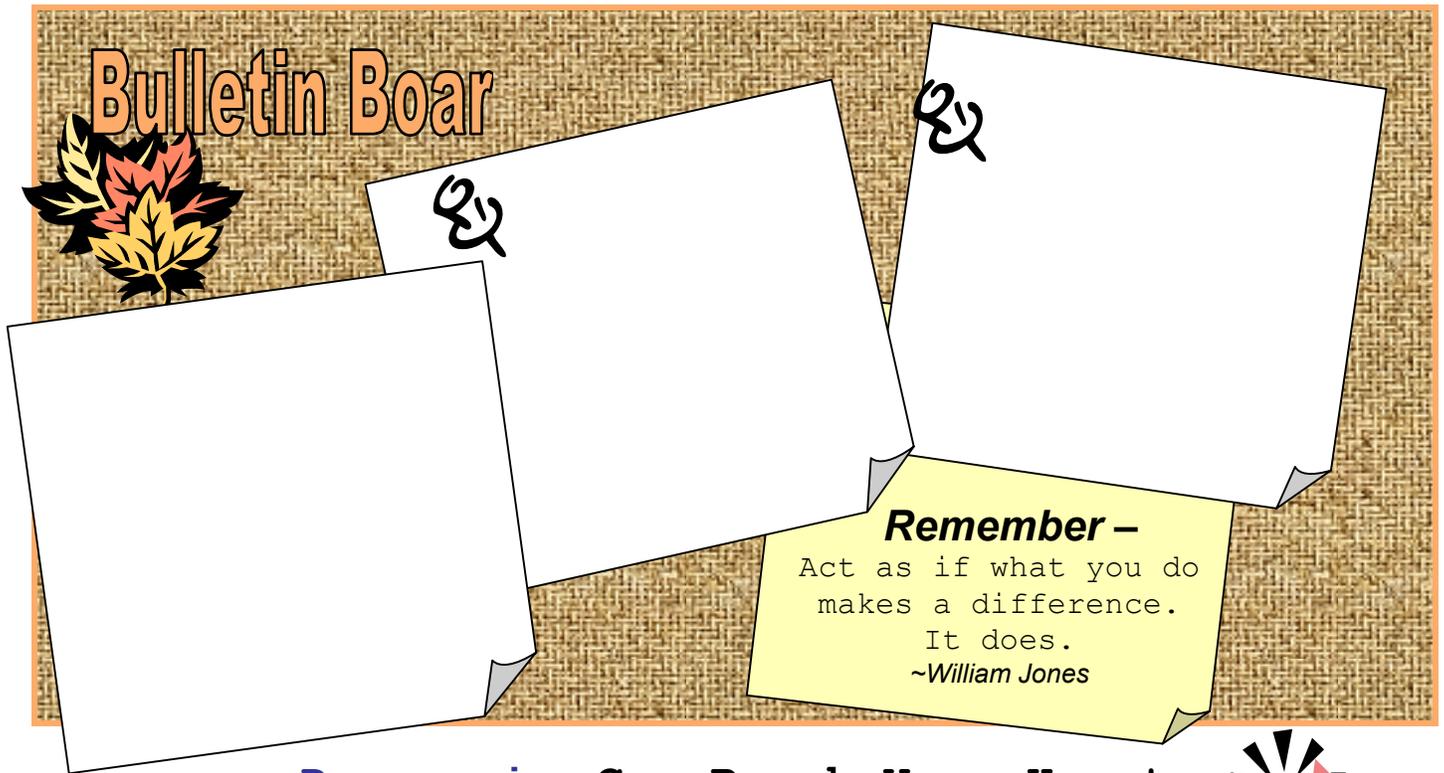
**Catholic War Vets
Pottsville, PA**

Sign-in begins at 8:30 am. Sleep Apnea/Sleep Disorders will be presented in the morning session by Dr. Feinberg and a speech therapist will present Dysphagia in the afternoon session. There will be a continental breakfast provided, but participants will be responsible for their own lunch.

Deadline to register is October 20, 2005

For more information or to register contact

Patricia Patterson plpatterson@geisinger.edu or Sheila Zeplin szeplin1@geisinger.edu



Depression Can Break Your Heart



Research over the past two decades has shown that depression and heart disease are common companions and, what is worse, each can lead to the other. It appears now that depression is an important risk factor for heart disease along with high blood cholesterol and high blood pressure.

The first studies of heart disease and depression found that people with heart disease were more likely to suffer from depression than otherwise healthy people. While about 1 in 20 American adults experience major depression in a given year, the number goes to about one in three for people who have survived a heart attack. Furthermore, other researchers have found that most heart patients with depression do not receive appropriate treatment. Cardiologists and primary care physicians tend to miss the diagnosis of depression; and even when they do recognize it, they often do not treat it adequately.

The public health impact of depression and heart disease, both separately and together, is enormous. Depression is the estimated leading cause of disability worldwide, and heart disease is by far the leading cause of death in the United States. Approximately one in three Americans will die from some form of heart disease.

There are also multiple studies indicating that heart disease can follow depression. Psychological distress may cause rapid heartbeat, high blood pressure, and faster blood clotting. It can also lead to elevated insulin and cholesterol levels. These risk factors, with obesity, form a constellation of symptoms and often serve as a predictor of and a response to heart disease. People with depression may feel slowed down and still have high levels of stress hormones. This can increase the work of the heart. As high levels of stress hormones are signaling a "fight or flight" reaction, the body's metabolism is diverted away from the type of tissue repair needed in heart disease.

Regardless of cause, the combination of depression and heart disease is associated with increased sickness and death, making effective treatment of depression imperative. Pharmacological and cognitive-behavioral therapy treatments for depression are relatively well developed and play an important role in reducing the adverse impact of depression. With the advent of the selective serotonin reuptake inhibitors (SSRI's) to treat depression, more medically ill patients can be treated without the complicating cardiovascular side effects of the previous drugs available.

Exercise is another potential pathway to reducing both depression and risk of heart disease. A recent study found that participation in an exercise training program was comparable to treatment with an antidepressant medication (SSRI) for improving depressive symptoms in older adults diagnosed with major depression. Exercise, of course, is a major protective factor against heart disease as well.

The NIMH [National Institute of Mental Health] and the National Heart, Lung and Blood Institute are invested in uncovering the complicated relationship between depression and heart disease.