



Appalachian Health Focus

Public Health: Protecting and improving your health throughout life.

**Disease Report
Jan-March 2005**

Issue 2

January-March 2005

March 20, 2005

2004 STD/HIV Video Update for CME Credit

Diagnosis	Code	Cases
AIDS	950	0
Camphylobacter	50	1
Chlamydia	200	13
E. Coli	53	0
Enterococci	58	0
Ehrlichiosis	571	0
Gonorrhea	300	4
Hepatitis A, Acute	60	0
Hepatitis B, Carrier	115	0
HIV	900	1
HME	572	0
Legionellosis	18	0
Lyme Disease	51	0
Menningococcal	27	0
Rocky Mtn Spotted Fever	35	0
Salmonellosis	38	2
Shilgellosis	39	0
Syphilis-2nd	720	0
Syphilis-neur	760	0
Tuberculosis	*TB	0
Whooping Cough	47	0

The Appalachian District Health Department is pleased to offer the 2004 STD/HIV Video Update as originally presented by the Florida STD/HIV Prevention and Training Center.

This will be a great opportunity to network with other local providers as well as obtain important information about changes and progress in the subject of STD/HIV trends and disease management.

The video conference will be held in the upstairs conference room of Watauga County Health Department **Friday, June 10, 2005 from 9:00 am to 4:15 pm.** Physicians,

Nurse Practitioners, Physicians Assistants, Nurses, and other interested health care professionals are encouraged to attend.

CMEs will be provided free to nurses and will be \$35.00 for midlevel providers and physicians.

Please RSVP by email to heather.herman@apphealth.com or candiced@apphealth.com. You may also RSVP by phone to Mary Johnson at 828-264-4995.

Light Refreshments will be provided.

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(336) 372- 8813 Business
(336) 372-7793 (Fax)

Ashe County Health Department
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126 Poplar Grove Connector
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Travel Vaccines

It's that time of year! Summer is on the way and many people in our area will be planning vacations to both popular and remote destinations. Now is the time to start thinking about travel vaccines. There are 4 vaccines that need to be considered for most countries outside of the United States: **Hepatitis A, Hepatitis B (if the person is exposed to blood or body fluids), Tetanus booster and Measles.** However, keep in mind that other vaccines may be needed depending on the country. **For Yellow Fever, bear in mind that some countries require travelers to the area to provide proof of current Yellow Fever Vaccination.** The health department can help with the International Certificate of Vaccination against Yellow Fever. Regardless, all travel vaccines should be administered 4-6 weeks prior to departure to allow time for them to take effect. In the cases of Hepatitis A, Hepatitis B and Rabies, the vaccines may need to be given in a series to help promote optimal protection. For more information, contact the Appalachian District Health Department. Each of the county health departments can provide travel vaccines. The vaccines needed for each region of the world can be found at <http://www.cdc.gov/travel/>.

Public Health Law Reminder: Reportable Diseases

Consider this:

Each reportable disease is treated differently. Of the 68 reportable diseases in North Carolina, several require additional investigation. For example, Measles, Pertussis and Hepatitis A all require a surveillance form to be completed by local health department staff. On the NC Communicable Disease Report Card, diseases requiring a surveillance form are shaded in gray.

Additionally, some diseases such as Rocky Mountain Spotted Fever require two positive serology tests before the case can be confirmed. Remember that a food handler must undergo additional testing to ensure that the person's body is rid of the organism to stop the spread to the public.

Remember that the communicable disease nurse at your local health department has information on the regulatory aspects on various diseases and can help your staff with details such as follow up testing information and surveillance forms. For any disease-specific questions, the communicable disease nurses and environmental health specialists are available to help. Please do not hesitate to call with questions or concerns.

Correction:

In the last issue of the Appalachian Health Focus, it was mentioned that physicians and mid-level providers should send the NC Communicable Disease Report Card directly to the corresponding state agency. This was an error. **PHYSICIANS AND MID-LEVEL PROVIDERS SHOULD SEND THE REPORT CARD DIRECTLY TO THE LOCAL HEALTH DEPARTMENT TO BE PROCESSED.** The communicable disease nurse at the health department will obtain the health director's signature and will assess the need for additional surveillance information.



World TB Day

March 24th was World TB Day. World TB Day was established in observation of Dr. Robert Koch's discovery of the tuberculosis bacillus in 1882. Approximately 2 million people die each year from tuberculosis. Tuberculosis continues to be the 2nd leading killer of adults in world of all infectious diseases according to the CDC. In 2003, North Carolina had 4.6 cases of TB per 100,000 people. Currently the goal is to decrease that statistic by the year 2010 to one case per one million people. In order to meet this goal, the North Carolina Tuberculosis Control Program is strongly urging providers to:

- quickly diagnose and treat tuberculosis disease
- promptly investigate all suspected exposures to each and every case of TB and strongly encourage preventive treatment for people who are at risk of developing TB disease

For more information, visit the NC TB Control website at www.epi.state.nc.us/epi/tb/

THANK YOU!

April is Public Health Month

Thank you for helping us improve and protect public health!

Incidentally...

Did You Know?!



In the past few years there have been 35 cases of M. bovis tuberculosis diagnosed in New York City. Those at risk are people who eat or drink unpasteurized milk or milk products. The following are types of **cheeses** that could be contaminated from areas such as Mexico or underdeveloped countries:

- Cotija
- Crena Mexicana
- Quesco fresco
- Quesco blanco

These people(*) believed they had **syphilis** and wrote about it in their diaries or it was known by their peers. President and First Lady: Abraham and Mary Todd* Lincoln
Composer: Franz Schubert*
Author: Oscar Wilde
Criminal: Al Capone*
Inventor/Businessman: Howard Hughes*

<http://en.wikipedia.org/wiki/>

Fun Fact:

Rubella has been eliminated in the United States! However, Rubella is still prevalent in many other countries and ALL patients should still be immunized. <http://www.cnn.com/2005/HEALTH/conditions/03/21/cdc.rubella.reut/index.html>

Communicable Disease Nurse in Your Area

Alleghany County
Eva Wooten, RN,
336-372-5641

Ashe County
Candy Gambill, RN
336-246-9449

Wataga County
Sandy Hagler, RN
828-264-6635

The communicable disease nurse in your area will be more than happy to assist you.

Daniel Staley, MS
Health Director

Ken Richardson
Chair, Board of Health