



Warren County Health District

News and Information
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Health Commissioner

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Cholesterol



About 38% of American adults have high cholesterol (total blood cholesterol ≥ 200 mg/dL). Too much cholesterol puts you at risk for heart disease and stroke, two leading causes of death in the United States. High cholesterol has no signs or symptoms, so the only way to know if you have it is to get your cholesterol checked. Talk to your health care team about how you can manage your cholesterol levels and lower your risk.

Cholesterol travels through the blood on proteins called “lipoproteins.” Two types of lipoproteins carry cholesterol throughout the body:

- LDL (low-density lipoprotein), sometimes called “bad” cholesterol, makes up most of your body’s cholesterol. High levels of LDL cholesterol raise your risk for heart disease and stroke.
- HDL (high-density lipoprotein), or “good” cholesterol, absorbs cholesterol and carries it back to the liver. The liver then flushes it from the body. High levels of HDL cholesterol can lower your risk for heart disease and stroke.

If you have high LDL cholesterol levels, your health care team may recommend cholesterol-lowering medicine and lifestyle changes to lower your risk for heart disease and stroke. There are some foods that can help lower LDL cholesterol, such as oats, barley and other whole grains, nuts, and vegetable oils.



Tuberculosis

Tuberculosis (TB) is caused by a bacterium called *Mycobacterium tuberculosis*. The bacteria usually attack the lungs, but TB bacteria can attack any part of the body such as the kidney, spine, and brain. Not everyone infected with TB bacteria becomes sick. As a result, two TB-related conditions exist: latent TB infection (LTBI) and TB disease. If not treated properly, TB disease can be fatal. TB bacteria spread through the air from one person to another. When a person with TB disease of the lungs or throat coughs, speaks, or sings, TB bacteria can get into the air.

People nearby may breathe in these bacteria and become infected. WCHD has a tuberculosis program which provides TB screening, diagnosis, and treatment. If you want more information about this clinic, please contact 513-695-3040.





Child Passenger Safety Awareness Week



September 18-25 is Child Passenger Safety Awareness Week. When it comes to child safety, it is better to be safe than sorry. Child Passenger Safety Awareness Week highlights the importance of ensuring that all children are properly secured in an appropriate car seat or seatbelt. A child's age, weight, and height can all play a factor when determining proper safety harnesses, so it's important to keep up-to-date with all current regulations and suggestions. Here are three ways that you can observe Child Passenger Safety Awareness Week:

- 1- Get your vehicle and car seats inspected to ensure that you are staying current with all safety recommendations. At the Warren County Health District, we can do this for you.
- 2- Highlight child passenger safety on your social media accounts. By spreading the word, you might very well save the life of a child.
- 3- Before parents can even bring their newest bundle of joy home from the hospital, they need to have a car seat ready to go. Consider donating a **new** one to a local charity in order to help families in need.

At the Warren County Health District, we offer a car seat program which provides car seats to those individuals who are in need of one. To get in touch with the health district for our car seat program, please contact Maria Ernest at 513-695-1272.

We will be closed on **Monday, September 5th** in observance of **Labor Day**



The History Behind Monkeypox

The monkeypox virus is part of the Orthopoxvirus genus, which also includes variola virus (the cause of smallpox), vaccinia virus, and cowpox virus. Although monkeypox is similar to smallpox, it is much less deadly. Initial symptoms of monkeypox infection include: fever, headache and body aches, fatigue, and swollen lymph nodes, followed by a rash of lesions on the skin. Human-to-human transmission of monkeypox occurs through direct contact with body fluids, lesions, prolonged face-to-face contact, and indirect contact with contaminated clothing or bedding. Animal-to-human transmission can occur through a bite or scratch, preparation of wild game, or direct or indirect contact with body fluids or lesions.

The virus was first discovered in 1958 in two outbreaks of a pox-like disease among colonies of research monkeys. The first human case of monkeypox was recorded in 1970 in the Democratic Republic of the Congo (DRC), where the majority of human monkeypox infections have occurred. The disease is endemic in central and western Africa, and infections linked to international travel or imported animals have occurred in Israel, Singapore, the United Kingdom, and the United States.

In 2022, an outbreak of cases began occurring in multiple countries where monkeypox had not normally occurred, including the United States. Early data suggest that gay, bisexual, and other men who have sex with men comprised a high number of those cases; however, anyone who has been in close contact with someone who has monkeypox is at risk for infection.