

NEWS AND INFORMATION



Alpha-gal Syndrome (AGS)

Alpha-gal syndrome (AGS) is a serious, potentially life-threatening allergic condition. AGS is also called alpha-gal allergy, red meat allergy, or tick bite meat allergy. AGS is not caused by an infection. AGS symptoms occur after people eat red meat or are exposed to other products containing alpha-gal. Alpha-gal (galactose- α -1,3-galactose) is a sugar molecule found in most mammals.

Alpha-gal is not found in fish, reptiles, birds, or people, but can be found in meat (pork, beef, rabbit, lamb, venison, etc.) and products made from mammals (including gelatin, cow's milk, and milk products).

A CDC report showed that between 2010 and 2022, more than 110,000 suspected cases of AGS were identified. However, cases of AGS are not nationally notifiable to CDC, so it is not known how many cases of AGS exist in the United States. AGS is transmitted most often by the lone star tick, which can be located in Ohio. Symptoms of an AGS reaction can include:

- Hives or itchy rash
- Nausea or vomiting
- Heartburn or indigestion
- Diarrhea
- Cough, shortness of breath, or difficulty breathing
- Drop in blood pressure

- Swelling of the lips, throat, tongue, or eye lids
- Dizziness or faintness
- Severe stomach pain

Symptoms commonly appear 2-6 hours after eating meat or dairy products, or after exposure to products containing alpha-gal (for example, gelatin-coated medications).

AGS reactions can be different from person-to-person. They can range from mild to severe or even life-threatening. Anaphylaxis (a potentially life-threatening reaction involving multiple organ systems) may need urgent medical care.

Preventing tick bites is important and may reduce your chances of developing AGS. Follow these steps to reduce the chance of getting bit by a tick:

- Avoid grassy, brushy, and wooded areas, where ticks may be found.
- Walk in the center of trails.
- Treat clothing and gear with permethrin or buy pre-treated items.

For more information about AGS, visit <https://www.cdc.gov/ticks/alpha-gal/index.html>

Lone Star Tick (*Amblyomma americanum*)



Adult Male

Adult Female

National Suicide Prevention Week

September 10 – 16, 2023

September Health
Observance:

National Suicide Prevention
Week

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues. September is Suicide Prevention Month — a time to raise awareness and discuss this highly stigmatized topic.

Some statistics about suicide in the U.S are as follows:

- The age-adjusted suicide rate in 2021 was 14.04 per 100,000 individuals.
- The rate of suicide is highest in middle-aged white men.
- In 2021, men died by suicide 3.90x more than women.
- On average, there are 132 suicides per day.
- White males accounted for 69.68% of suicide deaths in 2021.
- In 2021, firearms accounted for 54.64% of all suicide deaths.

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Warren County Health District

National Preparedness Month

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time.

Preparing a Disaster Supply Kit

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for several days. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency. Some examples of basic items to have in your Disaster Supply Kit are a flashlight, battery powered or hand crank radio, first aid kit, extra batteries, cell phone chargers, manual can opener, and a PPE mask.

Severe Weather Safety

Severe weather can happen anytime, in any part of the country. Severe weather can include hazardous conditions produced by thunderstorms, including damaging winds, tornadoes, large hail, flooding and flash flooding, and winter storms associated with freezing rain, sleet, snow and strong winds. Some ways that you can help protect yourself and your family against severe weather events are:

- Develop and practice an evacuation plan ahead of a severe weather event. Include a plan for pets and add any transportation routes and destinations in the plan. Prepare an emergency supplies kit for both family members and pets ahead of time to take with you. Be prepared to evacuate when authorities tell you to do so.
- Stay out of flood waters, if possible, and do not drive into flooded areas. Even water only several inches deep can be dangerous.
- Always assume fallen power lines are energized. Stay away from the area and report any downed lines to authorities immediately.
- Unplug appliances and other electrical items, such as computers and televisions, to prevent damage from surges caused by lightning strikes.
- If you evacuated, do not return to your home until local authorities say it is safe.
- Plan two ways out of the home in case of an emergency. Clear driveway and front walk of ice and snow. This will provide easy access to your home.

Throughout the month of September, be sure to check out WCHD's social media accounts for various tips and information about Emergency Preparedness!

What's Happening at WCHD this month?

September 4: Labor Day- WCHD is closed



The Grief Recovery Method® Grief Support Group

People say you have to let go and move on in your life, but they don't tell you what you need to do to accomplish that. The Grief Recovery Method® Outreach Program not only makes that possible, but provides partnerships and guidance to ensure that it happens. This eight week program will help individuals from all walks of life learn how to deal with their grief. For more information, call Stephen Hill, Certified Grief Recovery Specialist at 513-695-2475.



The Grief Recovery Method®

Weekly Nutrition and Weight Management Classes

These classes will include weekly weigh-ins and discussion of various nutrition and weight management topics, led by Laura Brodt, WCHD's registered dietitian! These courses will begin on September 6th- there is still time left to sign up! To sign up, call Laura Brodt at 513-695-1477.

