Cancer of the colon and rectum is the second leading cause of cancer related deaths in the United States for both men and women. People living in the U.S. are at greater risk because our diet is high in red meat and lacks fiber.

March is National Colorectal Cancer Awareness Month. You should start screening for colon cancer after turning 50 and at regular intervals. You may need to be tested earlier or more often if a close relative had colorectal polyps or colorectal cancer or if you have inflammatory bowel disease.

A simple screening test done in the privacy of your own home is the fecal occult blood test (FOBT). The test checks for hidden blood in the stool. A small amount of stool is placed on the card from three consecutive bowel movements. The cards are then sent to a lab to be checked for blood.

FOBT kits are available FREE from the Otsego County Department of Health if you qualify. If you are over 50, have not done a screening in the past 12 months, have no health insurance or a high co-pay, or your insurance does not cover screening, or if you have Medicare, you will qualify. Please call Pat Crispell at (607) 547-6421 for more details.
March is National Brain Injury Awareness Month

What is Stroke/Brain Attack? A stroke occurs when the blood supply to part of the brain is suddenly interrupted or when a blood vessel in the brain bursts, spilling blood into the spaces surrounding brain cells. Brain cells die when they no longer receive oxygen and nutrients from the blood or there is sudden bleeding into or around the brain. The symptoms of a stroke include sudden numbness or weakness, especially on one side of the body; sudden confusion or trouble speaking or understanding speech; sudden trouble seeing in one or both eyes; sudden trouble with walking, dizziness, or loss of balance or coordination; or sudden severe headache with no known cause. There are two forms of stroke: ischemic - blockage of a blood vessel supplying the brain, and hemorrhagic - bleeding into or around the brain.

Risk Factors for a Stroke
Strokes are still the best medicine. The most important treatable conditions linked to stroke are:

- **High blood pressure.** Treat it. Eat a balanced diet, maintain a healthy weight, and exercise to reduce blood pressure. Your doctor can help and decide a plan that best fits you.
- **Cigarette smoking.** Quit. Medical help is available to help quit.
- **Heart disease.** Manage it. Your doctor can treat your heart disease and may prescribe medication to help prevent the formation of clots. If you are over 50, you and your doctor should make a decision about aspirin therapy.
- **Diabetes.** Control it. Treatment can delay complications that increase the risk of stroke.
- **Transient ischemic attacks (TIAs).** Seek help. TIAs are small strokes that last only for a few minutes or hours. They should never be ignored and can be treated with medication or surgery. If you have any or all of these symptoms call 911 or consult your Physician.

### Did you Know……..

If you are away from home or separated from your family when an emergency occurs you need to be prepared to “shelter in place.” That means staying in whatever building you happen to be in - - workplace, school, store or home - - up to several days. Knowing how to “shelter in place” may be lifesaving in response to a toxic explosion, chemical spill, electrical black out, “dirty bomb” or weather emergency. To learn more, call the Otsego County Department of Health at 607-547-4230 or visit the New York State Department of Health web site at www.nyhealth.gov

### HAVE YOU DISINFECTED YOUR MOUSE LATELY?

The highly contagious norovirus, often called the stomach flu, can be passed from one person to another through contact with commonly shared items such as computer keyboards and computer mice, U.S. health officials report. The virus, which is common in the winter and is the most frequent cause of outbreaks of vomiting and diarrhea in the United States, is often contracted in schools, at work and on cruise ships. The virus can live on surfaces for several days. To prevent infections with the virus, people should wash their hands after using shared objects, computer keyboards and mice should be disinfected regularly with diluted bleach. People who are ill should stay home for one to three days after they have had their last symptom.

### AO FOX HOSPITAL

### CHILD BIRTH FAIR

**MAY 3, 2008**

Parents, Grandparents, Soon to be Parents!
9am to Noon
Fox Care Center

### UPCOMING HEALTH EVENTS

**Immunization Clinics:** You must pre-register prior to the clinic date – call 547-4230. Children receiving immunizations must bring shot records. All immunization clinics are 1:00 to 3:00 pm.
- March 3 Oneonta Clinic
- March 10 Cooperstown
- March 17 Oneonta Clinic
- March 24 Cooperstown

**Blood Pressure Clinics:**
- March 3 11-12:00 Cherry Valley Senior Meal Site
- March 5 11-12:00 Richfield Springs Vets Club
- March 12 11-12:00 Burlington Flats Senior Meals
- March 14 11-12:00 Elm Park Church Senior Meals
- March 14 2:00-3:00 Nader Towers Wellness Center

### Otsego County Department of Health

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