

Downeast Public Health Council Newsletter Early Summer June/July 2023



Mosquito Prevention and Protection

Drain:

Many mosquito problems in your neighborhood are likely to come from water-filled containers that you, the resident, can help to eliminate. All mosquitoes require water in which to breed. Be sure to drain any standing water around your house.

- Dispose of any tires. Tires can breed thousands of mosquitoes.
- Drill holes in the bottom of recycling containers.
- Clear roof gutters of debris.
- Clean pet water dishes regularly.
- Check and empty children's toys.
- Repair leaky outdoor faucets.
- Change the water in bird baths at least once a week.
- Canoes and other boats should be turned over.
- Avoid water collecting on pool covers.
- Empty water collected in tarps around the yard or on woodpiles.
- Plug tree holes.
- Even the smallest of containers that can collect water can breed hundreds to thousands of mosquitoes. They don't need much water to lay their eggs. (bottles, barrels, buckets, overturned garbage can lids, etc.

Dress:

Wear light colored, loose fitting clothing. Studies have shown that some of the 174 mosquito species in the United States are more attracted to dark clothing and most can readily bite through tight-fitting clothing of loose weave. When practical, wear long sleeves and pants.

Defend:

Choose a mosquito repellent that has been registered by the Environmental Protection Agency. Registered products have been reviewed, approved, and pose minimal risk for human safety when used according to label directions. Four repellents that are approved and recommended are:

- DEET (N,N-diethyl-m-toluamide)
- Picaridin (KBR 3023)
- Oil of lemon eucalyptus (p-methane 3,8- diol, or PMD)
- IR3535

Source

Men's Health Month Fast Facts :

- Men are at greater risk for death in every age group. More males than females are born (105 vs 100), but by age 35, women outnumber men.
- Percent of men aged 18 and over in fair or poor health: 13.2% (2021)
- Percent of men aged 18 and over who had five or more drinks in 1 day at least once in the past year: 30.9%
- Percent of men aged 18 and over who met the 2018 federal physical activity guidelines for aerobic and muscle-strengthening activity: 28.3%
- Percent of men aged 18 and over who currently smoke cigarettes: 13.1% (2021)
- Percent of men aged 20 and over with obesity: 40.5% (2015-2018)
- Percent of men aged 20 and over with hypertension (measured high blood pressure and/or taking antihypertensive medication): 51.9% (2015-2018)
- Percent of males under age 65 without health insurance coverage: 11.5%

Sources: menshealthmonth.org, [cdc.gov](https://www.cdc.gov)

This #MensHealthMonth, take a short quiz to find out how much you know about blood clots and how to prevent them.

[Take the DVT/PE Quiz! | CDC](https://www.cdc.gov/ncbnd/sevdis/menhealthmonth/quiz.html)

Source

Maine Farm and Seafood Products Directory

Many Maine farms already have farm stands, or will sell directly to you. [See the map](#)

Find a Farmer's Market Near You

[Link](#) to open farmer's markets .

Alzheimer's and Brain Awareness Month

Learn its history and what Alzheimer's research has discovered so far. Also, consider investigating an Alzheimer's clinical trial [here](#).

Small abnormalities, so-called amyloid plaques, and tau tangles formed in the brain and found in specific locations throughout are two distinguishing hallmarks of Alzheimer's Disease Dementia. Advanced testing, such as PET scans, MRI, DNA, and spinal fluid analysis, can shed invaluable light on the probability of Alzheimer's.

Alois Alzheimer was a German psychiatrist who discovered the pathological condition of Dementia and diagnosed the disease that bears his name. Alois was born in Marktbreit, Germany, in 1864 and showed an early aptitude for science.

After obtaining his medical degree, he worked in hospitals in Frankfurt, where he met Auguste Deter, a 51-year-old woman suffering from progressive short-term memory loss. He was eventually able to isolate the pathological causes of severe Dementia, work so extensive that the condition became known as Alzheimer's disease. Source: [click here](#).

Today, it is believed that "Alzheimer's disease (AD) is the most common form of Dementia among older people. Dementia is a brain disorder that seriously affects a person's ability to carry out daily activities.

AD begins slowly. It first involves the parts of the brain that control thought, memory, and language. People with AD may have trouble remembering things that happened recently or the names of people they know. A related problem, mild cognitive impairment (MCI), causes more memory problems than usual for people of the same age. Many, but not all, people with MCI will develop AD.

In AD, over time, symptoms get worse. People may not recognize family members or have trouble speaking, reading, or writing. They may forget how to brush their teeth or comb their hair. Later, they may become anxious or aggressive or wander away from home. Eventually, they need total care. This can cause great stress for family members who must care for them.

AD usually begins after age 60. The risk goes up as you get older. Your risk is also higher if a family member has had the disease. No treatment can stop the disease. However, some drugs may help keep symptoms from worsening for a limited time."

Source: [click here](#).

You may also be interested to read about the IDEA Study and how the results suggested that about a third of those diagnosed with Alzheimer's disease in the past, now, due to recent advancements in imaging, were found not to have Alzheimer's disease. Yes, they may have had significant cognitive impairments, but their cause was not necessarily Alzheimer's disease, and the treatment plan was altered accordingly.

Source: [click here](#).

Lastly, a well-known study of nuns, lasting decades, has clearly indicated that some individuals can live cognitively intact, showing no signs or clues to significant degenerative changes, despite having the hallmarks of a dementia pathology seen at their autopsy. Source: [click here](#).

Article from [Dementia Society of America](#)

Hepatitis C

Hepatitis C Risk Assessment

Hepatitis C is a liver disease caused by the hepatitis C virus. When someone is first infected with the hepatitis C virus, they can have a very mild illness with few or no symptoms or a serious condition requiring hospitalization. For reasons that are not known, less than half of people who get hepatitis C are able to clear, or get rid of, the virus without treatment in the first 6 months after infection.

Most people who get infected will develop a chronic, or lifelong, infection. Left untreated, chronic hepatitis C can cause serious health problems including liver disease, liver failure, liver cancer, and even death.

How is hepatitis C spread?

The hepatitis C virus is usually spread when someone comes into contact with blood from an infected person. This can happen through:

- ▶ Sharing drug-injection equipment. Today, sharing people become infected with hepatitis C by using shared needles, syringes, or any other equipment used to prepare and inject drugs.
- ▶ Birth. Approximately 6% of infants born to infected mothers will get hepatitis C.
- ▶ Health care exposures Although when health care professionals do not follow the proper steps needed to prevent the spread of bloodborne infections.
- ▶ Sex with an infected person. While uncommon, hepatitis C can spread during sex, though it has been reported more often among men who have sex with men.
- ▶ Unregulated tattoos or body piercings. Hepatitis C can spread when getting tattoos or body piercings in unlicensed facilities, informal settings, or with non-sterile instruments.
- ▶ Sharing personal items. People can get infected from sharing glucose monitors, razors, nail clippers, toothbrushes, and other items that may have come into contact with infected blood, even in amounts too small to see.
- ▶ Blood transfusions and organ transplants. Before widespread screening of the blood supply in 1992, hepatitis C was also spread through blood transfusions and organ transplants.

Symptoms

Many people with hepatitis C do not have symptoms and do not know they are infected. If symptoms occur, they can include: yellowish skin or eyes, not wanting to eat, upset stomach, throwing up, stomach pain, fever, dark urine, light-colored stool, joint pain, and feeling tired. If symptoms occur with a new infection, they usually appear within 2 to 12 weeks, but can take up to 6 months to develop.

People with chronic hepatitis C can live for years without symptoms or feeling sick. When symptoms appear with chronic hepatitis C, they often are a sign of advanced liver disease.

Getting tested is the only way to know if you have hepatitis C.

A blood test called a hepatitis C antibody test can tell if you have been infected with the hepatitis C virus—either recently or in the past. If you have a positive antibody test, another blood test is needed to tell if you are still infected or if you were infected in the past and cleared the virus on your own.

Hepatitis C can be cured.

Getting tested for hepatitis C is important to find out if you are infected and get lifesaving treatment. Treatments are available that can cure most people with hepatitis C in 8 to 12 weeks.

Source

Elevated Rabies Activity In Maine

[Full Maine HAN from June 8 2023](#)

Summary

Maine is seeing early signs of an active animal rabies season this year. In the first five months of 2023, 30 animals tested positive for rabies in Maine compared to 11 animals in the first five months of 2022. Some regions in Cumberland County are already seeing elevated animal rabies activity compared to this same time last year, including 11 confirmed cases of rabies in raccoons and skunks tested after encounters with humans or domestic animals. The purpose of this health advisory is to alert clinicians to the increased risk of rabies exposures and provide

recommendations. Individuals exposed to rabid or potentially rabid animals should be evaluated by a healthcare provider to determine if rabies post-exposure prophylaxis (PEP), is warranted. Remember, rabies is virtually 100% fatal, but also entirely preventable.

Symptoms

Early signs of rabies in people may include fever, headache, weakness, and discomfort. This changes quickly to cerebral dysfunction, confusion, agitation, and anxiety. People may also experience delirium, hallucinations, abnormal behavior, hydrophobia, and insomnia. It could take weeks to years for a person to show signs of rabies after being infected, but most people start showing signs within 1-3 months from a true exposure. Once people show symptoms of rabies, they will most likely die.

Testing

Animal rabies testing is available at Maine's Health and Environmental Testing Laboratory free of charge when an animal has contact with people or domestic animals, and the animal cannot be quarantined. Instructions for submitting animals for rabies testing can be found online. Human rabies testing is only available at U.S. CDC. All human testing must be coordinated with Maine CDC. Health care providers who highly suspect human rabies infection should contact Maine CDC for consultation.

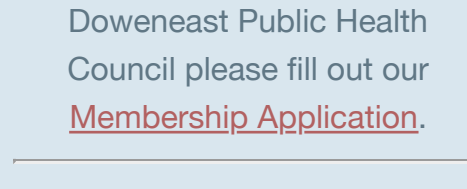
Next Downeast Public Council Meeting

Friday, July 21, 2023

9:00 - 11:00 AM

Hybrid Meeting at [Eagle Hill Institute](#)

For Council Meeting information, please contact [Al May](#) or [Abby van Ham](#)



[Downeast Public Health Council Facebook Page](#)

[Downeast Public Health Council Website](#)

[Maine CDC Downeast District Website](#)

To become a member of the Downeast Public Health Council please fill out our [Membership Application](#).

Downeast Public Health Priority Committees & Collaborations

Health Literacy Committee: Angela Fochesato, Chair

Hancock County Triad Coalition: Jo Cooper

Downeast Cancer Patient Navigation Steering Committee: Maria Donahue, Chair

Palliative Care and Hospice Committee: Al May, Chair

Emergency Planning: Andrew Sankey, Chair

Healthy Aging Committee: Helen Burlock, Chair

Rules to follow when using repellents:

Read the directions on the label carefully before applying.

Apply repellent sparingly, only to exposed skin (not on clothing).

Keep repellents away from eyes, nostrils and lips: do not inhale or ingest repellents or get them into the eyes.

The American Academy of Pediatrics (AAP) suggests that DEET-based repellents can be used on children as young as two months of age. Generally, the AAP recommends concentrations of 10% or less, unless disease risk is imminent, then concentration can be increased to 30% or less.

Avoid applying repellents to portions of children's hands that are likely to have contact with eyes or mouth.

Repellents can be used by pregnant or nursing women. The EPA does not recommend any additional precautions for repellent use by pregnant or nursing women.

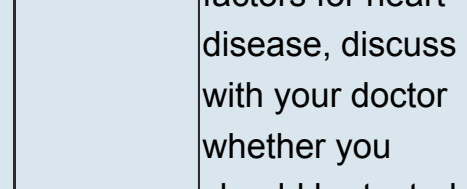
Never use repellents on wounds or irritated skin.

Use repellent sparingly and reapply as needed. Saturation does not increase efficacy.

Wash repellent-treated skin after coming indoors.

If a suspected reaction to insect repellents occurs, wash treated skin, and call a physician. Take the repellent container to the physician.

Source



We can make ourselves, our loved ones, and our communities more resilient and protected against #suicide by learning healthy ways to cope with stress: <https://bit.ly/3cRrk97>

#BeThe1To #BeThere #SPM22

Source

Routine Screening Tests For Men from Harvard Health Publishing

Screening tests for men ages 50 and older

Abdominal aortic aneurysm	Guidelines recommend a one-time screening for abdominal aortic aneurysm by ultrasonography in men ages 65 to 75 years who have ever smoked.
Blood pressure testing	Testing at least every two years if you have normal blood pressure (120/80 or below); at least once per year if it is elevated or if you are at increased risk for heart disease and stroke (such as from smoking or diabetes).
Cholesterol test	Get this checked every five years; if you have risk factors for heart disease, discuss with your doctor whether you should be tested more frequently.
Colorectal screening	Men ages 50 to 75 should be tested by one of these three methods: (1) fecal occult blood test annually; (2) flexible sigmoidoscopy every five years; (3) colonoscopy every 10 years. After age 75, discuss the need for continued screening with your doctor.
Diabetes screening	If you are age 40 to 70, and overweight or obese, you should be tested. If you have risk factors for type 2 diabetes or heart disease, or if your blood pressure is higher than 135/80, or if you use medication to control your blood pressure, talk to your doctor about whether you should be tested, and how often.
Hepatitis B virus testing	Men at increased risk for this infection should be tested regularly (discuss how often with your doctor). Risk is increased if you have had unprotected sex with multiple partners, have shared needles during intravenous drug use, have sex with other men, are exposed regularly to human blood (such as medical workers), live with someone who has chronic hepatitis B virus infection, or travel to regions with high rates of hepatitis B virus infection.
Hepatitis C virus testing	Men at increased risk for this infection should be tested regularly (discuss how often with your doctor). Risk is increased if you have had blood (or blood product) transfusions or received a transplanted organ before June 1992, are a health care worker who may have been stuck by a needle, or have ever used injected drugs, even just once many years ago.
Lung cancer	Annual screening for lung cancer with a low-dose CT scan in adults ages 55 to 80 years who have a 30 pack-year smoking history (smoked one pack/day for 30 years, two packs/day for 15 years, etc.) and who currently smoke or have quit within the past 15 years.
Prostate-specific antigen (PSA) test	When and whether men should have regular PSA tests for prostate cancer is controversial. These tests are not recommended by the U.S. Preventive Services Task Force. Discuss with your doctor.
Sexually transmitted infection (STI) tests	Men who have had unprotected sex with a partner whose health history they do not know should be tested for syphilis (or other sexually transmitted diseases, if your doctor thinks you may be at risk).
Weight and height screening	The combination of weight and height determine your body mass index (BMI), the most widely used measure of overweight. Measure weight annually, and height once every 10 years past age 50.

[Get It Checked Poster and Checklist for Men](#) a resource from [Men's Health Network](#).