

Public Health Points

York City Bureau of Health

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World Tuberculosis (TB) Day – March 24, 2015

World TB Day on March 24th of each year promotes public awareness that Tuberculosis (TB) today still remains an epidemic in much of the world.

March 24th commemorates the day in 1882 when Dr. Robert Koch announced that he had discovered *Mycobacterium tuberculosis*, the bacterium that causes TB. At the time of Koch's announcement in Germany, the disease was raging throughout Europe and the Americas, causing the death of one out of every seven people. Koch's discovery opened the way towards diagnosing and curing TB.

The global statistics on Tuberculosis today are amazing, if not frightening.

- There are nearly **9 million** new TB cases each year.
- An estimated **1.5 million** people die each year from TB.

Despite these remarkable and depressing statistics, ongoing success against TB is being achieved. New testing methods to detect TB take less time and are more accurate. New cases are occurring less frequently and the number of deaths is also declining. Globally, the percentage of people successfully treated reaches higher and higher levels each year.

The World Health Organization, the U.S. Centers for Disease Control and Prevention, and public health agencies in countries around the world strive to decrease TB and its resultant tragic burdens. In the U.S. the long term goal is to eliminate TB through efforts of local, state, and national partners and to assist our international partners in bringing TB under control within their borders.

For further information about World TB Day 2015, check out the following websites: www.who.int/tb and www.stoptb.org.

Reportable Conditions 2015 York, PA		
Reported Cases	Jan. 2015	Cum.
Animal Bites	5	5
Chlamydia	48	48
Gonorrhea	14	14
Hepatitis C	7	7
Influenza Type A	34	34
Respiratory Syncytial Virus (RSV) Infection	11	11
Tuberculosis – Latent	5	5
Total Case Reports	124	124

New Class of Matter Of Balance Coaches Trained

The York City Bureau of Health's Violence and Injury Prevention Program, led by Community Health Specialists Patricia Bonsu, MPH, and Craig Walt, conducted their first 'A Matter of Balance' volunteer coach training.

'A Matter of Balance,' funded through the PA Department of Health, emphasizes practical strategies to manage falls by addressing concerns about falling, leading exercises that improve balance, and teaching participants about what they can do to prevent falls in their daily lives. Volunteers are trained as lay-leaders to coach the classes and encourage participants to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance.

Twelve volunteers attended the coach training and will begin implementing the 'A Matter of Balance' program throughout York County this spring. Volunteers include retired healthcare professionals, those who regularly work with older adults, and individuals who are passionate about giving back to their community through volunteering. The York City Bureau of Health is excited to expand this program in York through the help of our volunteers and are grateful for their dedication!



March Is Colorectal Cancer Awareness Month

The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer – that’s why it’s so important to get screened.

Here are some interesting facts about colorectal cancer and how screening for colorectal cancer can save lives.

- Of cancers affecting both men and women, colorectal cancer is the second leading cancer killer in the U.S.
- Colorectal cancer affects all racial and ethnic groups and is most often found in people ages 50 years of age and older.
- In the U.S. every year there are nearly 150,000 new cases of colorectal cancer diagnosed and there are nearly 50,000 deaths from colorectal cancer.
- Screening is recommended for men and women beginning at age 50.
- Colorectal cancer often can be prevented. Screening helps find precancerous polyps so they can be removed before they turn into cancer.
- Screening helps find colorectal cancer early, when treatment can be most effective.
- You may be at increased risk for colorectal cancer if a close relative has had colorectal polyps or colorectal cancer, if you have inflammatory bowel disease, or if you have certain genetic syndromes. If you think you are at increased risk, ask your doctor at what age and how often you should be screened.
- Recommended screening tests for colorectal cancer may include: Colonoscopy (once every 10 years), high-sensitivity Fecal Occult Blood Test, also known as a Stool Test (once a year), and Flexible Sigmoidoscopy with or without a Barium Enema X-ray (once every 5 years).
- Benefits and risks of these screening methods vary. Discuss with your doctor which test is best for you. And check with your insurance provider to find out which tests are covered by your insurance plan, and how much you will have to pay.
- Getting screened could save your life!

For more information about colorectal cancer, check this website – www.cdc.gov/cancer/colorectal.

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