

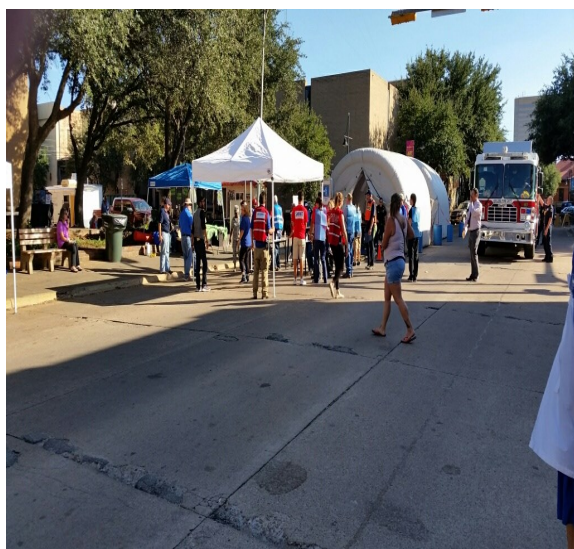
## Your Health Department at Work

### 3rd Quarter

Birth Records Filed: 722	Lab Services Provided: 5,100
Death Records Filed: 368	Dental Patients Served: 0 (no dental provider)
Immunizations Given: 3,845	Medical Services Provided: 4,612
WIC Participants Served: 11,293	Restaurant & Food Related Inspections: 627
	Nuisance Complaint Investigations: 81

## Events & Programs

### Zombie Preparedness



Our partners from APD, AFD, MRC and countless volunteers made this event a great success!

The Public Health Emergency Preparedness (PHEP) division has a duty to develop plans that keep our community safe during all kinds of disasters, whether they are natural disasters or man-made. To ensure that the plans on paper will translate into keeping us safe, they must be exercised periodically. The Zombie Preparedness event held downtown on October 12 was an exercise to test how quickly a Point of Dispensing (POD) location could be assembled and citizens could be issued prophylaxis to the fictional bacteria "Abithrax". This allowed the opportunity to practice our response to a real world anthrax or public health event. According to PHEP Coordinator, Vincent Cantu, the goal was to get pills in people as quickly



POD staff each had a role ranging from dispensing meds to security.

as possible because with bacteria that is wide spread it is probable that citizens will come into contact with the pathogen and time is of the essence. Citizens filled out a short form for themselves and family members they were picking up medication for (in this case, M&M's) and were counseled briefly on next actions. Thank you to the Center for Contemporary Arts, Sweetwater-Nolan Co. Public Health, APD, AFD, Hendrick, Dyess, Red Cross, Metro Care and many other great partners!

### MESSAGE FROM OUR

#### DIRECTOR

It's the time of year when the leaves turn yellow, a chill is in the air, and the holiday season is fast approaching. Let's not forget about the other, not-so-pleasant things that come along with this season. Such as the dreaded "flu bug" that can squash your seasonal cheer. Influenza, more commonly known as the "flu" is a highly contagious respiratory illness caused by a virus. It can be mild or severe, and for some, even deadly. Stop the spread of germs by staying home if you have the flu, cover your nose and mouth with your sleeve when you sneeze or cough and wash, wash, wash your hands frequently with soap and water. The best way to protect you and your family from the "flu bug" is to receive a yearly flu vaccine. Stop the bug in its tracks and get vaccinated! Come see us today!

- Santos Navarrette, Jr.



Citizens were processed through the POD as quickly as possible.

The HEALTH CONNECTION

Employee Spotlight - Amy Fulcher, BCCS Admin Coordinator



A. As the coordinator for the BCCS program, I help women get tested for breast & cervical cancer and in cases where a woman is diagnosed with cancer, I coordinate their care by getting them set up with local providers for treatment. I also provide them with resources, emotional support and guidance throughout the process.

they let me help my ladies! But I have no intention of rolling myself anywhere else now that I have a home at the Health Department. I am the baby of the family, and no I wasn't spoiled. My kids, at least 2 of the 3, talk MORE than I do! And I spent 13 years in the automotive industry as a service manager or a store manager.

Q. What is the most rewarding part of your job?

A. Helping women during a very scary time, offering reassurance, and providing assistance with their medical bills so they can focus on what is important!

Q. What are some fun facts about you?

A. I've been doing the same "job" for 5 years but at 3 different agencies. I often say my office chair is on wheels for a reason, so I can roll to wherever

Q. What is your role at the health department?



Featured Program

BCCS

Reaching medically underserved women is a start to reducing disparities in breast and cervical cancer deaths. For more than 20 years, the CDC's National Breast and Cervical Cancer Early Detection Program (NBCCEDP) has worked to decrease these disparities by providing breast and cervical cancer screening, diagnostic tests, and treatment referral services to low-income women who would not otherwise have access to these services. The NBCCEDP is the only nationally organized cancer screening program for underserved women in the United States. These services include Well-Woman Exams, Pap Smears, Mammograms, Breast Ultrasounds, Surgical Consults and Biopsies to confirm or negate the presence of Breast and/or Cervical Cancer. All of these services are provided at no cost to the client by M.E.R.C.Y. Health Care Center as well as 16 local health providers and facilities we partner with.



Care package given to women who are diagnosed with cancer.

What you should know about breast & cervical cancer:

- 1. Both of these cancers often have little or no symptoms. That makes routine screening necessary!
2. Average size lump found by someone who does routine screening is 1cm vs. 4cm for someone who does not.
3. With regular cervical screening, most abnormal pre-cancerous cells can be treated without invasive procedures or the need for chemo/radiation.
4. Early detection increases survival rates.

- 5. HPV infection is common & is transmitted via skin-to-skin contact & body fluids.
6. Smoking increases the risk of cervical cancer.
7. Only 10% of breast cancer is hereditary.
8. 1 in 8 women will develop breast cancer in their lifetime.

