

HEPATITIS HEALTH



World Hepatitis Day



The Florida Department of Health (DOH) joined the world on May 19th in asking “Am I Number 12?” to increase awareness of the amazing statistic that one in 12 people on the planet are living with hepatitis B or hepatitis C. In a press conference held at the State Capitol to observe World Hepatitis Day (WHD), the Hepatitis Prevention Program outlined the need for strong hepatitis prevention education and helped launch the worldwide hepatitis awareness campaign.

“Hepatitis is not something people know much about so many individuals don’t take the necessary and readily available steps to protect themselves,” said **Jean L. Kline**, Deputy Secretary for DOH. “That’s why we’re out here today to educate Floridians about hepatitis and to encourage testing, vaccination and prevention.”

In addition to the press conference, educational displays from DOH and community partners were set up including a fire truck from the Tallahassee Fire Department.

World Hepatitis Day was an opportunity for the global hepatitis community to increase awareness of viral hepatitis and alert a worldwide audience to risk factors and symptoms of this infection. The inaugural WHD was held in 2004. Recognizing the growing problem of hepatitis, the United States became an official participant of this observance this year.



Press Conference Speakers above L to R: Deputy Secretary Jean Kline, Linda Young, Fire Chief Cindy Dick, Dr. Thomas King and Kristy Bess. Not pictured: Jasmine Kearns (she’s on page 2).



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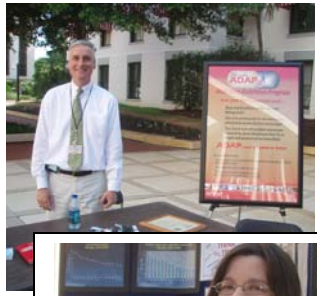
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Name That Tune!

“We’ll all be planning that route we’re gonna take real soon”

Answer on page 10



Hepatitis Coordinators' Meeting

The Hepatitis Prevention Program Coordinators met in Tallahassee April 17-18 to share best practices and learn more about what's happening in different counties around the state. There were also excellent presentations from:

- **Tom Liberti**, Chief, Bureau of HIV/AIDS, talked about legislative and budget issues
- **Janet Hamilton**, Surveillance Section Administrator in the Bureau of Epidemiology, shared important information on the MERLIN Reporting System.
- **Catheryn Mellinger**, Community Health Nursing Consultant in the Bureau of Immunization, answered lots of questions about perinatal hepatitis B
- **Robyn Kay**, Regional Epiemiologist from Jacksonville, presented on the epidemiology of hepatitis
- **Ernesto Lamadrid, MD**, Medical Director for the Bureau of HIV/AIDS, educated everyone on the treatment of viral hepatitis



Front Row, left to right: Dr. Lamadrid, Edith Garcia from Broward, Lynn Simons from Polk, Komona McGriff-Hodge from Lee and Dr. Dongming Cui from Pinellas. Back row, left to right: Trenesia Rozier from Palm Beach, Deborah Harris from Collier, Staci Sharpe from Okeechobee, Janet Grajales from Miami-Dade, Laura McKinney from Bay, Terri Davis from Duval, Lori Theisen from Orange, Enid Santiago-Cruz from Seminole and Dina Dolz from Alachua.



THE YOUNG MEN'S SURVEY PHASE II: HEPATITIS B IMMUNIZATION AND INFECTION AMONG YOUNG MEN WHO HAVE SEX WITH MEN

Am J Public Health, E-PUB online Apr. 1, 2008 0: AJPH.2006.101915v1

Abstract

Objectives: We measured the prevalence of hepatitis B virus (HBV) immunization and HBV infection among men aged 23 to 29 years who have sex with men (MSM).

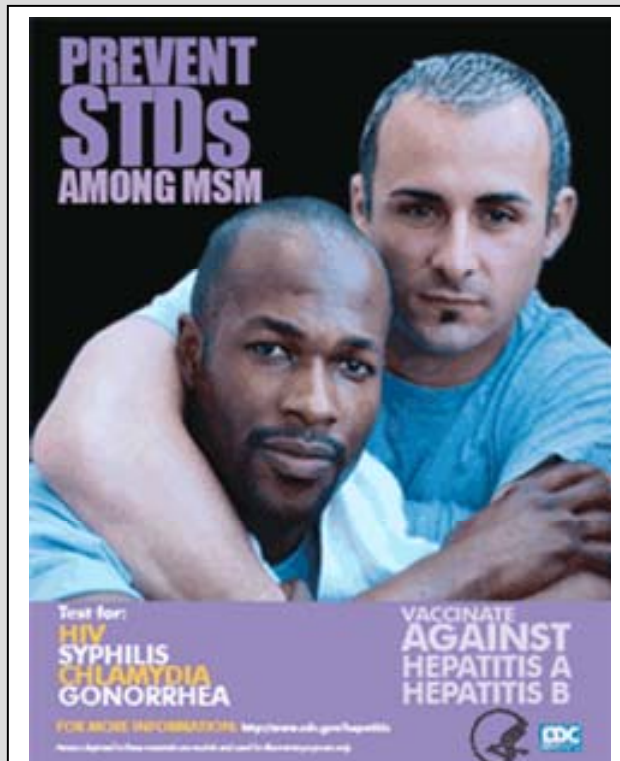
Methods: We analyzed data from 2,834 men who have sex with men in six US metropolitan areas. Participants were interviewed and tested for serologic markers of immunization and HBV infection in 1998 through 2000.

Results: Immunization prevalence was 17.2%; coverage was 21.0% among participants with private physicians or health maintenance organizations and 12.6% among those with no source of health care. Overall, 20.6% had markers of HBV infection, ranging from 13.7% among the youngest to 31.0% among the oldest participants. Among those susceptible to HBV, 93.5% had regular sources of health care, had been tested for HIV, or had been treated for a sexually transmitted disease.

Conclusions: Although many young men who have sex with men have access to health care, most are not immunized against HBV. To reduce morbidity from HBV in this population, providers of health care, including sexually transmitted disease and HIV prevention services, should provide vaccinations or referrals for vaccination.

Contributors

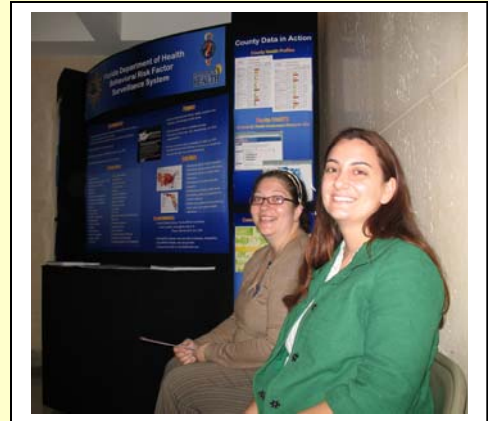
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Public Health Awareness Day



Dena Hall, Deputy Secretary Jean Kline, Surgeon General Dr. Ana Viamonte Ros, Phil Reichert & Carl McKissick



Jamie Weitz and Melissa Murray

On April 10, 2008, the Hepatitis Prevention Program participated in Public Health Awareness Day at the Capitol. The event was designed to increase our legislators' awareness of the important role public health plays statewide. This year's theme was "Public Health and Climate Change-Our Health in the Balance." Each program was responsible for setting up a display that showcased the manner in which their program addressed public health issues brought about by climate change. **Carl McKissick, Phil Reichert, and Dena Hall** set up the Hepatitis Prevention Program display at the Capitol to share prevention information (and lots of hand sanitizer) with the legislative staff and visitors.



Shenena Armstrong & Karen Simons



Bill Parizek & John Moldstad



Dr. Robert Hood & Dr. Max Salfinger

Tips on Public Speaking

By Phil Reichert



Not that I am an expert, but I thought I might impart some information on public speaking that I have learned in the last 29 years. When you are speaking in front of a group, some find that the most comfortable mindset is to imagine yourself talking to just one person. Some public speakers have indicated they like to imagine that everyone in the audience is in their underwear. If you do that, you may become too distracted to remember what you're supposed to be talking about. Hey, it works for some people, though. If you focus on one person in the audience you may find it easier to do a professional presentation. Perhaps you could focus on someone you know in the audience with whom you are already comfortable talking (be sure it's not someone you have seen in their underwear).

For many years I was scared to death to speak in front of a group. Public speaking is one of those things that some people have nightmares about. At one time, I would rather have eaten green beans than speak before a group of people. And, I *really* hate green beans. Now, I kind of enjoy being the center of attention for the duration of the presentation.

Somewhere along the way I started to enjoy the attention and the convenience of providing one message to fifty people instead of saying it fifty times to one person at a time. Also, interacting with a group of people where you are in charge is an amazing and often exhilarating experience.

One of the things that made me more comfortable in front of an audience was being thoroughly familiar with the subject about which I was speaking. You must know what you want to say and have a general idea of how to say it. You should never, never, *NEVER* read a speech verbatim. The president can do this because he has a teleprompter in the audience from which he can read. It's okay to read a line or two, or a quote from an article or some other source, but do not read lengthy literary pieces. It is also fine to have general bullet points outlined on cards or paper.

What I do is use slides as a prompt. When you prepare a PowerPoint presentation, be sure the projected image is large and bright enough so the entire audience can see it. That is, make sure the people in the back row can read every word clearly. If you need to point something out on the screen, it is preferable to use a laser pointer. Try not to turn your back on the audience when you do this. You should also never, never, *NEVER* read from your slides. They should be short, to the point and only contain topic highlights or prompts for your speech.

I never liked being glued to a podium. I prefer to roam around the stage. The more movement, the more the audience seems to stay alert. "Roam" is probably not the best word to use, since it implies my movement has no purpose. But, as you move about the stage, the eyes of the audience must move to follow you. This helps keep them interested and awake.

Occasionally, people in the audience will strike up side conversations with their neighbor. This can be disruptive for the rest of the audience. A subtle way to get the offenders to stop is to wander into the audience while continuing to speak. Those offending individuals to whom you are standing nearest will tend to pay particular attention. You are drawing the eyes of the rest of the audience in their direction, and your offending side-bar talkers don't want to be caught not being attentive.

Voice inflections are important. Altering your tone and occasional short periods of silence both help to punctuate statements. If you want someone to remember a specific line, speak a little slower than usual, alter your tone throughout the statement and then remain silent for a second or two after you say it.

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A former professor of mine named Dr. Donald Ungurait is a communications professor at Florida State University (FSU). He teaches a class in professional presentations. Here are some items of interest I learned from him that I'll relay to you: Check your pants, skirt, shirt, belt, tie, hat and anything else you're wearing for neatness. Shirts and blouses should be properly tucked, zippers zipped, no wrinkles or runs in hose (most men may ignore this tip), ties properly tied and shoes laced and reasonably cleaned or shined (I'm not great at keeping my shoes shined, but I will wipe the mud off them prior to speaking before an audience). The tip of your belt should not hang to your knees. Your hair should be in place. Oh, and if you just had a salad for lunch, check your teeth for broccoli bits. Check beards and mustaches for uneaten food (most ladies may ignore this tip). If you keep a wallet stuffed with credit cards in your back pocket, and if it makes your pocket poke out two or three inches, leave it in your car while you're talking. All of these things may distract the audience from your speech or message.

Dr. Ungurait is a powerful speaker and can hold the interest of an audience through a three-day workshop. He possesses skills that distinguish him as a dynamic speaker. He constantly roams the stage (and the audience) and remains still only when he makes a particularly important point. He gesticulates appropriately. Moving arms and hands makes a speaker appear that he's interested in the audience or the subject about which he is speaking. Dr. Ungurait constantly involves the audience in the event. He provides the audience with items to examine. He involves the audience in exercises to keep them moving around. He asks questions of the audience in hopes it will stimulate discussion (this is often referred to as the Socratic method of teaching). Occasionally he asks if the audience has any questions. He does not pretend he knows the answer to a difficult question when he doesn't. He shares stories and amusing anecdotes of personal experiences and things about which he is intimately familiar.

That reminds me of an amusing anecdote. I was once sitting in an audience of at least 1500 people at a national conference listening to a medical expert read directly from his massively worded slides. He did everything he could to put his audience to sleep. I used the time wisely to write most of this article. I was able to list everything he did that made his speech painfully dull and determine what he might have done to turn a boring topic into something, at least, tolerable.

Dr. Ungurait's most important attribute is his use of humor to deliver his message. One way you can use humor is to collect cartoons. Cut pertinent political or other related cartoons from newspapers or magazines, and scan them into slides. Even when a person in the audience has seen a particular cartoon before, they appreciate the humorous break in what otherwise may be a very serious subject. There is ALWAYS a way to interject humor; a humorous remark, a humorous personal experience or maybe something funny you read in a book or magazine.

Probably the most important tip I can give you about presenting information to an audience is this: think about presentations or lectures you have attended. What made them interesting? What made them boring? You can figure most of this out on your own. Like the hot dog who opened his mail box and pulled out an envelop that said, "You may already be a wiener," *you* may already be a winning public speaker.

Phil Reichert gesticulating



Don Ungurait & April Crowley in 2005.





Diet

One of the best things you can do to keep you healthy is eating a well-balanced diet that contains lots of fresh fruit, vegetables, and some lean meat. Most people with hepatitis C do not need a special

diet until the liver is so damaged that it can not function well. If possible see a nutritionist (diet specialist) for advice on what to eat to stay healthy. *A diet based on the Food Guide Pyramid is generally recommended.*

Healthy Eating Habits.....

- ◆ Do eat lots of fruits and vegetables as well as chicken, fish and some lean red meat. It is also good to eat cereals, bread, rice and pasta as long as there are labeled as multi-grain.
- ◆ Do not eat any raw or undercooked shellfish because they could damage your liver even further.
- ◆ Try to stay away from foods that are high in fat, sugar, and salt. If possible stay away from fried or over-processed food that you can get from fast food restaurants.
- ◆ Visit www.mypyramid.gov for more detailed information on eating well.



Public Service Recognition Week



Above: Jeffrey Storm and Laura Smith



Jim Cobb, a mighty fine cook



Deputy Secretary Jean Kline, Surgeon General Dr. Ana Viamonte Ros, Jessi Embleton and Division of Disease Control Director Dr. Russell Eggert



Jim Cobb, Shandrecka Murphy and Linda Friedlander

May 5-11 was *Public Service Recognition Week* in Florida, and May 7, 2008, was proclaimed by Governor Crist as *Public Employee Recognition Day*. **Jim Cobb**, Chief of the Bureau of TB & Refugee Health, kicked the week off on Monday by cooking his famous chicken wings for everyone. He offered us a “wing” and a prayer and gave us a “leg” to stand on! Then, on Friday, our leaders in the Division of Disease Control invited us to join them for refreshments to show their appreciation. It was a wonderful gesture of recognition and thanks.

In Dr. Russell Eggert’s words: “We could not possibly provide what you really deserve as career public health employees. Thank you for all that you do!” He also gave us this quote from Herbert Henry Lehman: “**You can’t run a government solely on a business basis...Government should be human. It should have a heart.**”



Above: Stefanie White, Nita Harrelle and Melissa Cox

Below: Jason Allison, Debbie Norberto, Alex Bello and Brian Strauch



Welcome Jessi Embleton!

Our staff is finally complete! The Hepatitis Prevention Program is proud to announce the addition of **Jessi Embleton** as our Office Manager. Jessi worked in administration in the Division of Disease Control's Management Information Systems (MIS) for one and a half years. Prior to that, she worked in the Division of Family Health. Jessi will be doing "a little bit of everything" in our program.

Jessi was born and raised in Tallahassee. She and her husband, David, have a ten-month-old son, Payton, one cat, one dog and six fish.



Jessi



Payton

NOTE FROM THE EDITOR

Hepatitis Health is brought to you by the Hepatitis Prevention Program in the Division of Disease Control, Bureau of HIV/AIDS at the Florida Department of Health. We want to know what you are doing in your community to prevent viral hepatitis. Please submit your articles and photos to: April.Crowley@doh.state.fl.us

Each time a man stands up for an ideal or acts to improve the lot of others, he sends forth a tiny ripple of hope.
Robert F. Kennedy, 11/20/25 – 6/6/68



David Marks today



Answer to Music Trivia from page 1: "Surfin USA," Beach Boys

Sometimes referred to by Beach Boys historians as the "forgotten" Beach Boy, **David Lee Marks** played rhythm guitar and sang harmony vocals.

David Marks was not part of the original Beach Boys line-up that recorded "Surfin" for Candix Records in early '62; this line-up included Al Jardine. But, on the eve of the Beach Boys' first recording session for Capitol, Jardine opted out, and the 14-year-old Marks was quickly drafted to fill the post. He continued to sing and play rhythm guitar for the Beach Boys for about a year and a half, recording several albums with them, as well as the early hit singles "Surfin Safari," "Surfin USA," "Surfer Girl" and "In My Room." While his time in the band may have been relatively short, Marks contributed to the foundational sound of one of America's most influential pop groups.



Beach Boys in Hawaii in 1962: Carl Wilson, David Marks, Al Jardine (kneeling), local promoter, Mike Love and Dennis Wilson

Marks was diagnosed with **hepatitis C** in 1999. After treatment, he beat the virus in 2004, and still remains the spokesman for a number of awareness campaigns.