

# the health advisor

September is  
**OVARIAN AND  
PROSTATE CANCER  
AWARENESS  
MONTH**

**SUNBURN  
AND  
MEDICATION**

The Time  
to Prepare  
for a  
Natural  
Disaster  
**is Now**

## Looking out for Florida's Kids:

KidCare, the Kimberlin West Act  
and Healthy Halloween Treats

## National Health Observances

### SEPTEMBER

America on the Move Month  
Childhood Cancer Month  
Fruit and Vegetables Month  
Ovarian Cancer Awareness Month  
National Cholesterol Education Month  
National Sickle Cell Month  
Prostate Cancer Awareness Month  
National Food Safety Education Month  
National Preparedness Month  
**STARTING SEPTEMBER 10**  
Environmental Health Week

#### SEPTEMBER 9

International Fetal Alcohol Spectrum Disorders Awareness Day

#### SEPTEMBER 18

Take a Loved One for a Check-Up Day

### OCTOBER

“Talk about Prescriptions” Month  
Halloween Safety Month  
Health Literacy Month  
National Breast Cancer Awareness Month  
National Dental Hygiene Month  
SIDS Awareness Month  
Liver Awareness Month  
American Pharmacists Month  
Domestic Violence Awareness Month

#### STARTING OCTOBER 7

Fire Prevention Week

#### STARTING OCTOBER 15

National Health Education Week

#### STARTING OCTOBER 15

National School Lunch Week

#### STARTING OCTOBER 21

Massage Therapy Awareness Week

#### STARTING OCTOBER 21

Lead Poisoning Prevention Week

#### OCTOBER 1

National Child Health Day

#### OCTOBER 4

International Walk to School Day

#### OCTOBER 15

Latino AIDS Awareness Day

compiled by Amy Alexander

# the health advisor

Official Newsletter of the Florida Department of Health

Ana M. Viamonte Ros, M.D., M.P.H., State Surgeon General

SEPTEMBER/OCTOBER 2007



## personal responsibility

- 3 | Don't Lose Control: Shaken Baby Syndrome
- 4 | Trick-or-Treat
- 5 | Fathers Have Rights Too

## prevention

- 6 | Keep Kids Healthy
- 7 | Janelle's Law
- 8 | Don't Get Burned by Your Medication
- 9 | Cancer Awareness

## preparedness

- 11 | Going Green in the Sunshine State
- 12 | September is the Time

## ideas & excellence

- 13 | Show Us Your Best
- 14 | People in Public Health

Check out the Florida Department of Health's (DOH) new Web site: [www.floridashealth.com](http://www.floridashealth.com) for more information on how the DOH is working to make a healthier Florida.

**DOH MISSION: TO PROMOTE, PROTECT AND IMPROVE THE HEALTH OF ALL PEOPLE IN FLORIDA.**

EDITOR-IN-CHIEF ANGELA LYNN

EXECUTIVE EDITOR STEPHANIE TURNAU

ART DIRECTOR GEORGIA MURPHY

(c) 2007 Florida Department of Health

The Health Advisor is published on a bi-monthly basis by the Office of Performance Improvement and is available on the DOH Intranet and Internet Web sites.

Please send articles for submissions and questions regarding the Health Advisor to Stephanie Turnau; 850.245.4013; Fax, 850.245.0462; EMAIL, [performanceimprovement@doh.state.fl.us](mailto:performanceimprovement@doh.state.fl.us); SUNCOM, 205.4007; SUNCOM FAX 292.0462.



# DON'T LOSE Control

by Janet H. Evans

In 2002, the Florida Legislature passed the Kimberlin West Act which requires every parent who gives birth in Florida receive shaken baby syndrome prevention education before they take their newborn home. Shaken baby syndrome is one of the most common causes of death by physical abuse to children in Florida. It occurs when a frustrated caregiver loses control and violently shakes a young child, causing permanent brain damage or death.

The Children's Medical Services' Division of Prevention and Intervention received a special appropriation in 2006 to promote public awareness related to shaken baby syndrome. The Division partnered with Janet Goree, a nationally recognized trainer and advocate, to develop and present training for hospital-based nurses on how to teach new parents shaken baby syndrome prevention education. Janet suffered the loss of her own granddaughter to shaken baby syndrome. Following this life changing trauma, Janet was determined that parents leave the hospital only after receiving shaken baby syndrome education, an understanding of the impact of a crying infant and an "action and response plan" to put into effect when they experience their infant's prolonged crying episodes. With a decrease in the number of shaken baby cases, the state of Florida receives the added benefit of not having to spend millions of dollars to provide medical care for irreversible brain injuries suffered by babies and young children.

During the past year, personnel from 39 hospitals, two county health departments and several other programs were trained. In addition, a distance learning training session for Department program staff was broadcast in May 2007.

For more information, please contact: Prevention Unit, Division of Prevention and Intervention at (850) 245-4200 or [www.doh.state.fl.us/cms/HProviderPIAbusePrev.html](http://www.doh.state.fl.us/cms/HProviderPIAbusePrev.html).



Janet Goree demonstrates the effects of shaken baby syndrome on an infant's brain.

# Don't Let Your Child's Treats Become Health Tricks: Take a Look in their Halloween Bag

by Katie Rainka



**H**alloween is a time for fun, imagination and creative costumes. It is also a time for scavenging the neighborhood for goodies full of sugar. Sometimes children end up with pounds of candy, but you do not have to let it put pounds on you or your child!

While it may be a tradition to overload on sweets, with our growing obesity problem, it just does not make sense. Try these tips to encourage a healthier Halloween.

**EAT BEFORE HEADING OUT THE DOOR** Do not trick-or-treat on an empty stomach. Be sure to eat a well-balanced meal beforehand to discourage candy overload.

**SIZE MATTERS** Give your kids smaller bags or buckets and stop collecting goodies when it is full.

**PORTION CONTROL** When you get home, portion out goodies in small bags and allow children to have an appropriate-sized bag each day.

**TAKE A HIKE** Trick-or-treating is also a great opportunity to participate in physical activity as a family. Encourage your family to walk the neighborhood instead of riding in a car. Map out a safe route that includes access to sidewalks, secure street crossings and proper street lighting.

Physical activity helps strengthen bones, muscles and joints, reduces depression and anxiety, controls body weight and blood pressure, boosts self-esteem and self-confidence and improves an overall feeling of well-being. If you know your child will be consuming more calories than normal during this Halloween season, encourage them to increase their physical activity to burn up those extra calories. It is recommended that adults participate in 30 minutes a day at least five days a week and that children participate in at least one hour of physical activity most days of the week.

## Set a Good Example

OFFER HEALTHY ALTERNATIVES TO TRICK-OR-TREATERS

▼  
Small boxes of raisins or other dried fruit

▼  
Graham crackers

▼  
100% juice boxes

▼  
Snack-sized bags of low fat popcorn or carrots

▼  
Sugar-free gum

▼  
Sugar-free jell-o or pudding cups (non-refrigerated kind)

▼  
Individual boxes of cereal such as Cheerios or Raisin Bran

▼  
Non-food items such as pencils, erasers, stickers or trading cards

For more information about a healthy Halloween, please visit the Centers for Disease Control and Prevention Web site at: <http://www.cdc.gov/women/owh/halloween/index.htm>.

# Fathers Have Rights Too

by Betty Shannon



In May of 2003, Governor Jeb Bush signed into law legislation sections 63.054 and 63.541 Florida Statutes, providing for the establishment of the Florida Putative Father Registry at the State Office of Vital Statistics.

The purpose of the registry is to permit a man who states that he may be the biological father of a child (and is not married to the mother) to establish his right to be noticed, before an agreement to adoption.

If the biological father fails to register his notarized claim with the Florida Putative Father Registry before the court is petitioned for an adoption or for termination of parental rights, the putative father's parental rights may be lost entirely or the court can terminate the father's parental rights forever.

The two basic components of the registry are registering the claims made by the biological fathers and issuing results of search(es) for eligible applicants.

The Putative Father Registry is confidential, and the only parties considered eligible to perform a search are the registered biological father, an adoption agency or entity or a pro-se petitioner (someone representing themselves in court) upon receipt of an order granting a motion to search the registry. The cost of a search or to file a putative claim with the registry is \$9.00.

A father wishing to register with the registry can contact the Florida Office of Vital Statistics at (904) 359-6900 ext. 1086 or 1068. Applications are available at the State Office of Vital Statistics, local county health departments and online at: [http://www.doh.state.fl.us/planning\\_eval/vital\\_statistics/index.html](http://www.doh.state.fl.us/planning_eval/vital_statistics/index.html).

Applications can also be mailed to Office of Vital Statistics, Putative Father Registry, P.O. Box 210, Jacksonville, FL 32231.

# Keep Kids Healthy

by Amy Alexander

As parents take their children for back-to-school check-ups and immunizations, health insurance coverage for students becomes increasingly important. Florida KidCare is the state health insurance program for uninsured youth under age 19. Most families only pay \$15 to \$20 each month, and children eligible for Medicaid are covered for free. Even a child with both parents working may still be eligible for coverage. Approximately 500,000 uninsured children in Florida may qualify for Florida KidCare, and the Florida Department of Health (DOH) participates in outreach efforts to help eligible children enroll.

All parents should know that their children need insurance before they get sick, and regular check-ups are important for healthy growth. Statistics show healthy children perform better in school and in daily activities. Parents can feel confident that their child has health coverage and will grow up strong when they sign up for KidCare coverage.

Florida KidCare services include:

- Medical appointments, emergencies & surgery
- Dental check-ups
- Vision & hearing check-ups
- Shots & prescriptions

Signing up or renewing is easy, and applications can even be completed online. For more information about Florida KidCare, visit [www.floridakidcare.org](http://www.floridakidcare.org), call 1-888-540-5437 or contact your local county health department.

**DOH's outreach efforts include:**

- Florida KidCare materials and promotional items available through the DOH Distribution Center
- Florida KidCare information available at immunization events, county health departments and Children's Medical Services offices
- DOH staff participation in statewide events
- Four DOH vehicles wrapped with the Florida KidCare message
- DOH maintenance of Florida KidCare Web site

# Janelle's Law

Submitted by the Office of Injury Prevention

Janelle Bertot was a student at Florida International University who died on November 14, 2004, from carbon monoxide poisoning. The carbon monoxide (CO) originated from a motor vehicle. Anthony Perez, another student at Florida International University, also perished. As a result of this tragedy, a charitable foundation began in Janelle's name with the goal of raising awareness on the dangers of carbon monoxide poisoning.

"Janelle's Law," Senate bill 1822, inserts an addition to 509.211 Florida Statutes (F.S.) that requires CO detectors be installed in public lodging establishments that have an enclosed space or room containing a fossil-fuel-burning heater or appliance, a fireplace or an attached garage that contains sleeping areas. The CO detector includes an audible alarm that is integrated into the fire detection system. The Division of Hotels and Restaurants in the Department of Business and Professional Regulation is responsible for enforcement of the bill in public lodging establishments. The bill also creates section 553.885 F.S., which states that all new construction, with building permits given on or after July 1, 2008, which contains a fossil-fuel-burning appliance, a fireplace or an attached garage that contains sleeping areas, must have CO alarms within ten feet of each sleeping room.

Carbon monoxide is a colorless odorless poisonous gas, produced by incomplete burning of carbon-based fuels, including gasoline, oil and wood. When carbon monoxide enters the body, it combines with chemicals in the blood and prevents the blood from bringing oxygen to cells, tissues and organs. Exposure to CO can cause serious health effects or death. Symptoms of CO exposure can include problems with vision, reduced alertness and general reduction in mental and physical functions.

In Florida, we also need to be aware of CO poisoning due to portable generator use during power outages caused by tropical storms and hurricanes. Keep your generator O.A.D. (Outside, Away and Dry) so you do not become D.O.A. (Dead on Arrival). Use a battery-operated CO alarm in your home. Get fresh air IMMEDIATELY if you feel sick, dizzy or weak.

For 24-hour advice call the Florida Poison Information Center at 1-800-222-1222. For emergency medical assistance call 911. For more information, please contact Lisa VanderWerf-Hourigan in the Office of Injury Prevention.





## Don't Get Burned by Your Medication

by Stephanie Turnau

According to the Mayo Clinic, some common prescription and over-the-counter medications can make your skin so sensitive to sunlight that you can develop a severe sunburn in just minutes. This is known as photosensitivity. Drugs to watch out for include many antibiotics; some medications for cholesterol, high blood pressure and diabetes; ibuprofen and naproxen; and the acne treatment Accutane. Be sure to ask your doctor about sun sensitivity when you are given a new prescription.

Sun safety should always be practiced regardless of any medications you currently take. Try to avoid being outside from 10 a.m. to 4 p.m., when the sun is at its peak; wear long sleeves and pants to keep skin covered and a hat and sunglasses to protect your face; and always wear a sunscreen of at least 15 SPF. Remember to reapply sunscreen often, especially after swimming or sweating, which can dilute or wash off protection.

If photosensitivity does develop, sunscreen may help by blocking a portion of the UV spectrum. In some cases though, chemicals in the sunscreen may actually make the problem worse. Always let your doctor know about any changes or drug interactions that you experience after starting a new prescription medication. Other resources for information include the Florida Department of Health ([www.doh.state.fl.us/family/cancer](http://www.doh.state.fl.us/family/cancer)) and the Centers for Disease Control ([www.cdc.gov](http://www.cdc.gov)).

### The following ingredients have been found to increase photosensitivity:

BERGAMOT OIL	SALICYLATES
SANDALWOOD OIL	ANTHRANILATES
BENZOPHENONES	PSBA
PABA	MEXENONE
CINNAMATES	OXYBENZONE

## Cancer Awareness

# September is Ovarian & Prostate Cancer Awareness Month

by Sue Higgins

### Know the Risks of Ovarian Cancer

Ovarian cancer is caused by a malignant tumor in the ovaries. The Gynecologic Cancer Foundation states signs and symptoms may include abdominal discomfort and/or pain (gas, indigestion, pressure, swelling, bloating, cramps); nausea, diarrhea, constipation or frequent urination; loss of appetite; feeling of fullness even after a light meal; weight gain or loss; and abnormal bleeding from the vagina.

Risk for ovarian cancer begins to increase as a woman ages, and most cases occur in women over 50 years old. A woman's chances of developing ovarian cancer increase if a close relative has had the disease. Women may inherit genes that substantially increase their risk, and any woman with a history of breast, endometrial or colon cancer is at a higher risk.

According to the American Cancer Society (ACS), ovarian cancer causes more deaths than any other cancer of the female reproductive system. As reported by the statewide cancer registry, the Florida Cancer Data System, 1,485 cases of ovarian cancer were diagnosed in Florida and 943 women died from the disease in 2004. ACS estimates 22,430 new cases and 15,280 deaths will occur in 2007 from ovarian cancer among U.S. women.

Ovarian cancer is treatable. ACS reports a five-year survival rate of 93 percent when the cancer is diagnosed and treated in early stages. Unfortunately, early diagnosis occurs in only 19 percent of ovarian cancer cases nationally. Women should know their risk for ovarian cancer and have routine checkups with a healthcare provider. Ovarian cancer is a subtle disease; all women must be informed.



*prevention is the key*

### Protect Your Prostate

The prostate is a walnut sized gland around the male urethra below the bladder. The prostate and other glands secrete fluids that make up semen.

Prostate cancer is the second leading cause of cancer in Florida exceeded only by cancer of the lung and bronchus.

The American Cancer Society estimates that 15,710 new cases of prostate cancer will be diagnosed in Florida and 2,180 men will die of prostate cancer during 2007.

Men are encouraged to be aware of the risk factors associated with developing prostate cancer:

**AGE** Most men are diagnosed at 65 years old or older

**FAMILY** A history of prostate cancer

**RACE** Prostate cancer is more common in African Americans

**DIET** High in animal fat or meat

Men who may have any of these risk factors should take an active role in their health and consult their physician regarding the appropriateness of screening. To detect problems with the prostate, physicians may utilize several screening tests: digital rectal examination or a blood test for prostate-specific antigen (PSA). Some men experience problems with the prostate due to a non-cancerous condition known as benign prostatic hyperplasia (BPH) which may cause the prostate to grow larger, block urine flow and cause sexual dysfunction.

For more information on these cancers, cancer prevention and screenings, visit the Centers for Disease Control and Prevention at: [www.cdc.gov](http://www.cdc.gov), the Department of Health's Web site at: [www.floridashealth.com](http://www.floridashealth.com) and select Cancer from the drop box, or call the National Cancer Institute at 1-800-4-CANCER.

## Cancer Awareness

# October is Breast Cancer Awareness Month

by Clifton Skipper

### Take Charge of Your Health

Women can take charge of their own breast health by understanding their personal risks of the disease and reporting any breast change promptly to their doctor. Mammography can usually detect breast cancer at its earliest, most treatable stage, long before a lump can be felt. It is important for women age 40 and older to have a mammogram and clinical breast exam every one to two years, according to the U.S. Preventive Task Force. All women, beginning in their 20's should have a clinical breast exam as part of their regular annual exam. Women should talk to their doctor if they would like to learn how to perform breast self exams. There are factors that many women may not be aware of, such as a rare gene, which makes breast cancer a higher risk in some families. While being female and getting older are the greatest risk factors, there may be some things within our control that reduces risk. Some studies have shown a connection between increased alcohol consumption and increased breast cancer risk. Use of combination hormones, not having children or late childbearing have also been discussed in studies as increasing risk.

Signs to look for that might be breast cancer:

**Lump or thickening in or near the breast or underarm area**

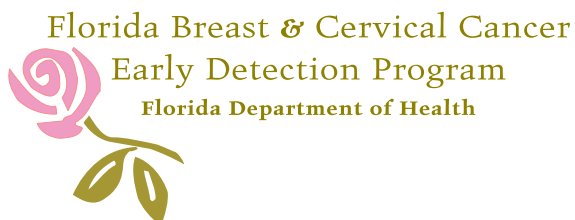
**Change in the size or shape of the breast**

**Change in the color or feel of the skin on or near the breast or underarm area**

**Nipple discharge (other than milk)**

**Nipple turning inward**

For more information regarding breast cancer and breast cancer prevention, please visit Department of Health's Web site at: [www.floridashealth.com](http://www.floridashealth.com); Centers for Disease Control and Prevention at: [www.cdc.gov](http://www.cdc.gov) or call the National Cancer Institute at 1-800-4-CANCER.



Celebrate in Style: Show your support for breast cancer awareness by wearing pink in October.

County health departments and Department of Health offices located at the Capital Circle Office Complex will be hosting "Dress in Pink" and "Wear it Pink" days. Fashion contests and a day of pampering may be offered. Contact your local county health department to learn how you can participate and help raise breast cancer awareness.

# Going Green

## in the Sunshine State Governor's Environmental Message Will Have a Big Impact on Health

by Stephanie Turnau

On July 12 and 13, Governor Charlie Crist held the "Serve to Preserve Florida Summit on Global Climate Change" in Miami. The Governor called on the people of Florida to reduce greenhouse gas emissions and become more energy efficient in order to slow down global warming.

Policy makers, academics, scientists, environmentalists and members of the business community, including Robert F. Kennedy, Jr. and California Governor Arnold Schwarzenegger, were all invited to participate in this discussion regarding the impact of climate change in Florida. Future legislation and procedures for state agencies will be shaped by the recommendations made by this select group of people.

Changes in the environment have a great impact on the health of the people of Florida. If these warming trends continue, possible health problems could include:

**More severe or frequent asthma, respiratory or cardiac problems due to decreased air quality**

**Heat-related illness could increase in severity, especially for the very young and the elderly**

**Increase in chronic disease rates if Floridians reduce their physical activity because of the higher temperatures**

State Surgeon General Ana M. Viamonte Ros encourages this focus on a healthy environment as it will help ensure the quality of life for Floridians. "Each one of us has a personal responsibility to examine our own habits and make adjustments where needed to address global climate change. I applaud Governor Crist's commitment to protecting and improving the public's health through this summit."

In fact, the Governor has already signed Executive Order 07-126, "Leadership by Example: Immediate Actions to Reduce Greenhouse Gas Emissions from Florida State Government." This order states that all state buildings constructed in the future must be energy efficient and include solar panels whenever possible. Also, leased office space shall be in energy efficient buildings. Vehicles purchased for state office use will be fuel efficient and use ethanol and biodiesel fuels when available.

For more information on the Governor's climate change policy, please visit: [www.myfloridaclimate.com](http://www.myfloridaclimate.com). Department of Health (DOH) environmental public health programs can be found at: [www.myfloridaEH.com](http://www.myfloridaEH.com) and DOH chronic disease programs at: <http://www.doh.state.fl.us/Family/chronicdisease/index.html>.



# September is the Time to Prepare for the Unexpected

by Lela Shepard

Every year, natural disasters—ranging from hurricanes and wildfires to tornadoes and flooding—wreak havoc on Florida families, homes and communities. Often, these events happen without warning, but there are simple steps each of us can take to minimize their impact.

The Florida Department of Health will participate in National Preparedness Month activities and encourage residents to visit [www.floridadisaster.org](http://www.floridadisaster.org). This site has information about the simple steps residents can take to prepare and provides templates such as a family emergency plan and an emergency supply checklist.

The Department also encourages private health care practitioners to donate their time and professional skills to the Florida Medical Reserve Corps. These volunteers help augment local and state-level health services during emergency medical operations and are critical during the hurricane season. For more information, contact the Office of Public Health Nursing at (850) 245-4746 or visit [www.medicalreservecorps.gov](http://www.medicalreservecorps.gov).

Preparedness is essential to the Department's mission. Ensuring Florida is prepared for, can respond to, and recover from a bioterrorism event, outbreak of infectious disease or other public health emergency is key to protecting the health of Florida residents and visitors. For more information about preparedness activities, contact Lela Shepard in the Office of Public Health Preparedness at (850) 245-4128.

*Preparedness is essential to the Department's mission.*



# SHOW US YOUR Best

by Cathy Brewton  
& Tara Richardson

The Office of Performance Improvement (HPI) is seeking best and promising practice submissions that facilitate effective and innovative public health practices. A best practice does not have to be a traditional public health program, but can be an innovative idea, direction or new way of doing business that can be evaluated.

The top six submissions will receive a \$1,500 scholarship that may be used for registration fees, scholarships or travel to attend local, state or national conferences; as seed money to help with performance improvement projects; or as incentive funds to encourage community needs assessment or strategic planning efforts.

While submissions are accepted year round, the qualification deadline for scholarship awards is October 15, 2007. County health departments, central office programs, Children's Medical Services and Division of Disability Determinations are eligible to apply, and more than one submission from an organization will be accepted. Awards will be distributed by November 1, 2007.

Submissions will be judged by an HPI staff member, a central office program representative and a county health department representative using scoring criteria. Based on the outcome of the score, the application will be posted in the best practices compendium as a best practice (41–55 points), promising practice (26–40 points), success story (15–25 points) or accomplishment (less than 14 points).

A best practice application, scoring criteria and conditions for spending the awards may be found on the HPI SharePoint site (under "Shared Documents"). Please complete the application and submit, along with any attachments, to Tara Richardson via email, facsimile at 850-922-0462, or mail your application to: Office of Performance Improvement, 4052 Bald Cypress Way, Bin C24, Tallahassee, FL 32399.

If you have any questions, please feel free to contact Tara Richardson or Cathy Brewton at (850) 245-4007 or Suncom 205-4007. You can't win if you don't send it in, so submit your best or promising practice today!

If you have already submitted and received notice of a Best Practice Award from HPI, your submission will automatically be considered for a scholarship award.

*You will never change your life until you change something that you do daily.*

—Mike Murdock

# People in Public Health

**Sumter County Health Department received the Jefferson Award for Public Service “Certificate of Excellence.”** The Jefferson Awards are a prestigious national recognition system that honors community service in America. The Jefferson awards are presented on two levels: national and local. The Jefferson award has 150 media partners in 90 communities across the country. A local judge selects the winners. These media partners are major local newspapers and television stations. —**Dina Martinez**

**The Brevard County Health Department won two Model Practice Awards from the National Association of County and City Health Officials (NACCHO) for programs that address public health needs during emergencies.** The awards honor initiatives that demonstrate how local health departments and community partners can effectively collaborate to address public health concerns. One of this year’s winning programs focused on special needs populations during disasters. The other program focused on how to mitigate infectious disease through mass immunization. —**Stephanie Turnau**

**During the closing ceremony of the Dependency Summit organized by the Department of Children and Families (DCF), awards were given to honor those who demonstrate positive leadership and teamwork** The honorees, one from each judicial circuit, were identified as people whom the community would seek advice on how to solve problems and best help families. The winner from Circuit 8 is Gainesville Child Protection Team Case Coordinator Michele Scavone Stone. Another winner is Hal Hedley, Executive Director for the Child Protection Center, Inc. in Sarasota representing District 12. The Child Protection Center is the contract holder for both the Child Protection Team and the Sexual Abuse Treatment Program. Child protection teams (CPT) are housed in the Department of Health’s Children’s Medical Services (CMS). CPTs and DCF work closely together because they deal with children who are involved in abuse and neglect investigations. Please visit <http://www.cms-kids.com/CPTHome.htm> for more information. —**Kristin Roberts**