



Welcome New Clients!

Clinical Outcomes Group, Inc. (COGI) would like to take this opportunity to say “Thank You!” and recognize the following companies for partnering with COGI during the last quarter to offer Workplace Wellness services to their employees:

- * Berwick Hospital Center
- * Berwick YMCA
- * Big Lots
- * Bloomsburg Health System
- * Bloomsburg Veterinary Hospital
- * Castek
- * Century 21—Covered Bridges
- * Child Care Information Systems
- * Columbia / Montour Headstart
- * Girton Manufacturing Co.
- * Schuylkill Chamber of Commerce
- * Tamaqua Area Chamber of Commerce
- * The Women’s Center, Inc.

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September is National Food Safety Education Month ®

An estimated 76 million cases of food borne disease occur each year in the United States. CDC estimates that there are 325,000 hospitalizations and 5,000 deaths related to food borne diseases each year. With the recent high-profile *Salmonella* Saintpaul outbreak fresh on our minds, now is an ideal time for food safety education.

Common Food borne Illnesses and Symptoms

The most common food borne illnesses are caused by the bacteria *Campylobacter*, *Salmonella*, and *E. coli* O157:H7, and

by a group of viruses called calicivirus, also known as the Norwalk and Norwalk-like viruses. Symptoms vary depending on the type of bacteria and severity of the illness. Common symptoms include nausea, vomiting, abdominal cramps and diarrhea. See your doctor or healthcare provider when diarrheal illness is accompanied by a high fever (temperature over 101.5°F, measured orally), blood in the stools, prolonged vomiting that prevents keeping liquids down, signs of dehydration,

including a decrease in urination, a dry mouth and throat, and feeling dizzy when standing up or if diarrheal illness lasts more than 3 days

Reducing Your Risk

You can reduce your risk of becoming infected with food-borne illness. Do not eat raw or undercooked meat, including hamburgers, poultry, and seafood, and do not drink raw milk or eat products made from raw milk. Rinse fresh fruits and vegetables under (continued on page 6)

Fit Physical Activity Into Your Life



How Much Physical Activity Do You Need?

In October 2008, the U.S. Department of Health and Human Services (HHS) released the *2008 Physical Activity Guidelines for Americans*, a comprehensive set of recommendations for people of all ages and physical conditions. According to the new *Guidelines*, adults gain substantial health benefits from two hours and 30 minutes a week of moderate-intensity

aerobic physical activity and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms). Children and adolescents benefit from an hour or more of physical activity a day. Most of the 1 hour or more a day should be either moderate- or vigorous-intensity aerobic physical activity. As part of their daily physical activity, children and adolescents should do vigor-

ous-intensity activity on at least 3 days per week. They also should do muscle-strengthening and bone-strengthening activity on at least 3 days per week.

The *Guidelines* set achievable goals for everyone and can be customized according to a person's interests, lifestyle, and goals.

Physical Activity Has Health Benefits

Regular physical activity over months and years produces long-term health benefits and reduces the risk of many long-term health conditions, such as heart disease and diabetes. It can also increase your chances of living longer, help you control your weight, improve the way you feel, and even help

you sleep better. Overall, the more physically active you are, the more health benefits you gain.

Some Activity is Better Than None

A main message of the *Guidelines* is that for all individuals, some activity is better than none, but more is better. If you haven't been active for some time, be sure to start at a comfortable level and add a little more activity as you go along. For most health outcomes, additional benefits occur as the amount of physical activity increases.

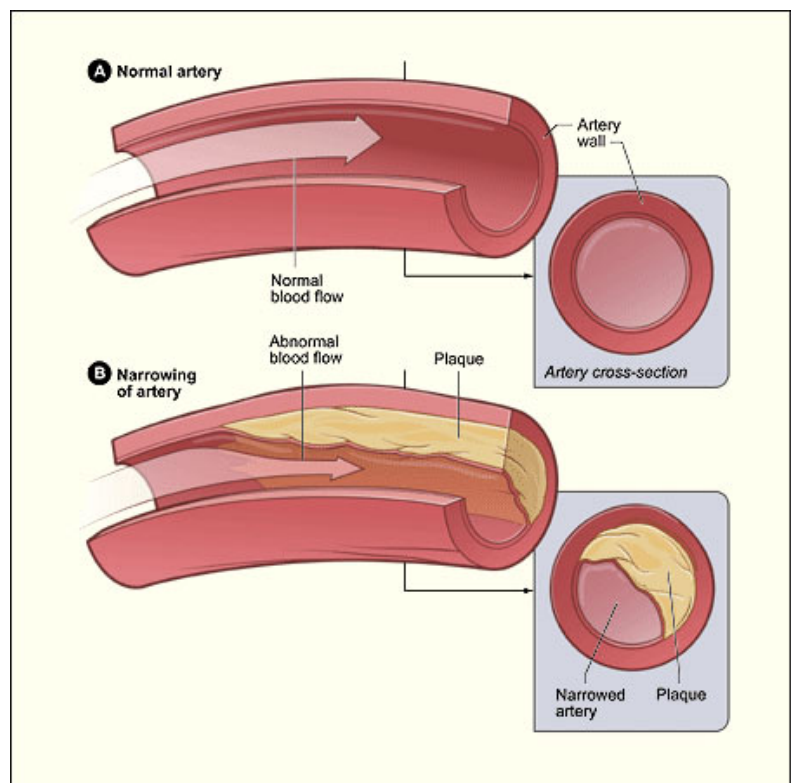
Source: : <http://www.cdc.gov/Features/PhysicalActivity/>

September is National Cholesterol Education Month

High blood cholesterol is a major risk factor for heart disease, the leading cause of death in the United States. About 17% of adult Americans have high blood cholesterol (240 mg/dL or more total cholesterol). Cholesterol is a waxy, fat-like substance found in your body. In fact, it is needed for the body to function normally. Your body makes enough cholesterol for its needs. When there is too much cholesterol in your body, it is deposited in arteries, including those of the heart, which can lead to narrowing of the arteries and to heart disease. High blood cholesterol does not produce symptoms, so many people

may not know that their blood cholesterol is too high. However, blood cholesterol can be easily checked and can be controlled. Also, there are things that you can do to help keep your blood cholesterol levels in the normal range. Find out more on this Web site about cholesterol, heart disease, and what you can do to help stay healthy.

Source:
www.cdc.gov/cholesterol



Teen Drivers: Safe To and From the Prom..... And Beyond



Like going to prom, learning to drive is one of life's milestones. Parents can serve an important role by encouraging teen driver safety to and from prom—and throughout the year.

Know Teen Drivers' Risks

Parents are concerned about protecting their teen's health and safety. But not everyone realizes that motor vehicle crashes are the leading cause of death for U.S. teens:

In 2006, 3,490 young people ages 15 to 20 -- an average of more than nine a day-- died in motor vehicle crashes, and another 272,000 were injured.

Overall, younger drivers lack experience on the roads and are less likely than older drivers to recognize risky situations. While lack of experience increases teens' crash risk, so does driving with teen passengers while unsupervised. As the number of teen passengers goes up, so does the risk of a crash.

Fortunately, there are proven ways to reduce teen drivers' risk on the roads. Graduated driver licensing (GDL) systems, combined with parental management, can make a positive difference and make your teen a safer driver.

Know How Much Parents Matter

Is your teen driving or riding with other teens to prom?

Whether your teen's prom is this season or on the horizon, know that you can play a key role in influencing his or her road safety behavior—on prom night and

at all times. As a parent or guardian, you're in a unique position as a driving teacher, supervisor and role model. You make the rules about when, where, and with whom your teen can drive. You can also help reinforce important messages about the importance of using seatbelts and the risk of alcohol-impaired driving.



Find state-specific information on your GDL laws.

Typically, the three stages of GDL are:

1. A minimum supervised learner's period.
2. An intermediate license (once the driving test is passed) that limits unsupervised driving under high-risk conditions, such as night-driving or driving with other teen passengers.
3. A full-privilege drivers license after completion of the previous stages.

Remember, as a parent, you make the rules about your child's driving. You can help enforce laws and rules:

Know—and make sure your teen knows—that no alcohol is the law for young drivers.

In 2006, more than one in four young drivers killed in motor vehicle crashes had been drinking. The severity of crashes increases when alcohol is involved. Drinking

drivers are also less likely to wear seat belts.

Know How GDL Works

GDL laws differ by state, but the primary goal and format is the same across the country. Graduated licensing is a three-step process developed to let new teen drivers get their initial experience under low-risk driving conditions.

GDL programs are designed to improve teens' safety and reduce their crash risk. Research has shown that the most comprehensive GDL systems are associated with motor-vehicle crash reductions of up to 40%.

Source: www.cdc.gov/Features/TeenDrivers



National Alcohol and Drug Addiction Recovery Month is Celebrated In September

Recovery Month is sponsored by the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT). CSAT, created in October 1992 by a Congressional mandate, provides national leadership in the Federal government's effort to improve the lives of individuals and their families affected by alcohol and drug abuse. CSAT works to improve access to clinically sound, cost-effective addiction treatment to reduce the health and social cost to our communities and the Nation. Such factors as inadequate capacity, limited public and private health insurance benefits, and stigma have contributed to the gap between the number of people who need treatment and the number who receive it.

CSAT works cooperatively with a myriad of public and private addiction treatment organizations and related entities to identify,

develop, and support approaches and programs that expand and enhance treatment services. As a part of those efforts, CSAT produces a number of publications that provide technical assistance to providers seeking to deliver the most effective treatment services to their clients. CSAT also aims to assist the public with localized efforts to promote treatment effectiveness and encourage communities to invest in addiction treatment services.

What Is Recovery Month?

Recovery Month is an annual observance that takes place during the month of September.

The *Recovery Month* observance highlights the societal benefits of substance abuse treatment, lauds the contributions of treatment providers and promotes the message that recovery from substance abuse in all its forms is possible. The

observance also encourages citizens to take action to help expand and improve the availability of effective substance abuse treatment for those in need. Each year a new theme, or emphasis, is selected for the observance.

Recovery Month provides a platform to celebrate people in recovery and those who serve them. Each September, thousands of treatment programs around the country celebrate their successes and share them with their neighbors, friends, and colleagues in an effort to educate the public about treatment, how it works, for whom, and why. Substance abuse treatment providers have made significant accomplishments, having transformed the lives of untold thousands of Americans. These successes often go unnoticed by the broader population; therefore, *Recovery Month* provides a vehicle to celebrate

these successes.

Recovery Month also serves to educate the public on substance abuse as a national health crisis, that addiction is a treatable disease, and that recovery is possible. *Recovery Month* highlights the benefits of treatment for not only the affected individual, but for their family, friends, workplace, and society as a whole. Educating the public reduces the stigma associated with addiction and treatment. Accurate knowledge of the disease helps people to understand the importance of supporting treatment programs, those who work within the treatment field, and those in need of treatment.

Source:
www.recoverymonth.org

Be Healthy and Safe In the Garden

Whether you are a beginner or expert gardener heading out to your garden, vegetable plot, or grassy lawn, health and safety are important. Gardening can be a great way to get physical activity, beautify the community, and go green. However, it also can expose you to potentially harmful elements, such as the sun, insects, lawn and garden equipment, and chemicals. Below are some health and safety tips for gardeners to follow while enjoying the beauty and bounty gardening can bring:

Dress to protect. Prevent exposure to chemicals, insects, and the sun.

Put safety first. Limit distractions, use chemicals and equipment properly, and be aware of possible haz-

ards to lower your risk for injury.

Watch out for heat-related illness. Even being out in short periods of time in high temperatures can cause serious health problems. Monitor your activities and time in the sun to lower your risk for heat-related illness.

Know your limits. Talk to your health care provider if you have concerns that may impair your ability to work in the garden safely.

Enjoy the benefits of physical activity. Gardening is an excellent way to get physical activity. Active people are less likely than inactive people to be obese or have high blood pressure, type 2 diabetes, osteoporosis, coronary artery dis-

ease, stroke, depression, colon cancer, and premature death.

Get vaccinated. Vaccinations can prevent many diseases and save lives. All adults should get a tetanus vaccination every 10 years.

Go green. Conserve water, reuse containers, recycle, and share your bounty.

<http://www.cdc.gov/Features/GardeningTips/>



August is Psoriasis Awareness Month

Psoriasis is a chronic, autoimmune disease that appears on the skin. It occurs when the immune system sends out faulty signals that speed up the growth cycle of skin cells. Psoriasis is not contagious.

There are five types of psoriasis: plaque, guttate, inverse, pustular and erythrodermic. The most common form, plaque psoriasis, appears as raised, red patches or lesions covered with a silvery white buildup of dead skin cells, called scale. Psoriasis can occur on any part of the body and is associated with other serious health conditions, such as diabetes, heart disease and depression.

According to the National Institutes of Health, as many as 7.5 million Americans have psoriasis.

Medical facts about psoriasis in children

No one knows exactly what causes psoriasis, though scientists believe it is an immune-mediated disease. With psoriasis, skin cells reproduce in 3 to 4 days instead of 28 to 30 days, as is normal. While normal skin cells are shed unnoticed, psoriasis skin cells build up and form raised, scaly lesions. It affects people differently, and its course is not easy to predict. Skin involved with psoriasis becomes red from the increased blood supply to the rapidly dividing cells. The white scale, called plaque, is composed of dead skin cells that build up on the skin's surface. Psoriasis goes through an unpredictable cycle: flares, improvement, remission and reappearance.

The severity of each case is categorized by the percent of the body involved with psoriasis. Mild cases involve only a few lesions.

Moderate cases cover 3 to 10 percent of the body. (The palm of your hand represents 1 percent of the body's skin surface.)

Severe cases involve more than 10 percent of the skin surface, and, in rare cases, may include all of a person's skin.

It is not contagious. People do not "catch" psoriasis from other people, nor can they transmit the disease to others. Psoriasis does not spread on an individual's skin because of self-contagion.

The more you understand about psoriasis, the more you'll be able to help the children who have psoriasis manage the disease. Here are answers to the most common medical questions about psoriasis:

Q: What is psoriasis?

A: Psoriasis is a noncontagious, chronic (life-long) skin disease. The condition is caused by skin cells maturing in 3 to 4 days, instead of the usual 28 to 30 days. It is characterized by reddening of the skin, lesions and white plaques. A person with psoriasis may have only a few lesions, or may have widespread lesions across most of the body.

Q: What causes psoriasis?

A: Researchers are not certain what causes the disease. It is believed to be an immune-mediated disease. Genetics seems to play a part, as do environmental factors. Scientists believe that a biochemical stimulus triggers the abnormally high skin cell growth.

Q: Who gets psoriasis?

A: While all races have the disease, Caucasians tend to have a slightly higher incidence. It appears most often between the ages of 15 and 35, though it can strike in infancy or old age. Psoriasis in infants may be difficult to diagnose and can sometimes be mistaken for eczema. About a third of all patients will present in childhood with psoriasis. Experts say that about ten percent of all patients with psoriasis get it before the age of ten; this group seems to be more genetically predisposed to psoriasis.

Q: How is psoriasis diagnosed?

A: There is no specific medical test for psoriasis. A physician usually makes the diagnosis after examining the skin, scalp, nails and, sometimes a biopsy under a microscope.

Q: Is all psoriasis alike?

A: There are several forms of psoriasis.

Plaque: most common type, characterized by inflamed skin lesions topped with white scales

Guttate: small dot-like lesions

Pustular: blister-like lesions of noninfectious fluid (pustules)

Inverse: appears in skin folds

Erythrodermic: redness and swelling, exfoliation of dead skin and pain

About 10 to 30 percent of people with psoriasis also have psoriatic arthritis, which usually affects the feet and hands. It can affect a few joints, or it can be severe or disabling.

Q: Is there a cure for psoriasis?

A: There is no cure at present. However, many different treatments—topical and systemic—can clear psoriasis for periods of time. Experimentation is often required to find a treatment that works for an individual.

Infants: Treatment is very conservative. Vaseline Petroleum Jelly and moisturizers can be a good first step. An Aveeno oatmeal bath and Benedryl cream can help relieve the itching, but a physician must be consulted before starting any treatment with an infant.

Children: For mild psoriasis, sunlight may be helpful. For moderate cases, regular UVB or narrow band UVB therapy can help clear the lesions. Many cases have been triggered by strep infection, so antibiotics may help clear the bacteria that could have triggered the psoriasis.

Teens: UVB therapy can help clear the psoriasis. Oral medications may have different side effects for teens, and potent topical steroids need to be applied with caution because they can be absorbed too quickly.

Source: www.psoriasis.org

July 2009

- ◆ International Group B Strep Awareness Month
- ◆ UV Safety Month

July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SOURCE:



August 2009

- ◆ Children’s Eye Health & Safety Month
- ◆ National Immunization Awareness Month
- ◆ Psoriasis Awareness Month
- ◆ Eye Injury Prevention Month
- ◆ Spinal Muscular Atrophy Awareness Month
- ◆ Cataract Awareness Month

August 2009

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23	24	25	26	27	28	29
30	31					

September 2009

- ◆ Home & Sports Eye Safety Month
- ◆ Health Aging Month
- ◆ Leukemia & Lymphoma Awareness Month
- ◆ National Cholesterol Education Month
- ◆ National Food Safety Education Month
- ◆ National Sickle Cell Month
- ◆ National 5 A Day Month
- ◆ Ovarian Cancer Awareness Month
- ◆ National Pediculosis Prevention Month / Head Lice Prevention Month
- ◆ Prostate Cancer Awareness Month
- ◆ National Alcohol & Drug Addiction Recovery Month
- ◆ National Osteopathic Medicine Month
- ◆ Reye’s Syndrome Awareness Month
- ◆ National Menopause Awareness Month

September 2009

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September is National Food Safety Education Month ® (continued)

running water and always follow the rules of food safety.

Rules of Food Safety

CLEAN

Clean your hands with soap and warm water before handling food. Clean surfaces before preparing food on them.

SEPARATE

Separate cooked foods from ready-to-eat foods. Do not use utensils on cooked foods that were previously used on raw foods and do not place cooked foods on plates where raw foods once were unless it has been cleaned thoroughly.

COOK

Cook foods to a safe internal temperature (see chart). Use a meat thermometer to make sure foods are cooked to a safe temperature. Color is not an indicator of doneness.

CHILL

Chill foods promptly after serving and when transporting from one place to another. Keep your refrigerator at 40°F or below. Keep hot foods hot and cold foods cold.

Source: <http://www.cdc.gov/Features/BeFoodSafe/>

Safe Internal Temperatures

Hamburgers — 160°F

Roasts, steaks, chops — 160°F

Ground poultry — 165°F

Poultry parts — 170°F

Pork — 160°F

Hot dogs/leftovers — 165°F

Wellness World is a quarterly publication of Clinical Outcomes Group, Inc. and is intended to provide information on important health topics in the news. More information on these and other health topics are available at www.COGInc.org in our A-Z Library.