



# Wellness World

## 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:

- |                            |                                  |   |
|----------------------------|----------------------------------|---|
| Ateeco                     | Keystone Central School District | Maternal & Family Health Services (Wellsboro) |
| Mt. Carmel School District | Sayre Public Library             | Town Park Village                             |
| Victim Services - LaPorte  | Wal-Mart - Mansfield             | Wise Foods                                    |

## September is National Preparedness Month

### Prevent Summer CO Poisoning

When power outages occur after severe weather (such as hurricanes or tornadoes), using alternative sources of power can cause carbon monoxide (CO) to build up in a home and poison the people and animals inside.

Every year, more than 400 people die in the U. S. from accidental CO

poisoning. Change the batteries in your CO detector every six months. If you don't have a battery-powered or battery back-up CO detector, buy one soon.

CO is found in fumes produced by portable generators, stoves, lanterns, and gas ranges, or by burning charcoal and wood. CO from these sources can build up in enclosed or partially enclosed spaces. People and animals in these spaces can be poisoned and can die from breathing CO.

*How to Recognize CO Poisoning*  
 The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. People who are sleeping or who have been drinking alcohol can die from CO poisoning before ever having symptoms.

### Important CO Poisoning Prevention Tips

- Never use a gas range or oven to heat a home.

- Never leave the motor running in a vehicle parked in an enclosed or partially enclosed space, such as a garage.
- Never run a motor vehicle, generator, pressure washer, or any gasoline-powered engine outside an open window, door, or vent where exhaust can vent into an enclosed area.
- Never run a generator, pressure washer, or any gasoline-powered engine inside a basement, garage, or other enclosed structure, even if the doors or windows are open, unless the equipment is professionally installed and vented. Keep vents and flues free of debris, especially if winds are high. Flying debris can block ventilation lines.
- Never use a charcoal grill, hibachi, lantern, or portable camping stove inside a home, tent, or camper.
- If conditions are too hot

or too cold, seek shelter with friends or at a community shelter.

- If CO poisoning is suspected, consult a health care professional right away.

**CO poisoning is entirely preventable.** You can protect yourself and your family by acting wisely in case of a power outage and learning the symptoms of CO poisoning.

Source [www.cdc.gov/co](http://www.cdc.gov/co).

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## Violence, Woman and Art Exhibit

Opening on June 6 and running through September 9, 2011, CDC's Global Health Odyssey Museum's (GHO) new exhibit focuses on the prevention of violence against women. *Off the Beaten Path: Violence, Women and Art* presents the work of 28 contemporary artists from 24 countries whose work addresses the issues of violence against women and girls around the world and their basic human rights to a safe and secure life. The project combines cutting-edge art with important social messaging and storytelling to help create awareness, inspiration, and address systems for positive social change and action.

"The beauty of this project is that it combines the highest integrity of art with important messaging and storytelling. We hope that the artworks in this show can push the door open a little wider and, in the process, shed new light on an old problem as we begin to forge a new journey—off the beaten path," said Randy Jayne Rosenberg, curator, executive director of the nonprofit group Art Works for Change.

Among the artists featured in *Off the Beaten Path* are: Yoko Ono (Japan), Louise Bourgeois (France), Wangechi Mutu (Kenya), Mona Hatoum (Palestine), and Hank Willis Thomas (USA).

CDC is committed to stopping violence before it begins. Since the 1980s, CDC has applied a public health approach to violence prevention. Early successes in youth violence prevention paved the way for the application of the public health approach to other violence problems, including intimate partner violence and sexual violence.

Today, CDC's violence preven-

tion activities are guided by four key principles:

- An emphasis on the primary prevention of perpetration – that is, stopping violence before it occurs.
- A commitment to a rigorous science base, including monitoring trends, researching risk and protective factors, and evaluating prevention strategies.
- A population approach that takes a broad view on population health and not just the health of the individual. Violence is experienced acutely by individuals but its consequences and potential solutions affect society in general.
- A cross-cutting approach that encompasses many disciplines and perspectives. (The *Off the Beaten Path* exhibition offers visitors opportunities to consider such diverse perspectives.)

"Violence against women and girls is a global public health problem, affecting millions of people in every country in the world. Early exposure to violence has life-long health consequences. But the good news? The problem is a preventable one. Raising awareness of violence against women and girls is an important piece of prevention, and we're pleased to support an exhibition doing just that," said James A. Mercy, PhD, Acting Director of CDC's Division of Violence Prevention.

With partners across the U.S. and the world, CDC works to prevent intimate partner and sexual violence through various initiatives and programs, including: the National Intimate Partner and Sexual Violence Surveillance Survey (NISVS); the Rape Prevention and Education (RPE) Program; the Domestic Violence Prevention Enhancement and

Leadership Through Alliances (DELTA) Program; the DELTA PREP project; the *Dating Matters* initiative to help youth form healthy relationships to prevent teen dating violence before it starts; and *Together for Girls*, a global initiative to help end sexual violence against girls.

### Quick Facts

About one in 11 teens reports being a victim of physical dating violence each year.<sup>1</sup> About one in four teens reports verbal, physical, emotional, or sexual violence each year.<sup>2</sup>

About one in five high school girls has been physically or sexually abused by a dating partner.<sup>3</sup>

Each year, women experience about 4.8 million intimate partner related physical assaults and rapes. Men are the victims of about 2.9 million intimate partner related physical assaults.<sup>4</sup>

Intimate partner violence (IPV) resulted in 2,340 deaths in 2007. Of these deaths, 70% were females and 30% were males.<sup>5</sup>



The medical care, mental health services, and lost productivity (e.g., time away from work) cost of IPV was an estimated \$5.8 billion in 1995. Updated to 2003 dollars, that's more than \$8.3 billion.<sup>6,7</sup>

### Experience CDC's Global Health Odyssey Museum

The museum is free and open to the public so visitors can experience the world of the GHO year-round. Since its structural expansion in 2005, the GHO continues to expand its collections and award-winning permanent and changing exhibitions. The museum is open Monday through Friday, 9 AM – 5 PM with hours extended on Thursday to 7 pm.

The museum is closed on all federal holidays.

### References

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  7. Max W, Rice DP, Finkelstein E, Bardwell RA, Leadbetter S. The economic toll of intimate partner violence against women in the United States. *Violence and Victims* 2004;19(3):259–72.
- Source:  
[www.cdc.gov/Features/CDCMuseumExhibit/](http://www.cdc.gov/Features/CDCMuseumExhibit/)

## Tetanus: Make Sure You and Your Child Are Fully Immunized

Playing outdoors can mean getting cuts that may become infected with bacteria commonly found in soil, including the ones that cause tetanus. Tetanus vaccine can help prevent tetanus disease, commonly known as “lock-jaw.”

Tetanus is an infection caused by bacteria. When the bacteria invade the body, they produce a toxin, or poison, that causes painful muscle contractions. Tetanus infection mainly affects the neck and abdomen. Tetanus is also called “lockjaw” because it often causes a person's neck and



muscles to lock, making it hard to open the mouth or swallow. It can also cause breathing problems, severe muscle spasms, and seizures. Complete recovery can take months. If left untreated, tetanus can be fatal.

## September is Fruit & Veggie Month

What foods are in the Vegetable Group?

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Vegetables are organized into 5 subgroups, based on their nutrient content. Some commonly eaten vegetables in each subgroup are:

**DARK GREEN VEGGIES** - broccoli, romaine lettuce, spinach, kale, dark green leafy lettuce  
**RED & ORANGE VEGGIES** - carrots, tomatoes, sweet potatoes, red peppers  
**BEANS AND PEAS** - black beans, kidney beans, lentils, split peas, black-eyed peas, chickpeas, pinto beans  
**STARCHY VEGETABLES** - corn, green

Tetanus is different from other vaccine-preventable diseases in that it does not spread from person to person. The bacteria are usually found in soil, dust and manure and enter the body through breaks in the skin – usually cuts or puncture wounds. About 3 weeks after exposure, you might get a headache, and have spasms in the jaw muscles. The bacteria can then produce a toxin that spreads through the body causing the painful symptoms of tetanus. The muscle spasms can be strong enough to break your bones, and you might have to spend several weeks in the hospital under intensive care.

### Tetanus Vaccine Protection

The DTaP vaccine (diphtheria, tetanus, and pertussis) is highly effective in preventing tetanus in young children. DTaP shots are recommended for healthy babies at ages 2, 4, and 6 months, and again at 15 through 18 months of age. A DTaP booster is recommended for children ages 4 through 6 years.



Because immunity to tetanus decreases over time, older children need to get the Tdap vaccine. This booster shot contains a full dose of tetanus and lower doses of diphtheria and pertussis (whooping cough). The Tdap vaccine is recommended for all 11 through 18 year olds, preferably given to preteens going to the doctor for a regular check-up at age 11 or 12 years.

Because immunity to tetanus decreases over time, adults need to get a booster shot every 10 years to stay protected. For adults who haven't gotten Tdap yet, the easiest thing to do is to get Tdap instead of their next regular tetanus (Td) booster. The dose of Tdap can be given earlier than the 10-year mark, so it's a good idea for adults to talk to a doctor about what's best for their specific situation. Make sure you and your child are protected against tetanus.

This month the United States Department of Agriculture (USDA) released the new version of the food pyramid called My Plate. The below diagram shows the portion of each food group now recommended. It is suggested that you make half of your plate fruits and vegetables.



Source: [www.choosemyplate.gov](http://www.choosemyplate.gov)

## August is National Immunization Awareness Month

### Preteens and Teens Need Vaccines Too!



Do you have a preteen or teen? Make sure they have received the recommended preteen and teen vaccines so they will be protected from serious diseases.

Vaccines aren't just for babies. As kids get older, the protection provided by some of the vaccines given during childhood can begin to wear off. Older kids can also develop risks for certain infections as they enter the preteen and teen years.

The preteen and teen vaccines not only help protect them, but also their friends, community and family members. There are four vaccines recommended for preteens and teens. All kids should get a flu vaccine every year, and the three other vaccines should be given starting when kids are 11 to 12 years old. Teens may need to catch-up on vaccines they missed when they were a preteen. Teens may also need a booster of a vaccine that requires more than one dose to be fully protected.

Any visit to the doctor—an annual health checkup or a physical for sports, camp or college—can be a good time for preteens and teens to get the recommended vaccinations.

### Which Vaccines Do Preteens and Teens Need and at What Age?

The following vaccines are recommended by the American Academy of Pediatrics (AAP), the American Academy of Family Physicians (AAFP), the Society for Adolescent Health and Medicine (SAHM) and CDC:

**Tdap vaccine:** The Tdap vaccine protects against 3 diseases: tetanus, diphtheria and pertussis (also called "whooping cough"). The DTaP shots that infants and young children receive protect against these diseases, but protection begins to wear off as kids get older. The Tdap vaccine takes the place of what used to be called the "tetanus booster" and has the added benefit of continuing protection against whooping cough, which is very

contagious. Whooping cough can make preteens and teens sick enough to miss several weeks of school and other activities. It can also be passed on to others, including babies, who can die from it. Preteens (11 or 12 years old) should get a single dose of Tdap. Teens (13 through 18) who have not yet gotten Tdap should get a single dose as soon as possible.

**Meningococcal conjugate vaccine:** The meningococcal conjugate vaccine (MCV4) helps prevent meningococcal disease and it can prevent two of the three most common disease-causing strains. Meningococcal meningitis can become deadly in 48 hours or less. Even with treatment, people die in about 10% of cases. About 20% of survivors of meningococcal disease have a long-term disability such as deafness, brain damage, or an amputated arm or leg. Preteens should receive this vaccine at age 11 or 12 and then get a booster at age 16. Teens who received MCV4 for the first time when they are 13 through 15 years old will need a one-time booster dose when they are 16 through 18 years old. If a teen missed getting the vaccine altogether, they should ask their doctor about getting it now, especially if they are about to move into a college dorm or military barracks.

**HPV vaccine:** The human papillomavirus (HPV) vaccines protect girls and young women against the types of HPV that cause most cervical cancer. One HPV vaccine also prevents anal cancer and genital warts in both females *and* males. Doctors recommend HPV vaccine for 11 and 12 year old girls to protect against the types of HPV that cause cervical cancer. Doctors and parents may also choose to vaccinate 11 and 12 year old boys to protect them from the types of HPV that cause anal cancer and genital warts. HPV vaccines are given in three doses (as shots) over 6 months—it is *very* important to get all 3 shots to be fully protected. Teens and young adults (under age 27) who have not yet received HPV vaccine or who have not finished the series of shots, should talk with their parents and/or the doctor about getting those shots now.

**Flu vaccine:** The seasonal influenza (flu) vaccine protects against 3 influenza viruses that research indicates will be most common during the upcoming flu season. Most people sick with the flu will recover in a few days to less than 2 weeks; however flu is

unpredictable. Pneumonia, bronchitis, and sinus and ear infections are 3 examples of complications from flu. It is especially important for kids with asthma or diabetes to get vaccinated to help decrease their risk of serious complications from flu. Everyone 6 months of age and older should get a flu vaccine every year. Preteens and teens should get a flu vaccine in the fall or as soon as it is available each year.



Be sure to check with the doctor to confirm that your teen has received all recommended childhood vaccines or if they need to "catch-up" on any of the childhood vaccines.

Preteens and teens might experience mild side effects, such as redness and soreness, where they get a shot (usually in the arm). Some preteens and teens might faint after getting a shot. Sitting or lying down for about 15 minutes after a vaccination can help prevent fainting. Most side effects are very minor, especially compared with the serious diseases that these vaccines prevent.

### Need Help Paying for Vaccines?

Most health insurance plans cover the cost of vaccines, but you may want to check with your insurance provider before going to the doctor. If you don't have insurance, or if it does not cover vaccines, the Vaccines for Children (VFC) program may be able to help.

The Vaccines for Children (VFC) program provides vaccines at no cost to doctors who serve eligible children. Children younger than 19 years of age are eligible for VFC vaccines if they are Medicaid-eligible, American Indian/Alaska Native (AI/AN) or have no health insurance.

"Underinsured" children who have health insurance that does not cover vaccination can receive VFC vaccines through Federally Qualified Health Centers or Rural Health Centers.

Source:

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

## September is Food Safety Month

### Tips to Prevent Illness from Clostridium Perfringens



***Clostridium perfringens* (*C. perfringens*) is one of the most common causes of food poisoning in the United States. Learn more on ways to prevent illness from this germ.**

*Clostridium perfringens* (*C. perfringens*) is a bacterium that is often found on raw meat and poultry, and is one of the most common causes of foodborne illness in the United States. It is estimated to cause nearly 1 million cases of foodborne illness (sometimes called "food poisoning") each year. *C. perfringens* is found in many environmental sources as well as in the intestines of humans and animals.

#### What are the symptoms of *C. perfringens* food poisoning?

Persons infected with *C. perfringens* develop diarrhea and

abdominal cramps within 6–24 hours (typically 8–12). The illness usually begins suddenly and lasts for less than 24 hours. Persons infected with *C. perfringens* usually do not have fever or vomiting. The illness is not passed from one person to another.

#### What are common food sources of *C. perfringens*?

Beef, poultry, gravies, and dried or precooked foods are common sources of *C. perfringens* infections. *C. perfringens* infection often occurs when foods are prepared in large quantities and kept warm for a long time before serving. Outbreaks often happen in institutions, such as hospitals, school cafeterias, prisons, and nursing homes, or at events with catered food.

#### Who is at risk of *C. perfringens* food poisoning?

Anyone can get food poisoning from *C. perfringens*. The very young and elderly are most at risk of *C. perfringens* infection and can experience more severe symptoms that may last for 1–2 weeks. Complications, such as dehydration, may occur in severe cases.



**How can *C. perfringens* food poisoning be prevented?** To prevent *C. perfringens* spores from growing in food after it has been cooked, foods such as beef, poultry, gravies, and other foods commonly associated with *C. perfringens* infections should be cooked thoroughly to recommended temperatures, and then kept at a temperature that is either warmer than 140°F (60°C) or cooler than 41°F (5°C). These temperatures prevent the growth of *C. perfringens* spores that might have survived the initial cooking process.

Meat dishes should be served hot, right after cooking. Leftover foods should be refrigerated at 40°F or below as soon as possible and within 2 hours of preparation. It is okay to put hot foods directly into the refrigerator. Large pots of food, such as soups or stews, or large cuts of

meats, such as roasts or whole poultry, should be divided into small quantities for refrigeration. Leftovers should be reheated to at least 165°F (74°C) before serving.

Foods that have dangerous bacteria in them may not taste, smell, or look different. Any food that has been left out too long may be dangerous to eat, even if it looks okay.

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Source: [www.cdc.gov/Features/ClostridiumPerfringens/](http://www.cdc.gov/Features/ClostridiumPerfringens/)

## September is Baby Safety Awareness Month

### Toy Safety for Babies at Play

Because babies love to put things in their mouths, toy-related injuries are often a great risk. Appropriate selection and proper use of toys combined with parental supervision, can greatly reduce injuries. Share these safety tips with family and friends, so they can help make your baby's play area fun and safe.

#### TOP TIPS

Before play:

- Read warning labels and follow their age and safety information to make sure the toy is appropriate for the child's age.
- Always remove and discard all toy packaging before giving the toy to a baby or small child.
- Check for recalls on children's toys and products at [cpsc.gov](http://cpsc.gov)
- Check old & new toys

regularly for damage causing sharp edges or small parts. Make repairs immediately or throw away damaged toys.

During play:

- Supervise children when they play & set a good example of safe play
- Ensure that toys are used in a safe environment.

After play:

- Put toys away safely after playing. Make sure toy chests have no lids or have

safety hinges.

- Store toys intended for younger children separately from those for older children.



Source: <http://www.safekids.org/safety-basics/babies/at-play/toy-safety-for-babies.html>

July 2011

- Fireworks Safety Month
- Eye Injury Prevention Month
- UV Safety Month

August 2011

- Cataract Awareness Month
- Medic Alert Awareness Month
- National Immunization Awareness Month

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September 2011

- ◆ America on the Move - Month of Action
- ◆ Baby Safety Awareness Month
- ◆ Healthy Aging Month
- ◆ BioDiversity Month
- ◆ Children’s Eye Health and Safety Month
- ◆ Fruit & Veggie Month
- ◆ Leukemia & Lymphoma Awareness Month
- ◆ National Alcohol & Drug Addiction Recovery Month
- ◆ National Cholesterol Education Awareness Month
- ◆ National Food Safety Education Month
- ◆ National Ovarian Cancer Education Month
- ◆ National Menopause Awareness Month
- ◆ National Pain Awareness Month
- ◆ National Preparedness Month
- ◆ National Sickle Cell Disease Awareness Month
- ◆ National Yoga Month
- ◆ Prostate Health Month
- ◆ Sports and Home Eye Safety Month
- ◆ Whole Grains Month

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SOURCE: National Wellness Institute [www.nationalwellness.org](http://www.nationalwellness.org)

*Tips from COGI’s Win! Series*

**“Quit & Win!”**

**Stay Away from What Tempts You**

- Instead of smoking after meals, get up from the table. Brush your teeth or go for a walk.
- If you always smoke while driving, try something new: Listen to a new radio station or your favorite music. Take a different route. Or take the train or bus for a while, if you can.
- Do things and go places where smoking is not allowed.

**“Lose & Win!”**

Get some exercise by parking at the far end of the parking lot and walking to your destination rather than circling to find the closest parking place.

During the summer, mow the lawn with a push mower for some additional exercise.

**“Save & Win!”**

Need Versus Want

For a big ticket item, first decide whether the purchase is a need or a want. Save regularly for a need, such as a car to go to work or health insurance, and less frequently for a want such as new furniture or a TV.

**“Relax & Win!”**

Progressive Muscle Relaxation Sequence

- Right Foot - Left Foot
- Right Calf - Left Calf
- Right Thigh - Left Thigh
- Hips & Buttocks
- Stomach
- Chest
- Back
- Right Arm/Hand - & Left
- Neck, Shoulders, Face

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](http://www.COGInc.org) in our A-Z Library.