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HEALTHtoday

A publication of the Albany County Department of Health

Did You Know?

- Prescription opioids are pills that reduce pain signals in the body and feelings of pain. If a doctor prescribes you an opioid, use it as directed and never share your prescription.
- Too many people get opioid prescriptions for too many days at too high a dose, which puts them at risk for addiction and overdose.
- Opioid prescribing remains high overall in the United States but varies from county to county, suggesting that people receive different care depending on where they live.

Source: CDC Vital Signs July 2017

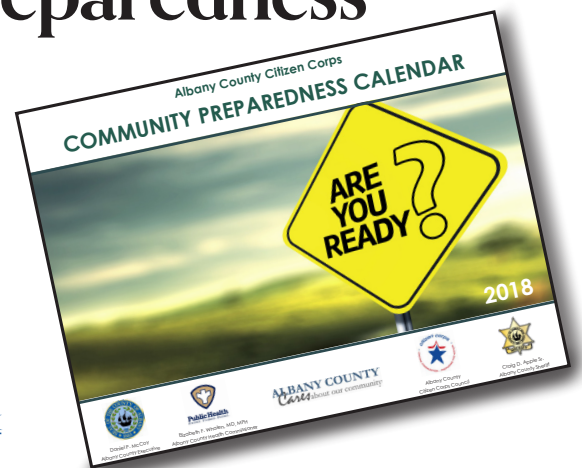
Free 2018 Community Preparedness Calendar

The Albany County Citizen Corps is pleased to share our [2018 Community Preparedness Calendar](#).

This free, 36-page wall calendar features a different emergency preparedness topic each month, emergency phone numbers in Albany County, family emergency plan cards, and more!

To request FREE copies, complete the survey at the following link: http://www.registeredandready.com/2018_Calendars.aspx or e-mail BeReady@albanycounty.com

Calendars are available while supplies last for Albany County residents and organizations.



Daniel P. McCoy
County Executive

ALBANY COUNTY
Cares about our health

Syphilis: Serious But Curable

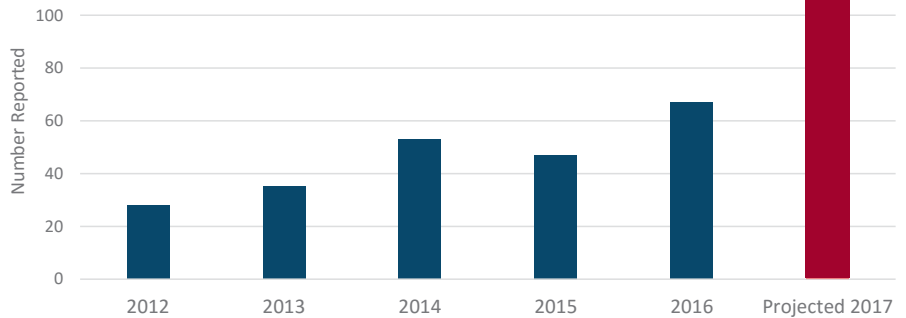
Infections of syphilis are increasing nationwide, with a 139% percent increase in Albany County between 2012 and 2016¹. Cases are mainly among males, especially gay men and men who have sex with men. Rates of other sexually transmitted diseases (STDs) such as chlamydia and gonorrhea have also increased.

Syphilis is spread during vaginal, anal, or oral sex, or from direct contact with a syphilitic sore. Having unprotected sex, multiple sex partners, or a new sex partner can all increase the risk of syphilis infection, as well as other STDs and HIV.

Syphilis symptoms include a large painless sore at the infection site (usually genitals, but can also be around the rectum, mouth, or other areas) and a rash, usually on the hands and feet. These symptoms will go away on their own but the infection is still in the body.

Prevention is important when educating patients on syphilis and other sexually transmitted diseases. Correct and consistent use of latex

Syphilis Reported for Albany County Residents



condoms is encouraged in reducing the risk of exposure; however, syphilitic sores can be located on other areas of the body not protected by condoms. Abstaining from sex or being in a monogamous relationship with a partner who has been tested and is known to be uninfected, are effective ways to prevent getting an STD.

The Albany County Department of Health Partner Services program is a free and confidential service for those who are diagnosed with HIV and STDs. Partner Service workers meet those diagnosed with a STD to find partners who may have been exposed to the disease. Early partner notification and treatment

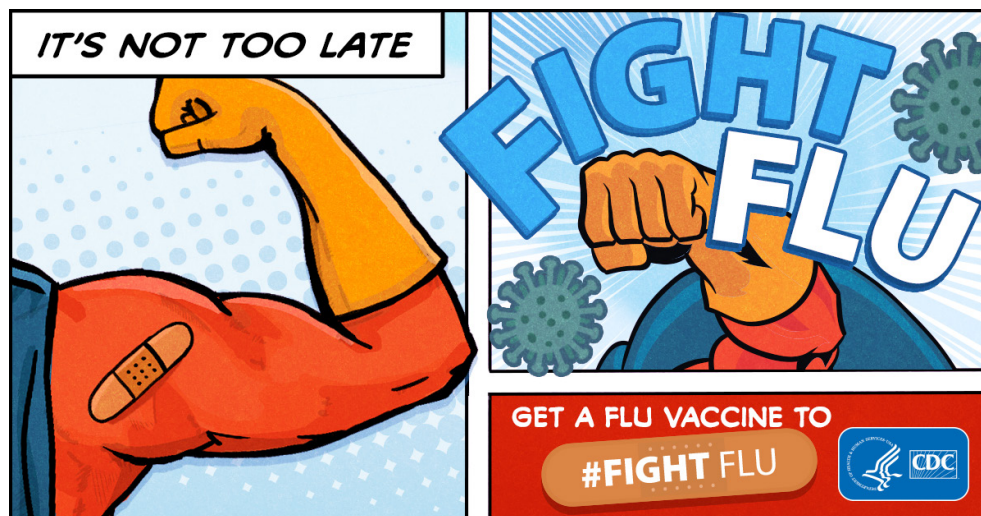
reduces the rate of transmission of STDs in the community and reduces complications from the disease. To contact Partner Services call (518) 447-4516.

You can schedule an STD test with the Albany County Department of Health STD clinic by calling (518) 447-4589. You can also visit during clinic hours - no appointments are necessary.

STD Clinic Hours
Tuesdays and Thursdays
8:30 am - 10:00 am
175 Green Street
Albany, New York 12202

To learn more about syphilis, visit the [NYS Department of Health website](#).

¹ Syphilis reported through July 2017 (n=63) projected to 108 through December 31, 2017.



Food Labels: The Top 4 Culprits

Poor eating habits or being overweight can lead to diabetes and other health problems. Two out of three people living in Albany County are overweight or obese¹. These health problems can be prevented with healthy eating, physical activity and other lifestyle changes.

You can make food shopping easy and fast by looking for just four facts on the Nutrition Facts label!

Nutrition Facts
 Serving Size 1/2 cup (74g)
 Servings Per Container 4

| Amount Per Serving | % Daily Value* |
|-------------------------|----------------|
| Total Fat 8g | 12% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Dietary Fiber 4g | 16% |
| Protein 3g | |
| Vitamin A | 10% |
| Vitamin C | 8% |
| Calcium | 20% |
| Iron | 45% |

Callout 1: Compare your portion size (the amount you actually eat) to the serving size listed on the panel. If the serving size is 1/2 cup and you eat one cup, you are getting twice the calories, fat and other nutrients listed on the label.

Callout 2: Aim for 5% or less of the % Daily Value in saturated fat, trans fat, and cholesterol. Eating too much fat can lead to heart disease.

Callout 3: 140 milligrams (mg) or less of Sodium per serving. Eating too much sodium can lead to high blood pressure.

Callout 4: Dietary Fiber reduces the risk for cancer and helps control blood sugar. Women are recommended to get 21 to 25 grams per day and men are recommended to get 30 to 38 grams per day.

The Albany County Department of Health is working every day to prevent chronic diseases such as diabetes through health education and prevention programs. You can learn more about our work by reviewing our Community Health Improvement Plan².

If you are interested in a FREE assessment for prediabetes, or to receive FREE health education, call 518-447-4580 or visit www.albanycounty.com/health.

1 New York State Prevention Agenda 2013-2014 For more information see <https://goo.gl/LVstXu>

2 See http://www.albanycounty.com/Libraries/Department_of_Health/Albany_County_CHIP_f23020162_0.sflb.ashx

Capture the Bat

Rabies is a dangerous disease that is fatal to humans but can be prevented.

Anyone can get rabies from handling or being bitten by an animal that has the disease.

Few bats have rabies, but they are dangerous because their bites may not wake a sleeping person.

You can safely capture bats found at home for testing.



TOOLS

- 1 coffee can or hard-sided container
- 1 lid or piece of cardboard
- Thick gloves
- Tape

DIRECTIONS

1. Trap the bat in a room. When the bat lands on a flat surface, move toward it slowly.
2. Put on gloves and then put the container over the bat. Slide cardboard/lid underneath to trap the bat inside.
3. Tape the container shut, ensuring there are no gaps.
4. Call (518) 447-4620 for instructions on where to take the bat for testing.

Visit www.albanycounty.com/health for a capture the bat video demonstration.

Albany County Department of Health Mission Statement

The Albany County Department of Health strives to protect and promote the health of individuals, families, and communities.

We work with many community partners to offer a variety of programs and services to achieve our mission and accomplish the following: prevent communicable and chronic diseases, injuries, and disabilities; protect against environmental hazards that threaten health and safety; promote the health and wellness of our citizens and our communities; and prepare for and respond to public health emergencies.

Services Available

Clinical Services
Communicable Disease Program
Environmental Health Services
Health Education and Wellness
HIV/AIDS/STD Education
HIV Testing and Counseling
Maternal and Child Health Programs
Public Health Emergency Preparedness Program

Call (518) 447-4580

HEALTHtoday is distributed by:
Albany County Department of Health
175 Green Street
Albany, NY 12202
Phone: (518) 447-4580
Fax: (518) 447-4698
www.albanycounty.com/health

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