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Rabies Vaccination Clinic:

Tuesday, June 5th, 2012

Bethlehem Town Park,
Elm Avenue, Delmar

4:00—5:30pm for cats and
ferrets

5:30—7:00pm for dogs

Donation: \$8.00 per animal.

Animals must be on leashes
or in carriers (bring vaccine
record if available).

For more information:
(518) 447-4620 or 447-4625

Asthma in Albany County

Wheezing, coughing, short of breath? These are the common signs of asthma, a chronic disease of the airways and lungs. After being exposed to a “trigger” the body reacts and airflow into the lungs is decreased, which is potentially life-threatening.

Asthma affects about 24 million people across the United States, which is about 1 out of every 12 persons. In Albany County from 2007 to 2009, there was a 10% increase in Emergency Department visits for asthma treatment with over 6,000 visits made and over 1,000

residents hospitalized. People living in the City of Albany in zip codes 12202, 12204, 12206, 12207, 12209 and 12210 were 3 to 10 times more likely to visit the Emergency Department for problems with asthma than were people living in other parts of the county. Asthma interferes with everyday life in other ways, too, leading to time off from school and work, poor sleep, and reduced physical activity.

The good news, according to the CDC, is that most people with asthma can be symptom-free if they receive the right kind of medical care, use medications as prescribed and change their environment to cut down on or get rid of exposure to triggers.

What can you do?

- 1) Talk with your healthcare provider about an Asthma Action Plan.

The Asthma Action Plan is designed specifically for you and gives quick

directions on how to manage your asthma, including knowing how to assess your symptoms, how to properly take your medications and when to get medical help, if needed.

You may download an Asthma Action Plan form from “About Asthma” at www.health.ny.gov/diseases/asthma.



- 2) Take your medications as prescribed by your healthcare provider.

Quick-relief medications act immediately when you have an asthma attack.

Long-term control medications work to

decrease the number of asthma attacks and to make attacks less severe. They do not help when you are having an asthma attack.

- 3) Where possible, avoid common asthma triggers:

- Tobacco smoke and secondhand smoke, dust mites, air pollution, cockroach allergen, pets, mold, and wood smoke
- Having a cold, hay fever or acid reflux
- Strenuous physical exercise
- Breathing in cold, dry air

For more information about asthma, contact the Albany County Department of Health at (518) 447-4682 or the Pediatric Asthma Coalition for the Capital Region at (518) 591-4563 or PACCR@wmyhealth.org.

This Old House and Lead

How old is the house you live in?

Don't you just love old houses? Many of us do. However, the problem with older houses is the potential that they contain lead-based paint. Lead-based paint was produced for residential use until 1978. The older the house, the greater the chance it contains multiple layers of lead-based paint. In the City of Albany, depending on the zip code, between 80-90% of homes were built before 1970, with between 60-76% being built before 1950.

How do children get lead poisoning?

The number one cause of lead poisoning in children is lead-based paint. Over time the paint deteriorates, chips and peels, creating loose paint and lead dust. When playing, children may put fingers and toys contaminated with lead dust in their mouths or eat loose paint chips.

What are the effects of lead poisoning in children?

Lead poisoning may lead to a variety of health problems in children including:

- Delayed growth
- Anemia
- Hearing loss
- Kidney damage
- Damage to the brain and nervous system
- Behavior and learning problems, including hyperactivity and Attention Deficit Disorder
- Reduced IQ (Intelligence Quotient)
- Stomach aches, loss of appetite, constipation

What is being done to reduce this problem?

The Albany County Department of Health, in conjunction with the New York State Department of Health, has two programs to deal with lead-based paint and associated hazards. Lead risk assessments, residential environmental investigations and remediation are the focus of these programs. Educating the public on the dangers of lead poisoning is also an important component of each program. The Lead Poisoning Prevention Program's emphasis is on responding to cases where children have been identified as having an elevated blood lead level (EBLL), while the Childhood Lead Poisoning Primary Prevention Program concentrates on detecting lead-based paint hazards and having them fixed **before** a child develops an EBLL. Targeted areas for that program include zip codes 12202, 12206, 12208, 12209 and 12210.



Since July of 2008 there have been 541 lead risk assessments performed by the Albany County Department of Health in an effort to prevent lead poisoning in children.

What can you do to protect your family?

Lead poisoning is the number one preventable childhood disease. You can help prevent lead poisoning by doing the following:

- Children 6 years of age or younger should be screened for lead exposure by their pediatrician.
- Every child should have a blood lead test at 1 and 2 years of age.
- Assume all paint may be lead-based if you live in a home that was built prior to 1978.
- Damp mop floors and damp dust window sills and furniture often to remove lead dust.
- Frequently wash small children's hands, especially before eating or sleeping.
- Frequently wash children's toys, bottles and pacifiers.
- Provide children a diet high in calcium, iron, and vitamin C to help prevent lead from being absorbed by their bodies.
- Do not let children play in soil near older buildings as it may contain lead from years of deteriorated lead-based paint.
- Contact Cornell Cooperative Extension of Albany County at (518) 765-3500 to take the Renovation, Repair and Painting (RRP) training to learn how to safely undertake these projects in your home if it contains lead-based paint.
- Call the Albany County Department of Health for a free lead risk assessment of your residence and receive a gift bag of cleaning supplies.

For more information or an appointment, call the Albany County Department of Health at (518) 447-4620.

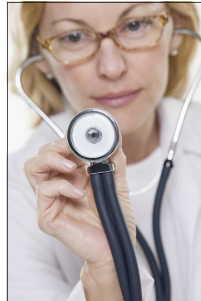
Heart Disease and Stroke are Preventable

Most people's lives have been impacted by someone who has had heart disease or a stroke. Heart disease and stroke are the first and fourth leading causes of death in Albany County, taking the lives of over 800 residents each year, depriving families and communities of someone they love and care for—a parent, a spouse, a friend, or a neighbor.

Heart disease and stroke are primarily caused by the buildup of fatty deposits in the blood vessels which can eventually block the flow of blood to the heart muscle or to brain cells causing damage and possibly death. Strokes can also occur when a blood vessel in the brain bursts. There are a number of risk factors which can increase the chance of having heart disease or a stroke including high blood pressure, high cholesterol, overweight/obesity, physical inactivity, smoking, diabetes, aging and family history.

The good news is that the number of deaths from heart disease and stroke has been decreasing overall in Albany County. Heart disease and stroke are **PREVENTABLE**. You can take steps to reduce your risk!

Eat a heart healthy diet. What you eat has a significant effect on your health. For more information on healthy eating visit our website at www.albanycounty.com/health.



Maintain a healthy weight. 63% of adults in Albany County are either overweight or obese. Even a small weight loss will help lower your risk of disease.

Be physically active. Inactive people are nearly twice as likely to develop heart disease as those who are active.

Don't smoke. Cigarette smokers are twice as likely to have a stroke and 2 to 4 times more likely to have heart disease than nonsmokers. For help quitting, call the New York State Smokers' Quitline at 1-888-NY-QUITS or talk with your healthcare provider.

Limit alcohol use. Do not exceed one drink per day for women or two drinks per day for men.

Know your blood pressure and keep it under control (goal is less than

120/80). High blood pressure often has no symptoms so be sure to have your blood pressure checked regularly.

Have your cholesterol checked by your healthcare provider. You can lower your cholesterol by eating right, being physically active, maintaining a healthy weight and if needed, taking medication.

Manage your diabetes. Talk with your doctor about ways to control your diabetes.

Talk to your healthcare provider about daily aspirin therapy.

In Albany County, important steps are being taken to promote a healthy lifestyle and help prevent heart disease and strokes. Chain restaurants in Albany County now post calorie counts of menu items to help consumers make informed food choices. The iChoose600® Campaign encourages individuals to use the calorie postings to choose meals under 600 calories to help achieve and maintain a healthy weight. The Albany County Department of Health works directly with many community partners to promote good nutrition, physical activity and tobacco-free living, particularly in high risk neighborhoods.

Hands-only CPR <http://handsonlycpr.org/>

If you see an adult suddenly collapse and they are unresponsive, if you act fast you can save a life by using **hands-only CPR**. Follow these steps:

- Send someone to **call 911** or call 911 yourself
- Kneel at the victim's side and position yourself directly over the body
- Place the heel of one hand on the center of the chest with the other hand directly over it
- **Push hard and fast on the center of the chest** at a rate of at least 100 compressions a minute
- Continue until professional help arrives

FAST Recognition of Stroke

If a stroke occurs, there is treatment but you must act **"FAST"**. Signs of stroke and what to do if you see any of these signs are:

Face: face looks uneven (i.e., droopy smile)

Arm: one arm is hanging down

Speech: slurred or garbled speech

Time: Call 911 right away if you notice any of these signs

Do not ignore any of these signs even if they last only a short time!

Distributed by:

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Mission Statement

"The Mission of the Department of Health is to prevent diseases, epidemics, and injuries; to protect against hazards that affect health and safety; and to promote the healthy development of children and the wellness of all Albany County residents."



Public Health
Prevent. Promote. Protect.

Did You Know... ?

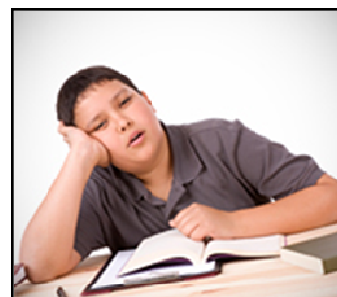
- 1) Folic acid taken before and during pregnancy can help [prevent many neural tube defects](#) (NTDs), which are serious birth defects of the brain and spine.

Ask your health care provider about folic acid supplements.



- 2) 15.8% of Albany County adults report binge drinking within the course of one month. Binge drinking is defined as consuming five or more drinks during a single occasion for men or four or more drinks during a single occasion for women. Drinking too much, including binge drinking, is a risk factor for many health and societal problems.

- 3) Teenagers need 8.5 to 9.25 hours of sleep each night to feel good and perform well at school.

**Services Available at Albany County Department of Health**

(518) 447-4580

Clinical Services

Immunizations, Tuberculosis, STD and Children's Dental Services

Communicable Disease Program

Information and education for health care providers and county residents

Environmental Health Services

Regulation of public food service, pools/beaches. Children's camps, hotel/motels, tattoo/piercing, private/public water and septic, rabies, lead and tobacco

Health Education and Wellness

Information and education for individuals, businesses, schools, and community groups

Maternal and Child Health Programs

Home visiting for pregnant women, parenting families, and children

Public Health Preparedness

Emergency planning, Pandemic Flu and bioterrorism awareness

HIV/AIDS/STD Education**HIV Testing and Counseling**

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