

# AT YOUR SERVICE

NEWS FROM VAN BUREN/CASS DISTRICT HEALTH DEPARTMENT

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## Public Health Quiz

(answers below)

1. What is the most common vector borne disease in the United States?
2. What major screening test has recently dramatically changed?
3. What vaccine preventable disease is surging in Europe and increasing in the United States with a declining vaccination rate?
4. What are the "Fours" in the Michigan 4 x 4 Plan introduced by Governor Snyder for health and wellness?
5. Deaths from which vaccine preventable disease have now been nearly eliminated?
6. Consumption of raw milk recently caused three cases of this serious bacterial disease\_\_\_\_\_.

## **Answers**

1. **Lyme Disease:** We have a handful of cases each year from this tick-borne illness (black-legged tick), which is endemic in our area. For up-to-date information see the link on the Van Buren/Cass District Health Department's website at <http://www.vbcassdhd.org>. (or see your old copy of At Your Service, Vol. 5, issue 3, May 2003, Just kidding,!)

2. **Prostate-Specific Antigen (PSA) Screening.** New recommendation from the U.S. Preventive Services Task Force: Do not use prostate-specific antigen (PSA) based screening for prostate cancer. For details see: <http://www.uspreventiveservicestaskforce.org>.

3. **Measles!** The best and necessary screening test if you are entertaining a diagnosis Measles is the serum IgM. Confirmation of this reportable disease is necessary. (This is also true for Mumps).

2011 has had by far the highest number of Measles cases in the United States since 1996. By the end of October there were 220 confirmed and probable cases nationwide. Of those confirmed cases 91% are known import associated. 86% of confirmed U.S. cases were either unvaccinated or had undocumented vaccination status. Many of these were "personal belief exemptions". In Europe Measles is skyrocketing where there has been declines in Measles vaccination.

## 4. **Four Key Health Measures:**

- Body mass index (BMI)
- Blood Pressure
- Cholesterol Level
- Blood glucose level

## Four Key Healthy Behaviors:

- Maintain a healthy diet
- Engage in regular exercise
- Get an annual physical exam
- Avoid all tobacco use

More information at:

[michigan.gov/healthymichigan](http://michigan.gov/healthymichigan)

5. **Varicella.** There were approximately 100 deaths per year in the U.S. associated with Chicken Pox!

6. **What is Q Fever? Unpasteurized Milk puts you in Jeopardy!** Q Fever, a reportable communicable disease in Michigan, can cause acute and chronic illness in people. Acute symptoms typically develop within two to three weeks after exposure. Typical symptoms include high fevers (up to 104-105F), severe headache, joint and body aches, fatigue, chills/sweats, non-productive cough, chest pain, nausea and vomiting. Most people recover, some can develop more serious illness including pneumonia and Inflammation of other organs including the liver, heart and central nervous system. Those most at risk for severe disease include pregnant women, immunocompromised individuals and anyone who has heart valve damage or a blood vessel graft.

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