



Paris
Community
Hospital
Family
Medical
Center

July 2017

Why me?

staying
healthy

Angela Hamilton, FNP-C



Angela Hamilton, board certified family nurse practitioner, provides dermatology and orthopedic services in the Paris Family Medical

Center.

Angela joined the PCH/FMC orthopedics department in November 2013. She began offering dermatology services in April 2016. She provides dermatology on Monday afternoons, all day Tuesday, as well as Wednesday and Friday mornings.

Prior to PCH/FMC, Angela practiced dermatology in Terre Haute, Ind., for more than 10 years. She also has worked in the PCH/FMC EZ Care walk-in clinic.

Angela earned her bachelor's degree and master's degree in nursing at Indiana Wesleyan University. She is a member of the American Nurses Association, and serves on the health policy & advocacy committee for the Dermatology Nurses' Association.

Angela lives in Paris with her husband, Jim. They have three children: David, Kacey, and Nick.

Mosquitoes target their victims

Experiencing a mosquito bite may seem like a random occurrence. But, there is a method to the madness when it comes to bites from the pesky insects.

Contrary to some beliefs, mosquitoes do not target people as their primary food source. Instead, they feed on plant nectar. Only female mosquitoes bite, and do so to obtain protein from human blood to develop their eggs.

The Illinois Department of Public Health labels the mosquito as "the most dangerous creature on earth," spreading diseases that have killed more people than all wars in history. Mosquito-borne diseases include malaria, yellow fever, West Nile virus, Zika virus, encephalitis (inflammation of brain tissue), and meningitis (inflammation of brain and spinal cord membranes).

So, why do mosquitoes seem to bite some people more than others?

According to the Smithsonian Institution, factors that can con-

tribute to more mosquito bites include the following:

Blood Type

A study published by the National Institutes of Health showed that mosquitoes landed on people with Type O blood nearly twice as often as those with Type A. About 85 percent of people secrete a chemical signal through their skin that indicates which blood type they have.

Carbon Dioxide

A key way mosquitoes locate their targets is by smelling the carbon dioxide emitted in a person's breath. People who exhale more of the gas over time—generally, larger people—have been shown to attract more mosquitoes than others.

Exercise and Metabolism

Mosquitoes smell the lactic acid, uric acid, ammonia, and other substances in perspiration. Strenuous exercise increases the buildup of lactic acid and body temperature. Mosquitoes are attracted to people with higher body temperatures.

Clothing Color

Mosquitoes also use sight to locate their victims. Researchers contend people who wear dark colors (black, navy blue, or red) make them more of a target for the insects.

Pregnancy

Several studies conclude that pregnant women attract approximately twice as many mosquito bites as others. This is likely because they exhale more carbon dioxide and have slightly higher body temperatures than others.

Other Factors

Interestingly, the American Mosquito Control Association notes that mosquitoes are attracted to people who wear perfumes and colognes, drink beer, and eat Limburger cheese. Scientists theorize that Limburger cheese may explain the attraction that some mosquitoes have for human feet and the odor they emit.

Experts say insect repellents are the best way to ward off mosquitoes. Products containing DEET continue to be the "gold standard" of insect repellents.



Deer ticks transmit Lyme disease

Just like mosquitoes, ticks can cause mild to severe illness – and even death.

Ticks can spread disease, including Lyme disease, which is caused by a bacterium that is transmitted through the bite of an infected blacklegged tick, also called a deer tick. Symptoms of Lyme disease can include fever, headache, fatigue, and skin rash (often in a bull's-eye pattern). If left untreated, the infection can spread to joints, the heart, and nervous system.

According to the Centers for Disease Control and Prevention (CDC), ticks can attach to any part of the human body but are often found in hard-to-see areas, such as the groin, armpits, and scalp. In most cases, the tick

must be attached for 36 to 48 hours or more before the Lyme disease bacterium can be transmitted. Most people with Lyme disease recover completely with appropriate antibiotic treatment.

There is no evidence that Lyme disease is transmitted from person-to-person, or from the bites of mosquitoes, flies, fleas, or lice.

In addition to Lyme disease, deer ticks can transmit other diseases. These include the Powassan virus, which can cause encephalitis (inflammation of brain tissue), and meningitis (inflammation of brain and spinal cord membranes). In June 2017, a two-year-old boy from Plainfield, Indiana, was believed to have died from Rocky Mountain spotted fever, transmitted through tick bites. According to news reports, the family said they went camping just before their son got sick. Deer ticks do not transmit Rocky Mountain spotted fever.

Deer ticks are especially active during the spring, summer, and fall. However, adult ticks may be active during the

winter when temperatures are above freezing. Deer ticks are found in wooded areas along trails. Adults are reddish-brown and are about one-eighth-inch long.

The deer tick has been found sporadically in many Illinois counties. However, in recent years it has been common only in limited areas, mostly in northern Illinois, according to the Illinois Department of Public Health (IDPH). Nearby counties where the deer tick has been found repeatedly, and is believed to be established, include Clark, Coles, Champaign, and Vermilion counties. Areas where the deer tick is present and may be established include Douglas and Crawford counties.

IDPH states that early recognition and treatment of a tick-borne infection decreases the risk of serious complications. If you are bitten by a tick and the affected area worsens, tell your healthcare provider the geographic area in which you were bitten to help identify any potential disease that may exist in that region.



Paris Community Hospital Family Medical Center

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PCH/FMC's Community Healthcare Programs July & August

Clinic Closures

July 4

The Family Medical Centers in Paris, Chrisman, and Oakland will be closed in recognition of Independence Day. The EZ Care walk-in clinic, located at 2200 S. Main Street in Paris, will be open from 9 am to 7 pm.

Monthly Health Screenings

July 6; August 23

Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings will be held from 7 to 9 am each day. Fasting for eight hours in advance is required. The cost is \$25. To register, call 217-465-2606 (or toll free 1-866-465-4141), Ext. 4228.

Summer Fun Runs

July 11, 18; August 1, 8, 9

The Edgar County Bee Well group will sponsor five weeks of fun runs for kids of all ages and abilities at West Lake Park. Enroll in their text club to receive up-to-date details about the program. Text to: 36000, Message: FUNRUN.

Medical Weight Loss Seminar

July 18; August 15

A free informational session regarding PCH/FMC's Medical Weight

Loss Clinic will take place at 5:30 pm in the Family Medical Center. The program utilizes a medically supervised, scientifically based approach that promotes fat loss while supporting muscle mass. To register, call 217-465-CARE (2273).

Back to School Bang

August 5

Now in its third year, this special health and wellness expo helps prepare children for the upcoming school year. The event will take place from 9 am to 1 pm in the Paris Family Medical Center. Snacks, giveaways, area vendors, school/sports physicals and immunizations (9 am to noon) will be available. Normal copays for services provided will apply. Please bring your insurance card and immunization records. No appointment is necessary. Patients will be seen on a first-come, first served basis.

Acklin Invitational and 5K

August 26

PCH/FMC and Paris High School will sponsor this second annual event in memory of the late Dr. James Acklin. The invitational will be for local cross country teams, and the 5K will be open to the public. The event will take place at the high school, with the open race beginning at 7:30 am. Cost is \$10 or \$20 with T-shirt. To sign up, visit ParisCommunityHospital.com/AcklinRace.