

staying HEALTHY



HORIZON
HEALTH

TB or not TB — That is the question

The bad news is that tuberculosis (TB) continues to claim lives as a top 10 cause of death worldwide. The good news is that reported TB cases in the US have dropped 90 percent since 1953.

In Illinois, reported TB cases dropped slightly from 2016 (341 cases) to 2017 (335), according to the Centers for Disease Control and Prevention (CDC).

Even though reported TB cases have decreased nationwide, the disease can occur anywhere and continues to be reported in all 50 states, the CDC states. In the US specifically, TB remains more common among people who were born in countries with high rates of TB, including Mexico, the Philippines, India, and Vietnam.

What is TB?

TB is an infectious disease that mainly affects the lungs, but can attack any part of the body, such as the kidneys, spine, and brain. The bacteria that causes tuberculosis are spread from one person to another through tiny droplets released into the air from coughs and sneezes. If not treated properly, TB disease can be fatal.

Not everyone infected with TB bacteria becomes sick. People who have a “latent TB infection” have bacteria in their bodies that are not active. They do not have symptoms and are not contagious. However, they may develop “TB disease” in the future and are often prescribed treatment to prevent them from developing TB disease.

People with TB disease have bacteria that are active and can be spread to others. Symptoms include weakness, weight loss, fever, night sweats, coughing, and chest pain.

Who is at risk?

The CDC recommends that people who have an increased risk of tuberculosis be screened for latent TB. This includes people who:

- Have HIV/AIDS
- Use IV drugs
- Are in contact with infected individuals
- Are from a country where TB is common, such as countries in Latin America, Africa, and Asia
- Live or work in areas where TB is common, such as prisons or nursing

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Debbie Griffin, APRN, FNP, CDE

Debbie is a full-time family nurse practitioner in the Paris Clinic.

She also is a certified diabetes educator (CDE) through the National Certification Board for Diabetes Educators.

Debbie joined Horizon Health in 1984, working as a nurse in various departments including obstetrics, critical care, occupational health, and diabetes education. She developed and managed the occupational health and diabetes education departments. She transitioned to a family nurse practitioner in the Paris Clinic in 2011.

Debbie is a member of the American Academy of Nurse Practitioners, the American Diabetes Association, the American Association of Diabetes Educators, and the Edgar County Diabetes Association. She received her bachelor's degree and master's degree in nursing from Indiana State University. In her spare time, Debbie enjoys flower gardening and spending time with her grandchildren.



Paris Community Hospital
721 E. Court St., Paris, IL 61944

Oakland Clinic
5 S. Walnut St., Oakland, IL 61943

Chrisman Clinic
112 W. Madison Ave., Chrisman, IL 61924

EZ Care—Marshall
1602 N. Illinois Hwy 1, Marshall, IL 62441

Paris Clinic
727 E. Court St., Paris, IL 61944

EZ Care
1 Phipps Lane, Paris, IL 61944

Senior Care
15323 US Highway 150, Paris, IL 61944



MS can affect anyone

Some medical conditions are most easily identified by their abbreviations. MS (multiple sclerosis) is often one of them. The disease can be unpredictable and disabling.

MS occurs when the body's immune system attacks the central nervous system, which consists of the brain, spinal cord, and optic nerves. Damage to protective nerve coverings, and the nerve fibers themselves, slow or stop nerve transmission. The damaged areas develop scar tissue, which gives the disease its name – multiple areas of scarring or multiple sclerosis.

MS can cause many symptoms. These include blurred vision, loss of balance, slurred speech, numbness, problems with memory and concentration, and extreme fatigue.

According to the National Multiple Sclerosis Society, most people are diagnosed with MS between ages 20 and 50. However, MS can occur in young children and older adults. The disease is two to three times more common in women than in men, suggesting hormones may play a significant role in determining susceptibility to MS.

Multiple sclerosis affects more than 2.3 million people worldwide and there is no cure for the disease. Medications have been shown to reduce relapses and delay progression of MS. Additionally, therapeutic and technological advances are helping people manage symptoms.

MS can affect anyone. Factors, such as low vitamin D and cigarette smoking, have been shown to increase the risk of MS, according to the National Multiple Sclerosis Society.

TB (continued from front)

homes

- Work in healthcare and treat people with a high risk of TB
- Are children and are exposed to adults at risk of TB

Can TB be treated?

It takes much longer to treat TB than other types of bacterial infections. However, the vast majority of TB cases can be cured when medicines are available and taken properly, according to the World Health Organization. Between 2000 and 2017, an estimated 54 million lives were saved through TB diagnosis and treatment.

MARCH & APRIL Community Health Programs

STAY STRONG, LIVE LONG

Ongoing

» This free exercise program for seniors takes place on Tuesdays at 10 am at the Chester P. Sutton Community Center for Seniors of Edgar County. The program helps maintain and increase overall strength to make everyday tasks easier. The program is instructed by licensed Horizon Health Rehab staff.

MONTHLY HEALTH SCREENINGS

March & April

» Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings will be available at the following clinic locations.

Oakland Clinic–March 8 @ 7:30–8:30 am

Paris Clinic–March 15 & April 5 @ 7–9 am

Chrisman Clinic–April 9 @ 7:30–9:30 am

Fasting for eight hours in advance required.
Cost is \$25 at each location. Call 217-466-4228.

VOLUNTEERS' CHOCOLATE SALE

March 25 & 26

» The PCH Volunteers will host a chocolate sale from 8 am to 4 pm by the rotunda entrance to the Paris Clinic.

DOCTORS' DAY

March 30

» Join Horizon Health as it celebrates National Doctors' Day. Be sure to thank your physician for the care that he or she provides.

FREE ADULT CPR/AED CLASS

April 1

» The non-healthcare provider course teaches basic CPR and the use of an automated external defibrillator (AED); 8 am to 1 pm in Conference Room D. Call 217-466-4320. When calling, leave your name and you will be registered.

HEALTHCARE SCHOLARSHIPS DUE

April 8

» Horizon Health is offering \$6,000 in healthcare scholarships to local students to further their education in the medical field. Applications can be printed at MyHorizonHealth.org/Scholarships. For more information, call Michelle Wilken at 217-466-4277.