

HEALTHY OUTCOMES

HCQU, M.C. 24-12, 100 N. Academy Ave., Danville, PA 17822
<http://www.geisinger.org/hcqu> (570) 271-7240 Fax: (570) 271-7241



Hepatitis ABCs

by Berkeley Wellness | April 04, 2016

Hepatitis C, the most common form of hepatitis in the U.S., has been much in the news over the years, largely because of publicity about celebrities who were infected, such as Naomi Judd, Larry Hagman, and Lou Reed. Most recently, the disease presumably played a role in the death of Natalie Cole, who was diagnosed with it seven years earlier, after living with this “silent killer” for decades. Deaths from liver disease related to hepatitis C in the U.S. have risen to at least 17,000 a year, half occurring in people ages 55 to 64.

You may also hear about hepatitis C if you were born between 1945 and 1965 because your doctor should test you for the blood-borne virus. Since 2012 the CDC has recommended screening all people in this age group, who are five times more likely to be infected than other adults, usually from blood transfusions before 1992, when methods used to screen donated blood were less accurate. Hepatitis C has also been in the

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Welcome, Anne!

by Patricia Brofee

I'd like to introduce **Anne** (Angela) **Crawford** who has started at the HCQU as a field nurse on June 19th. Anne will cover Lycoming-Clinnton Counties replacing retired Toby Wolfe.

Anne has worked in the field of both Intellectual and Developmental Disabilities and the Mental Health. She most recently worked with the Seriously Mentally Ill serving as the Nurse Navigator.

She is enthusiastic and excited about working in the field of

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Hepatitis ABCs...

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news lately because of new antiviral drugs that can cure the disease—but remain out of reach for many people because of their very high price. However, hepatitis C is not the only form of hepatitis that should be on your radar. Here are the basics about the different types and how you can protect yourself.

Types of hepatitis

Hepatitis means inflammation of the liver. It impairs the ability of the liver to carry out its normal functions and, if it becomes chronic, can lead to cirrhosis (extensive scarring) of the organ or liver cancer. The infectious forms of hepatitis in the U.S. are usually caused by three viruses, called A, B, and C.

There are also noninfectious forms of hepatitis caused, for instance, by toxic substances (notably alcohol) and excessive use of certain medications (notably acetaminophen) and even some herbal dietary supplements. Another common type of hepatitis, called non-alcoholic steatohepatitis (NASH), is seen in some people who have nonalcoholic fatty liver disease (NAFLD), which is a spectrum of

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SPF: Is Higher Always Better?



by Berkeley Wellness | June 13, 2017

Q: When it comes to sunscreen, is higher SPF always better?

A: Once SPF (sun protection factor) goes over 30, the increase in protection is negligible, according to the Skin Cancer Foundation. Not too long ago, SPF's went only as high as 15 or 30. But in recent years, sunscreen manufacturers have been in an arms race, marketing products with SPF's of 70 or 100 or even higher. Unfortunately, high SPF's can give people a false sense of security if they assume, say, that SPF 70 is more than twice as effective as SPF 30, which is far from true.

SPF refers primarily to a sunscreen's ability to block the sun's ultraviolet-B (UVB) radiation, the main cause of non-melanoma skin cancer and sunburn; ultraviolet-A (UVA) is mostly responsible for skin aging; both increase the risk of melanoma. When properly applied, a product with SPF 15 blocks 93 percent of UVB; SPF 30 blocks 97 percent; SPF 50 blocks 98 percent; SPF 100 blocks 99 percent.

To get those levels of protection, sunscreens have to be "properly applied." That means generously applied and re-applied every two hours or after swimming or sweating heavily. In reality, people apply much less, on average, than is used in laboratory testing. So real-world effectiveness is far lower than 93 to 99 percent blockage of UVB.

One potential problem with super-high SPF's is that such products may block more UVB than UVA. Thus, they are better at preventing sunburn

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Did You Know... The U.S. has the world's highest per capita consumption of ice cream, with each American consuming an average of 48 pints per year.

Hepatitis ABCs...

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disorders occurring when the liver has trouble processing fat (triglycerides), leading to fat accumulation in liver tissue.

Hepatitis signs and symptoms

Exposure to hepatitis can cause acute infection, producing symptoms such as fever, loss of appetite, nausea, fatigue, diarrhea, abdominal pain, dark urine, and jaundice (yellowing of skin and eyes), typically lasting six to eight weeks. Or, as is often the case, there can be no symptoms at all, though the infected person can still transmit the virus. Hepatitis B and C can remain in the body (sometimes for life), resulting in chronic infection that can eventually cause serious disease, notably cirrhosis and liver cancer.

Vaccines and tests for hepatitis

The hepatitis A vaccine should be given to all children at age one; people who travel to Latin America, Africa, Southeast Asia, or other areas where hepatitis A is common; men who have sex with men; and those



with chronic liver disease (including hepatitis B or C and NAFLD).

The hepatitis B vaccine should be given to all newborns; unvaccinated older children; people with multiple sex partners; men who have sex with men; people with chronic liver disease, diabetes, or HIV; health-care workers; drug users who share needles or cocaine straws; and travelers to areas with high rates of infection. If your sexual partner is infected, you should be vaccinated. There is also a combined vaccine for hepatitis A and B. *Ideally, everybody should be vaccinated against both A and B.*

Get tested for hepatitis B if you are pregnant (if you test positive, your child should receive a special in-

jection at birth to prevent infection). You should also be tested if you have multiple sex partners, have HIV, have ever shared injectable-drug needles or cocaine straws, or are about to start taking immunosuppressive drugs. Unvaccinated people born in regions with high infection rates should also be tested, as should U.S.-born people whose parents were born in such regions.

Get tested for hepatitis C if you were born between 1945 and 1965 or had a blood transfusion before 1992. Also get tested if you have ever shared injectable-drug needles or cocaine straws, have HIV, or have signs of liver disease. Unfortunately, there is no vaccine for hepatitis C. ■

Did you know... "Brain freeze" is triggered when ice cream touches the roof of your mouth, causing blood vessels in the head to dilate.

Steps to prevent hepatitis

■ **Wash your hands.** Always wash with soap and water after using the toilet, after changing diapers, before handling food, and before eating. This helps stop the spread of hepatitis A and many other diseases.

■ **Cook foods adequately.** Hepatitis A can spread via raw or undercooked food (especially shellfish) and contaminated water.

■ **Use condoms,** which significantly reduce the risk of hepatitis B and C. This is particularly important if you know that your partner is infected or if you have multiple partners.

■ **Never share unsterilized needles** for any purpose. If you are getting your body pierced or tattooed or are receiving acupuncture, make sure the needles are brand new or have been properly sterilized.

■ **Don't share toothbrushes or instruments that can puncture the skin,** such as razors or manicure tools.

■ **Avoid excessive alcohol intake.** Liver damage, including hepatitis (in this case known as alcoholic steatohepatitis), is just one of many toxic results of heavy drinking.

■ **Reduce the risk of NAFLD** and its progression to NASH by maintaining a desirable weight (via diet and exercise) and controlling blood cholesterol, triglycerides, and blood sugar levels. Cut down on foods and beverages sweetened with high-fructose corn syrup or sucrose (table sugar), which are both major sources of fructose. Studies have linked fructose, in particular, to NAFLD and NASH.

■ **Don't take too much acetaminophen.** Overdosing on acetaminophen (Tylenol, plus generics) is a leading cause of liver damage in the U.S. It's easy to get harmful amounts, since this pain reliever is found in many headache and cold/flu remedies and other over-the-counter drugs, as well as in some prescription pain relievers. Adults shouldn't take more than 3,000 milligrams a day from all sources (equal to six Extra-Strength Tylenol tablets). Read ingredients lists carefully. Drinking alcohol while taking acetaminophen greatly increases the risk of liver damage. ■

Hepatitis A, B, and C: How They Differ

The three main types of viral hepatitis differ in how they spread, how they affect the liver, whether they are likely to become chronic, and whether there are vaccines to prevent them. Here are the details on each.

Hepatitis A

U.S. STATISTICS: About 3,500 cases a year.
CHRONIC: No.

HOW TRANSMITTED: Fecal matter from an infected person contaminating food or water.

COMMENT: Usually causes mild to moderate symptoms lasting several weeks; often no symptoms. Most people recover completely without treatment. Rarely causes liver failure or death. Confers lifelong immunity. Vaccination has dramatically reduced infections in the U.S., but risk remains high when traveling in developing countries.

Hepatitis B

U.S. STATISTICS: About 1.2 million people with about 20,000 new infections each year.
CHRONIC: 5 to 10 percent of infected people over age 5.

HOW TRANSMITTED: Blood, semen, and other body fluids, usually via unprotected sex or shared needles or cocaine straws. Also mother to fetus.

COMMENT: Acute symptoms, when they occur, are generally mild. People with chronic infection often remain asymptomatic until they develop cirrhosis or liver cancer. Vaccination, screening of donated blood, and testing of high-risk people have dramatically reduced infections in the U.S. Antiviral drugs can usually cure the infection.

Hepatitis C

U.S. STATISTICS: About 3.2 million people including 1 in 30 baby boomers. Hepatitis C-related liver disease causes about 17,000 deaths annually. After dropping dramatically between 2000 and 2010, new acute infections have more than doubled since then to an estimated 30,000 cases a year (mostly ages 20 to 40), because of increases in injection-drug use.

CHRONIC: 80 percent of cases.

HOW TRANSMITTED: Blood, usually via transfusions before 1992 or shared needles

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Did you know... Alexander the Great (356-323 B.C.) is known to have loved snow flavored with nectar and honey.

SPF...

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than lower SPFs, but don't necessarily reduce other kinds of skin damage. In that case, people may think they're protected because they aren't turning red and thus will stay out in the sun longer or re-apply lotions less often. Indeed, some studies have found that vacationers tend to spend more time in the sun when given sunscreens with higher SPFs. That's why some countries have capped SPFs at 30 or 50.



Our advice: Buy sunscreen labeled "broad-spectrum" or "UVA/UVB protection" with an SPF of at least 15—or at least 30 if you are very sensitive to the sun, have a personal or family history of skin cancer, or are spending long hours in intense sunlight. It's not worth spending extra for super-high SPFs. Be sure to apply sunscreen generously (that may mean 2 ounces for your entire body) and often, and to take other sun-protective measures, such as wearing a hat and protective clothing. ■

Hepatitis...How They Differ...

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or cocaine straws. Sexual transmission rare, but risk rises with multiple partners or concomitant HIV infection. **COMMENT:** Only about 25 percent of newly infected people develop acute symptoms. At least half of people with chronic infection don't know it because it can take decades for signs or symptoms to develop, at which point liver damage can be severe. About 5 to 20 percent develop cirrhosis or liver cancer. The leading cause for liver transplants in U.S., chronic infection also increases the risk of diabetes and cardiovascular disease and can ultimately damage many other organs. New antiviral medications can now cure hepatitis C with few adverse effects. While "treating all infected persons is cost-effective from a societal perspective, the price of current medications is a formidable barrier for many," according to an editorial by CDC researchers in the *New England Journal of Medicine*. Health insurers, including some state Medicaid programs, have restricted coverage to only patients with severe liver disease. It's hoped that wider use of these drugs, combined with wider screening, will turn the tide against the disease. ■



PPC Meeting

The next PPC meeting is scheduled for August 22, 2017 from 10 am to 12 noon at Hope Enterprises, 351 Church St., Danville, PA.

More information will follow in next month's issue. ■

Did you know... Ice cream became available to the general population in France in 1660.



Sunscreen First, Bug Repellent Second

by Berkeley Wellness | July 06, 2016

If you're using both sunscreen and insect repellent, apply the sunscreen first, then the repellent. If it's a chemical sunscreen, wait about 20 minutes for it to be absorbed by the skin; you needn't wait with sunscreens containing physical blocking agents such as titanium dioxide and zinc oxide, which don't need to be absorbed. If you use a repellent that contains DEET, keep in mind that it is a solvent and will reduce the effectiveness of sunscreen. A concentration of 30 percent DEET spread on top of a sunscreen with SPF 15 decreases the effectiveness of the sunscreen by about 40 percent, according to one study. So use a generous amount of the sunscreen, and reapply it more often than usual.

Don't use a combination product containing sunscreen and repellent; sunscreen has to be reapplied often (every two hours) and liberally, which could overexpose users to the chemicals in repellents (which require much less frequent reapplication). And tests by *Consumer Reports* have found combination products to be less effective at repelling mosquitoes. ■

Using the UV Index

UV Index	Exposure Level
2 or less	Low
3 to 5	Moderate
6 to 8	High
8 to 10	Very High
11+	Extreme

by Berkeley Wellness | March 20, 2017

The UV Index indicates the amount of UV radiation reaching earth at noontime. The index is based on a scale of 0 to 11+. It is determined for most ZIP codes in the United States. The higher the index number, the greater your UV exposure when you go outdoors.

The index appears in local newspapers, is regularly reported on TV and radio weather reports, and is available online at many weather sites or from the EPA (type in your ZIP code or city and state to get the forecast for your area). ■

Your Ice Cream Glossary

by Jeanine Barone | July 26, 2016

Selecting an ice cream product isn't rocket science, yet with all the variations of ice cream and other frozen desserts, it can be confusing. What's the difference between gelato and ice cream? Is low-fat ice cream really healthier than premium? Here's a quick glossary to help you navigate the ice cream section at your grocery store.

Overrun refers to the amount of air that's churned into the ice cream. The more air, the higher the overrun, the fluffier it is and the thinner it is. The less air, the lower the overrun, the denser the product. Overrun is expressed as a percent, so 100 percent overrun means you get 2 gallons of ice cream for every gallon of the original cream base.

Ice cream contains dairy, sweeteners, and flavors. It must contain at least 10% milk-fat by weight, and no more than 100 percent overrun.

Light or lite ice cream has one-third fewer calories.

Low-fat ice cream contains no more than 3 grams of fat per serving.

Nonfat ice cream has less than .5 grams fat per serving.

Reduced-fat ice cream has at least 25 percent less fat.

Premium ice cream has a higher fat content and a lower overrun compared with regular ice cream.

Super premium ice cream has a higher fat content than premium and regular ice cream, and a very low overrun.

Sugar-free ice cream contains less than 0.5 grams sugar per serving. It can contain sugar alcohols or other artificial sweeteners.

No added sugars can appear on an ice cream label if no sugar is added in the processing. But if it contains lactose or milk sugar, it can't be labeled sugar free.



Frozen custard, aka French ice cream, is similar to ice cream in terms of its milkfat content, but it also contains egg yolks.

Gelato typically has more milk than cream, which usually makes its fat content lower than ice cream. It also contains egg yolks and sweeteners. Gelato also has a low overrun, which means less air so it's denser than ice cream. The result is a thicker mouthfeel, which makes it seem like it's higher in fat, even though it's not.

Sorbet is typically made from fruit or fruit juice but, because it contains no dairy, it has little or no fat.

Sherbet has more fat than sorbet, because it contains dairy, but it has less fat than ice cream. Sherbet is typically made from fruit or fruit juice.

Frozen yogurt contains yogurt and may contain live cultures. Its fat content can vary because there is no government standard as there is with ice cream.

Frozen dairy dessert is different from ice cream because it contains less than 10% milkfat and/or has more than 100% overrun. ■

Welcome, Anne...

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Intellectual and Developmental Disabilities and looks forward to serving her counties.

Anne's degree is from West Texas State University and Amarillo College where she majored in Psychology and Nursing. Being born and raised in Texas, she often gets this question from the Pennsylvania folks: "You are not from around here, are you?" So, if you hear a little drawl, she is a "Texas Girl" and proud of it.

Her Faith and Family are important to her. She is thankful that she just celebrated 28 years with her amazing husband and is a proud mom of a beautiful daughter.

Join me in welcoming Anne. You can reach Anne at email address: ajcrawford1@geisinger.edu or contact the main HCQU office at 570-271-7240.

Welcome, Anne. ■

Did you know...

Ice cream cones were popularized in America during the 1904 World's Fair in St. Louis, when an ice cream vendor ran out of cups and asked a nearby waffle vendor to roll up his waffles to hold the ice cream.



Health & Wellness Fair

OCT. 19, 2017

9 A.M. – 2 P.M. | First Baptist Church | 20 Brookside Dr. | Danville, PA

REGISTER TODAY TO ASSURE YOUR VENDOR SPACE!

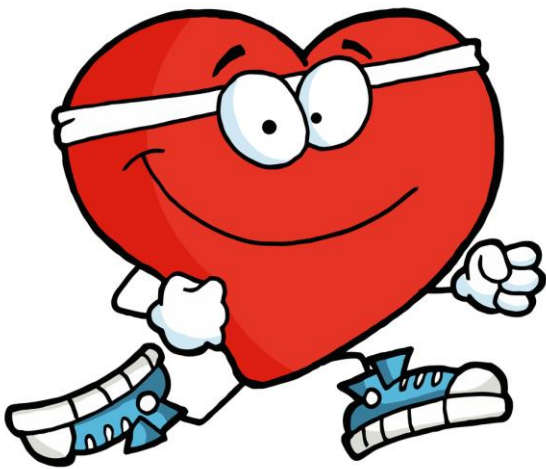
Register by Sept. 1, 2017. 8-foot tables and vendor lunch provided.

Join us for a day of interactive healthier lifestyle education, screenings, events and drawings for the public, especially individuals who receive support services for behavioral health and/or intellectual and developmental disabilities along with family, caregivers, and support staff.

ALL ARE WELCOME!

Sponsored by the Central PA Health Care Quality Unit, CMSU Behavioral Health and Developmental Services, Northumberland County Behavioral Health and Intellectual Developmental Services, Hope Enterprises, Inc., and Suncom Industries

FMI: lgmurphy@geisinger.edu, 570-271-7240



Health & Wellness Fair

Vendor Registration

Limited to 45 Vendors

OCT. 19, 2017

9 A.M. – 2 P.M. | First Baptist Church | 20 Brookside Dr. | Danville, PA

In lieu of a table/space fee, vendors are asked to donate a wellness door prize item (\$10+ value) for our visiting public. To promote wellness and safety, we ask that vendors do not provide candy as treats on their tables which can be a choking hazard and/or a dietary restriction to our public visitors. Table covers are not provided. Lunch will be provided for all vendors. Vendor prizes will be awarded at the end of the event.

Please fill out and send to lgmurphy@geisinger.edu or fax to 570-271-7241

ORGANIZATION: _____

CONTACT NAME: _____

CONTACT PHONE #: _____

EMAIL ADDRESS: _____

TABLE? _____ # OF CHAIRS: _____ ELECTRICITY? _____

OF PARTICIPANTS ATTENDING (for lunch count): _____

WELLNESS SCREENING? _____ IF SO, WHAT? _____

SPECIAL REQUEST? _____

DESCRIPTION OF RAFFLE ITEM: _____