



Mind Matters

Traumatic brain injuries on the rise in Missouri

Adapted from the Missouri Department of Health and Senior Services

The number of traumatic brain injuries in Missouri is on the rise, according to a new report from the Missouri Department of Health and Senior Services. Emergency room visits and hospitalizations due to traumatic brain injuries increased more than 15 percent between 1999 and 2003.

Every year in Missouri, approximately 1,300 people die and more than 12,000 people are treated in an emergency room or are hospitalized due to a traumatic brain injury.

Traumatic brain injury can result from a blow, jolt or other type of injury to the head that disrupts the function of the brain. Most traumatic brain injuries are caused by motor vehicle traffic crashes, crashes involving off-road vehicles, falls and jumps, and being struck by a person or object.

The effects of a traumatic brain injury can range from mild to severe and impact a person's thinking, reasoning, memory, speech, physical activities, seeing, hearing, learning and other abilities. These conditions can be temporary or permanent.

Because traumatic brain injuries affect different areas of the brain in different ways, no two brain injuries are



alike. Improvements in health care and technology are helping people with traumatic brain injuries live longer lives, so the need for services to assist those with brain injuries and their family members is growing. Because the only real cure for traumatic brain injury is prevention, public awareness is key to preventing this type of injury.

The Traumatic Brain Injury State Action Plan, developed by the Missouri Head Injury Council and its stakeholders, and The Public Health Burden of Traumatic Brain Injuries in Missouri can be found at www.dhss.mo.gov/HIA-Council/Priorities.

For information about services available to persons with traumatic brain injury, contact the Adult Head Injury Program at www.dhss.mo.gov/SHCN/HeadInjury or 1-800-451-0669. For information about brain injury support groups and other services offered throughout the state, contact the Brain Injury Association of Missouri at: www.biamo.org or 1-800-377-6442.

From the Director



Gil Copley

I look forward every year to summer. While I enjoy the many summer-related activities in our area, it is the bounty of fresh, locally-grown produce that I look forward to with the most anticipation.

When I'm in need of a break to clear my mind, I often take a short drive through the flood plain north of the city of St. Charles. This area is one of the most fertile and productive in the nation, and it is endlessly fascinating and relaxing to me to watch the cycle of planting, growth, and harvest that occurs every year. Living in a metro area where agriculture is still an important activity means that each summer locally-grown produce is readily available.

From the point of view of a balanced diet and nutrition, fruits and vegetables are important year-round. The USDA recommends five to seven servings a day. In the summer though, when fresh local produce is available, it is hard for me not to exceed that recommendation.

To read the rest of this article, click on [From the Director](#)



Celebrate Safely This Independence Day

Fireworks and Fido are not a good mix

The Independence Day holiday is fast approaching, and the bang, boom, and bright lights of fireworks are already showing up across St. Charles County. Unfortunately, many pets are frightened by the loud noises and will run away trying to escape the sound.



Local animal shelters always experience increased impounds around the 4th of July because of loud fireworks displays.

If your dog or cat is sensitive to these loud noises, don't take chances. Protect your pets by following these simple tips.

- Keep your pet secured indoors. Even the best behaved dog will jump fences when scared and cats will run away to hide. In their panic, normally friendly animals may try to bite. Many will run into traffic or run long distances.

- Put your animal in a pet crate and put them in a dark room with the door closed. Panicky animals may hurt themselves or damage property when not securely confined.

- If your dog is normally kept outside, put them inside the garage.

- Don't assume your pet won't react because you haven't had problems in the past. Many animals develop sensitivity to loud noises later in life.


- Make sure your pets are wearing an identification tag and/or microchip. Cats can safely wear an ID tag when it's attached to a break-away collar.

The St. Charles County Pet Adoption Center will microchip pets for \$10.00. Call (636) 949-PETS (7387) for more information. If you love your pets, protect them and keep them home with your family. Give them a safe place during the 4th of July holiday.

Cool Salads for Hot Summer Days

When the summer sun beats down, the last thing many of us want to do is heat up our kitchen by cooking. Not only are these two salads cool and refreshing, they are packed full of vitamins and minerals essential to good health.

SOUND OFF!



We want to hear from you!

Health-E-News is YOUR source for health information from YOUR St. Charles County health department. So how can we do better? What topics would you like us to explore in future issues? [Send us an e-mail](#) with your suggestions.

2-3 cups fresh spinach, washed and torn
 4 radishes, chopped
 4 cherry tomatoes, halved
 1 medium carrot, thinly sliced
 Handful of chopped mushrooms
 6 ounces grilled chicken strips (prepackaged)
 6 strawberries, sliced
 Combine all ingredients in a large bowl and drizzle with balsamic vinaigrette.

2-3 cups fresh spinach, washed and torn
 1/2 cup fresh broccoli, chopped
 1/2 cup fresh cauliflower, chopped
 Handful of chopped mushrooms
 1 whole tomato, diced
 1 peach, sliced into several pieces
 1 medium carrot, thinly sliced
 6 ounces grilled chicken strips (prepackaged)
 Small handful pecans or walnuts, if desired
 Combine all ingredients in a large bowl and drizzle with balsamic or raspberry vinaigrette.

Either recipe can have some substitutions. Fresh romaine or iceberg lettuce can stand in for some or all of the spinach. If you don't like strawberries or peaches, try raspberries or apples. The secret is to balance the acidity of the vinaigrette with the sweetness of fruit.

Helpful Phone Numbers		
Division of Public Health	WIC	
636-949-7400		636-949-7402
Health Education	Division of Environmental Services	
636-949-7401	Recycling Services	
Vital Records		
636-949-7558		636-949-7415
STD Prevention/Treatment	Division of Humane Services	
636-949-7401		
Environmental Public Health Program	Animal Control	
636-949-7404		636-949-7387
		636-949-7347

Diseases in the News

What You Should Know About XDR-TB

Adapted from the CDC

In recent weeks, the media has focused attention on a 31-year-old Georgia man who is infected with extensively drug-resistant tuberculosis or XDR-TB. The man is currently undergoing treatment, and his prognosis is good. However, his case brings renewed attention to TB disease and its resurgence around the world.

XDR-TB is a relatively rare type of multidrug-resistant tuberculosis, also called MDR-TB. It is resistant to almost all drugs used to treat tuberculosis, including the two best first-line drugs. XDR-TB is also resistant to the best second-line medications and at least one of three injectable drugs.

Because XDR-TB is resistant to the most powerful first-line and second-line drugs, patients are left with treatment options that are much less effective and often have worse treatment outcomes.

XDR-TB is of special concern for persons with HIV infection or other conditions that can weaken the immune system. These persons are more likely to develop TB disease once they are infected, and also have a higher risk of death once they develop TB disease.

XDR-TB can be treated and even cured in some cases. Some TB control programs have shown that a cure is possible for 30% of affected people. Successful outcomes depend greatly on the extent of the drug resistance, the severity of the disease, and whether the patient's immune system is weakened.

The risk of acquiring XDR-TB in the United States appears to be relatively low. However, it is important to acknowledge the ease at which tuberculosis can spread. As long as XDR-TB exists, the United States is at risk and must address the threat. Drug-susceptible (regular) TB and XDR-TB are spread the same way. Tuberculosis bacteria are put into the air when a person with TB disease of the lungs or throat coughs, sneezes, speaks, or sings. These germs can float in the air for several hours, depending on the environment. Persons who breathe in the air containing these TB germs can become infected.



Health care providers have several methods to detect tuberculosis infection, including chest X-rays, sputum sampling, and skin tests.

Tuberculosis is not spread by shaking someone's hand, sharing food or drink, touching bed linens or toilet seats, sharing toothbrushes, kissing, smoking, or sharing cigarettes.

To avoid contracting TB, people should avoid close contact or prolonged time with known TB patients in crowded, enclosed environments like clinics, hospitals, prisons, or homeless shelters. If you think you have been exposed to someone with TB disease, you should contact your doctor or local health department about getting a TB skin test or the QuantiFERON-TB Gold test (QFT-G), a blood test.

For more information about XDR-TB, visit the [CDC's XDR-TB webpage](#).

Cleaner Water = A Healthier Life



Did you know that most of the pollution in our streams and rivers is caused by runoff from homes and lawns? Yard waste, erosion, hazardous household chemicals, and pet waste all have a negative impact on water quality. St. Charles County is committed to informing citizens of both the magnitude of this problem, as well as corrective actions they can take to prevent non-point-source pollution.

As part of the process for renewing the county's National Pollutant Discharge Elimination System (NPDES) permit for 2008-2012, St. Charles County will be hosting two

public workshops. These forums are designed to educate citizens about the NPDES permit process and collect feedback from the public regarding the county's five-year Stormwater Management Plan.

The first workshop will be held on Tuesday, July 10 from 6:30 to 8:30pm at the St. Charles Community College Student Center, rooms 205 and 206. The workshop will be offered again on Thursday, July 12 from 6:30 to 8:30pm at the Quail Ridge Park Lodge. Residents who cannot make either meeting are encouraged to visit the Department of Community Health and the Environment online at www.scchealth.org to download the county's Stormwater Management Plan and reply with any feedback.



*When It Rains,
It Drains!*