



Chronic Diseases

Quarterly Newsletter
For
Joplin City and Jasper County

Chronic Diseases in our Communities

Chronic diseases are diseases that have prolonged course, that do not resolve spontaneously, and which a complete cure is rarely achieved. These diseases— heart disease, cancer, and diabetes—are the leading causes of death and disability in the United States.

About 7 out of 10 deaths in the United States and in Missouri each year are from chronic diseases. They cause major limitations in daily living for almost 1 out of 10 Americans. Chronic diseases such as heart disease, stroke, cancer, diabetes, and arthritis etc, are among the most common, costly, and controllable, if not preventable health problems in the U.S.

Chronic diseases are not prevented by vaccines or generally cured by medication, nor do they disappear. To a large extent, the major chronic disease killers— heart disease, cancer, stroke, chronic Pulmonary Disease (COPD) and

diabetes— are an extension of what people do or not do in their daily lives.

About 1 in 4 people with chronic conditions have one or more daily activity limitations.

Four modifiable health risk behaviors—lack of physical activity, poor nutrition, tobacco use, and excessive alcohol consumption— are responsible for much of the illness, suffering, and early death related to chronic diseases.

Source: CDC & Missouri Department of Health and Senior Services

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Inside this issue:

Diabetes	2
Heart Disease	3
Community Events	4
Stroke	4

Leading Causes of Death: Missouri and U.S.

Missouri, 2008

1. Diseases of heart
2. Cancer –Malignant neoplasms
3. Chronic lower respiratory diseases
4. Cerebrovascular disease (Stroke)
5. Unintentional injuries
6. Alzheimer's disease
7. Influenza & pneumonia
8. Diabetes mellitus
9. Nephritis & nephrosis
10. Septicemia

Source: Missouri Vital Statistics, 2008

United States, 2007

1. Heart diseases
2. Cancer—Malignant neoplasms
3. Cerebrovascular diseases (stroke)
4. Chronic lower respiratory diseases
5. Accidents (unintentional injuries)
6. Alzheimer's disease
7. Diabetes mellitus
8. Influenza and pneumonia
9. Nephritis & nephrosis
10. Septicemia

Source: National Vital Statistics, 2009

Special Interest:

- 7 out of 10 deaths in the U.S and Missouri each year are from chronic diseases
- The most common type of heart disease in the U.S. is coronary artery disease
- Diabetes can lead to serious complications, such as blindness, kidney damage, cardiovascular disease, and lower-limb amputations.



Diabetes: A Debilitating but Controllable Disease

Diabetes is a disease in which the body has a shortage of insulin, a decreased ability to use insulin, or both. Insulin is a hormone that allows glucose (sugar) to enter cells and be converted to energy. Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications. Serious complications include blindness, kidney damage, cardiovascular disease, and lower-limb amputations.

African American, Hispanic, American Indian, as well as Alaska Native adults are twice as likely as white adults to have diabetes.

Common types of Diabetes

- Type 1 diabetes (5-10 percent of all diagnosed diabetes)
- Type 2 diabetes (95 percent of all diagnosed diabetes)
- Gestational diabetes - Occurs during pregnancy.

Prevention and Control

Self-management education or training is vital in improving health outcomes and quality of life. It focuses on self-care behaviors, such as healthy eating, being active, and monitoring blood sugar.



Source: CDC

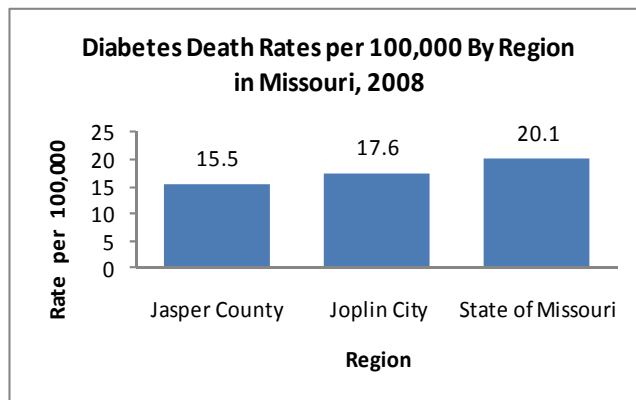
By working with their support network and health care providers, people with diabetes can prevent premature death and disability by controlling their blood glucose, blood pressure, and blood lipids and by receiving other preventive care in a timely manner.

Local Data

Diabetes death rate in 2008 was higher in Joplin than in Jasper County. However, both Jasper County and Joplin rates were below the state rate as shown in figure 1.

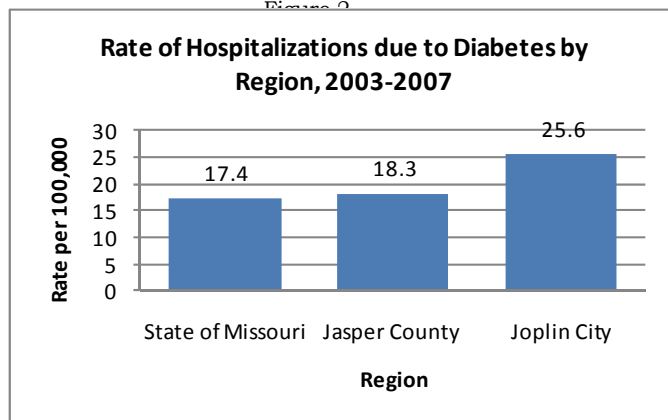
Hospitalizations rate due to Diabetes in Joplin City was above Jasper County and the state as shown in figure 2.

Figure 1



Age Adjustment Uses 2000 Standard US Population
Source: CDC & DHSS-MICA.

Figure 2



Age Adjustment Uses 2000 Standard US Population
Source: Community Data Profiles: Missouri DHSS.

Community resources

- **Diabetes Support Group:** Monday, 6/21/2010 - 5:30 p.m. at 6:30 p.m. **Freeman** East Conference Rooms 1-3 at 932 East 34th Street Joplin, MO 64804. The group meets on the 3rd Monday of each month. Group is free and open to the public. **Contact Information:** 417-347-5831 or slpittman@freemanhealth.com
- **Diabetes Support Group** - Wednesday June 23, 2010 at 4:00PM - 5:00PM at **McCune Brooks** Regional Hospital Community Room. Contact Kathy Anderson at 417-359-2355 or email: kanderson@mccunebrooks.org
- **Free Blood Pressure and Blood Glucose Screenings** Thursday, July 22 at 10 to 11:30 a.m. Area Agency on Aging Community Center 22nd and Jackson, Joplin. For more information, contact **St. John's** Hospital.

Heart Diseases: Leading Cause of Death in the U.S.



Heart disease refers to several types of heart conditions. It is the leading cause of death in the U.S. as well as Missouri (figure 2).

Some conditions as well as some lifestyle factors can put people at a higher risk for developing heart disease. These factors include inactivity, obesity, high blood pressure, cigarette smoking, high cholesterol, poor diet and diabetes. It can also be hereditary.

The most common type of heart disease in the U.S. is coronary artery disease (CAD), which can lead to heart attack. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication.

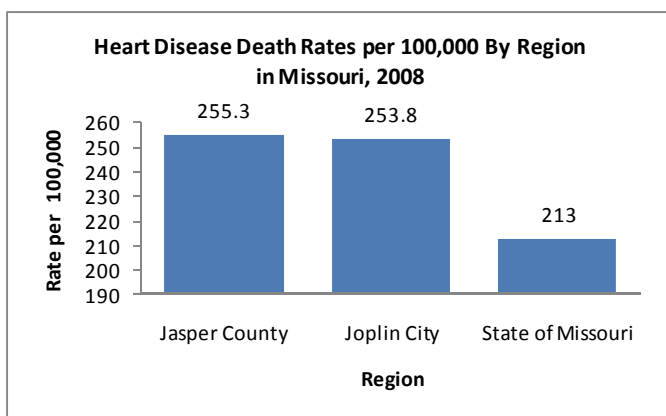
CAD occurs when cholesterol deposits (plaque) accumulates in the arteries that supply blood to the heart. When this happens, your arteries can narrow over time and can cause chest pain or discomfort because the heart muscle doesn't get enough blood. Over time, CAD can weaken the heart muscle leading to heart failure, a serious condition where the heart can't pump blood the way that it should. An irregular heartbeat can also develop.

Local Data

The rates of death due to heart diseases in Jasper County (255.3 per 100,000) and Joplin City (253.8 per 100,000) were higher than the state rate (213 per 100,000). See figure 3.

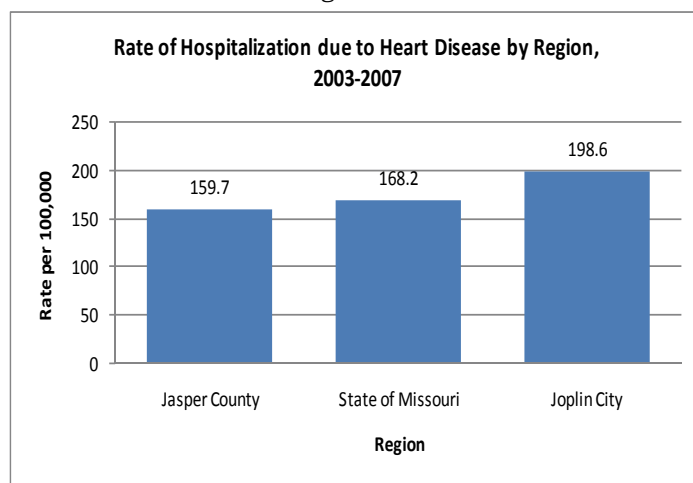
Heart disease hospitalizations rate in Joplin City (198.6 per 100,000) was above the Jasper County (159.7 per 100,000) and the state (168.2 per 100,000) as shown in figure 4.

Figure 3



Age Adjustment Uses 2000 Standard US Population
Source: CDC & DHSS-MICA.

Figure 4



Age Adjustment Uses 2000 Standard US Population
Source: Community Data Profiles: Missouri DHSS.

Community resources

- Heart Support Group** - Tuesday, 6/29/2010 at 6:00 p.m. - 7:00 p.m. at Freeman Heart & Vascular Institute, 1102 West 32nd Street Conference Rooms A and B Joplin, MO 64804. Meeting on the last Tuesday of each month. Free and open to the public. **Contact Info:** Mark Barlow 417.347.3533
- Cholesterol Screening**—Tuesday, June 22 at 8 to 10 a.m. St. John's Family Care Center (32nd and Jackson) Test includes total cholesterol, HDL, LDL, and triglycerides. Fasting is required for accurate results. \$5 to be paid at time of appointment (cash or check). Registration required, call 417-625-2000.
- Free Blood Pressure Screenings** Every Monday at 9:30 to 11 a.m. at St. John's Main Lobby

Source: Freeman and St. John's Hospitals websites

Contacts

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321 E. Fourth Street
Joplin, MO. 65801
Phone: 417-623-6122
Fax: 417-624-6453
www.joplinhealthdepartment.org

Jasper County Health Department
105 Lincoln St.
Carthage, MO 64836
417-358-3111
417-358-0481
Toll Free 877-879-9131
Www.health.jaspercounty.org



Public Health

Events

Cancer Support Group: Wednesday, 6/9/2010 at 2:00 p.m. - 3:00 p.m. Freeman Cancer Institute, 3415 McIntosh Circle Drive, Downstairs Conference Room, Joplin, MO 64804. Free and open to the public. **Contact Info:** Ginger Brown, LCSW, 417.347.4029

Alzheimer's Support Group: Tuesday, 6/8/2010 at 6:00 p.m. - 7:00 p.m. Freeman East Conference Room 4E, 932 East 34th Street, Joplin, MO 64804. Support group is free and open to the public. **Contact Info:** 417.347.5876

Health Fair: Friday, June 25, 2010 at 8 to 11 a.m. at St. John's Main Lobby and St. John's Mercy Conference Center. Free health screenings include blood pressure, bone density, foot screenings, height/weight/BMI. A \$5 cholesterol screening will also be offered (fasting required). For more information, call 417-625-2388.

What is Stroke?



A stroke, sometimes called a "brain attack," occurs when blood flow to the brain is interrupted. While a stroke is occurring, it is

referred to as the acute phase of a stroke. Brain cells in the immediate area begin to die because they stop getting the oxygen and nutrients needed to function.

As brain cells die, abilities controlled by that area of the brain are impaired. The impact from a stroke ranges from mild to severe, and can include paralysis and impairments of function such as speech, movement and memory. Specific abilities lost or affected depend on the location of the stroke in the brain and the amount of damage the stroke caused (National Stroke Association's Complete Guide to Stroke, 2003).

There are two major kinds of stroke.

The first, known as an ischemic stroke, is caused by a blood clot that blocks a blood vessel to the brain. Approximately 87 percent of strokes are acute ischemic (American Heart Association Statistics Committee and Stroke Statistics Subcommittee, 2008). The second, known as a hemorrhagic stroke, is caused by a blood vessel in the brain that breaks or ruptures spilling blood into the brain.

Each year, stroke accounts for more than 3,000 deaths in Missouri. Stroke is also a leading cause of adult disability, according to the National Stroke Association's Complete Guide to Stroke (2003).

Remember, stroke is an emergency think FAST!

It is important to get to the hospital fast if you suspect stroke. Missourians need to recognize the signs of stroke. Think

F.A.S.T. – Face numbness or weakness, Arm numbness or weakness, Speech slurred and Time to call 911. Most strokes develop suddenly.

Every second counts - Time lost is brain lost!

Adapted from Missouri Department of Health and Senior Services website

Community resources

Stroke Support Group—Joplin:
Thursday, 6/17/2010 at 3:00 p.m. - 4:00 p.m. at College View Manor, 3828 College View Drive, Joplin, MO 64804. Open to stroke patients, caregivers, and those interested in the topic. Free admission.
Contact Info: 417.347.1234

"Be the change you want to see in the world." Mahatma Gandhi