

ISDH Long Term Care  
Newsletter Issue # 11-23  
November 23, 2011

In Today's Issue:

- American Diabetes Month
- Varicella Activity
- Staffing Update

# Happy Thanksgiving

November is American Diabetes Month



November 22, 2011

**NOVEMBER IS AMERICAN DIABETES MONTH**  
**"RAISE YOUR HAND NOW TO STOP DIABETES"**

INDIANAPOLIS-In honor of American Diabetes Month, State health officials are encouraging Hoosiers to learn more about diabetes, know the risk factors, and get screened. The month's theme, "Raise your hand now to stop diabetes," focuses on the seriousness of diabetes and the importance of diabetes prevention and control.

An estimated 17.2 percent of Hoosier adults ages 55-64 and 21 percent of adults 65 years of age and older have been diagnosed with diabetes. Even more (35 percent) are thought to be pre-diabetic, a condition involving impaired glucose tolerance and impaired fasting glucose. Pre-diabetes is associated with increased risk of developing type 2 diabetes, heart disease, and stroke.

"Knowing your family's health history is a start, but visiting your health care provider on a regular basis is crucial," said Joan Duwve, M.D., and Chief Medical Officer at the Indiana State Department of Health. "Diabetes is a serious disease that many Hoosiers suffer from, but it's possible that with proper care, diabetes can be managed."

The prevalence of diabetes is rapidly increasing among the world's population, according to new information from the International Diabetes Federation. In fact, the organization predicts that at least one in 10 adults could have diabetes by 2030 and an estimated 552 million people could have diabetes in two decades' time based on factors like aging and demographic changes.

Individuals with African American, American Indian, Asian American, Hispanic/Latino, or Pacific Islander ethnic backgrounds are more likely to have diabetes than Caucasians. People who have diabetes may develop complications like heart disease, vision problems, kidney disease, dental issues, and poor circulation.

If you or a family member has been diagnosed with diabetes, the following steps can help prevent future complications of the disease:

- Have your eyes checked every year. Diabetic eye disease is the leading cause of new cases of blindness among adults as it affects the blood vessels in eyes. Identifying eye problems and treating them early can reduce risk and help save sight.

- See your dentist at least twice a year. People with diabetes are more likely to have problems with their teeth and gums because of high blood glucose. Daily care of teeth and gums can help keep them healthy and prevent dental infections, a serious condition which can cause your blood glucose to go up even more. Regular dental care helps prevent dental disease.
- Check your feet every day. The rate of amputation for people with diabetes is 10 times higher than for those without it. Diabetes causes poor circulation and nerve damage in the lower legs, making them more prone to infections. By checking feet daily with a mirror, and having doctors check any sores or calluses, people can avoid infections that could lead to problems.
- Protect your kidneys. Diabetes can cause kidney disease by damaging areas of the kidneys that filter out waste. This can lead to kidney failure. To help safeguard your kidneys, ask your doctor to test your microalbumin level every year. Also ask your doctor about taking an "ACE Inhibitor" or "ARB" medication, which can protect kidneys and lower blood pressure.

These steps can go a long way towards living a healthier life. For additional diabetes resources, visit the Indiana State Department of Health's Diabetes Prevention and Control Program website at [www.diabetes.IN.gov](http://www.diabetes.IN.gov), or the National Diabetes Education Program website at [www.ndep.nih.gov](http://www.ndep.nih.gov).

The mission of the Diabetes Prevention and Control Program is to reduce the burden of diabetes in Indiana through data surveillance, health communications, health systems development, and development and implementation of community interventions and programs.

## Varicella Activity in Indiana

Indiana Health Alert Network  
11/21/2011 3:19:12 PM

Indiana State Department of Health Investigating Varicella Activity in Indiana

The Indiana State Department of Health is investigating varicella (chickenpox) activity in Indiana. Sporadic cases have been reported throughout the state, including cases in schools and day cares. The ISDH is investigating an outbreak in an elementary school and instituting appropriate control measures in collaboration with the local health department.

The Centers for Disease Control and Prevention (CDC) defines an outbreak as 5 cases (confirmed or epi-linked) within an elementary school or 3 cases within intermediate or high schools. Once this threshold is met, control measures, including vaccination and exclusion, are implemented. Although school requirements for varicella vaccination vary by grade, the CDC recommends that in outbreak situations, all school students and staff must have either history of disease or two valid doses of varicella vaccine, regardless of grade, to interrupt disease transmission. Those who do not have adequate proof of immunity (history of disease or 2 valid vaccine doses) will be excluded from classes and extracurricular activities for 21 days after the date of last known exposure, regardless of objector status.

School nurses, health care providers, and local health departments are encouraged to ensure that all vaccine doses for children and adults are entered into CHIRP (Children's and Hoosiers Immunization Registry Program). CHIRP allows for rapid, effective assessment of vaccine history, especially during school outbreaks. School officials are strongly encouraged to review student immunization records and refer inadequately immunized students to their health care providers for appropriate vaccinations.

For questions or to report varicella activity in a school, please contact Ryan Ly, ISDH Assessment Epidemiologist, at 317-234-3378.

## Survey Staff Update

The following is a survey staff update for October 2011 for the ISDH Division of Long Term Care.

New Long Term Care Surveyors:

Dinah Jones - Public Health Nurse Surveyor 3 - Survey Area 6 - Effective 10/3/11

Shelley Reed - Public Health Nurse Surveyor 3 - Survey Area 3 - Effective 10/3/11

Dorothy Watts - Public Health Nurse Surveyor 3 - Survey Area 5 - Effective 10/31/11

Departures:

The following surveyors are no longer with the ISDH. We thank them for their service to the state and wish them well in their new opportunities.

Antoinette Krakowski - Public Health Nurse Surveyor 3 - Survey Area 1 - Effective 10/11/11

Victoria Bickel - Public Health Nurse Surveyor 3 - Survey Area 3 - Effective 10/19/11

Promotions:

Christine Wardwell - Promoted to Secretary 3 - Health Care Records & Registry Section - Effective 10/3/11



From all of us at the Indiana State Department of Health, have a Happy Thanksgiving and safe holiday travels.

Terry Whitson  
Assistant Commissioner  
Indiana State Department of Health