



Paris
Community
Hospital
Family
Medical
Center



Why my hands, feet & mouth?

staying
healthy

November 2017

Childhood disease can affect adults, too

In fall 2016, an outbreak of the contagious hand, foot, and mouth disease (HFMD) was reported on the University of Illinois campus in Urbana. Approximately 70 cases were reported shortly after the start of the semester.

While HFMD can occur in adults, it mainly affects infants and children younger than five years old. According to the American Academy of Pediatrics, HFMD is a common childhood virus that pediatricians, child care centers, and preschools see in summer and early fall.

HFMD is caused by a number of different viruses, most commonly the Coxsackie virus, according to the Cleveland Clinic. HFMD gets its name from the blister-like rash that usually forms on the hands, feet, and mouth.

The Coxsackie virus is very contagious. It can be passed from person to person on unwashed hands and surfaces

contaminated by feces. It also can be spread by an infected person sneezing or coughing.

The disease typically starts with a fever, sore throat, and reduced appetite and develops into painful sores in the mouth that blister. A skin rash with red spots, sometimes with blisters, also can occur on the palms of the hands, soles of the feet, and other areas of the body, including the knees, elbows, buttocks, or genital area.

Some people with HFMD, especially young children, may get dehydrated if they are not able to swallow enough liquids because of painful mouth sores. There is no vaccine to prevent HFMD and no treatment other than pain and fever reducers to relieve symptoms.

According to the Centers for Disease Control and Prevention (CDC), a person with HFMD is most contagious during the first week of illness. People can sometimes be contagious for days or weeks after the symptoms go away. Some people, especially adults, may not develop symptoms, but

they can still spread the virus to others. This is why people should always practice good hygiene, such as hand washing, to minimize their chance of spreading the disease or becoming infected.

The CDC states that people with HFMD should stay home while they are sick. They should contact their healthcare provider if they are unsure when they should return to work or school. The same applies to children returning to day care.

Large outbreaks of HFMD are not common in the United States, according to the CDC. However, in some countries in Asia, outbreaks are large and occur often.

The CDC notes that HFMD often is confused with foot-and-mouth disease (also called hoof-and-mouth disease), which affects cattle, sheep, and swine. However, the two diseases are caused by different viruses and not related. Humans do not get the animal disease, and animals do not get the human disease.



Debbie Griffin,
FNP-C, CDE

Debbie is a family nurse practitioner in the Paris Family Medical Center. She

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

Debbie joined PCH/FMC in 1983, 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.

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.



Not everyone sees the world in true colors

While seeing the world in its true colors comes easy for most people, it can be a challenge for others.

For people with color blindness, also known as color vision deficiency, their perception of colors is different than what most people see. It can be difficult for them to distinguish between certain colors – or shades of the same or similar colors. This usually pertains to greens and reds, and sometimes blues.

There are three main types of color blindness, which are based on defects in the eye's retina. Red-green color blind-

ness is the most common, followed by blue-yellow color blindness.

The American Academy of Ophthalmology notes the different degrees of color blindness. Some people with mild color deficiencies can see colors normally in good light but have difficulty in dim light. Others cannot distinguish certain colors in any light. The most severe form of color blindness, in which everything is seen in shades of gray, is uncommon.

According to the National Eye Institute, the most common types of color blindness are inherited. Men are much more likely to be color blind than women, with an estimated one in 10 males having some form of color deficiency.

Men experience color blindness more often because the genes responsible for the most commonly inherited color blindness are on the X chromosome. Males only have one X chromosome, while females have two X

chromosomes. In females, a functional gene on only one of the X chromosomes is enough to compensate for a loss on the other.

The National Eye Institute notes that most color vision problems that occur later in life are a result of trauma, such as damage to the retina or optic nerve; toxic effects from drugs; metabolic disease; or vascular disease. Disease-specific color blindness often affects both eyes differently, and color vision usually gets worse over time.

Healthcare professionals can use a variety of tests to determine if someone is color blind. There is no cure for color blindness. However, people with red-green color blindness may be able to use a special set of lenses to help them perceive colors more accurately. Additionally, mobile phone apps are now available to help people with color blindness differentiate colors.



Paris Community Hospital Family Medical Center

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staying healthy

PCH/FMC's Community Healthcare Programs November & December

Volunteers' Christmas Open House

November 3 & 4

The open house will take place in Conference Room B from 9 am to 5 pm. The event is sponsored by the PCH Volunteers, who staff the gift shop and support hospital projects and healthcare scholarships for area students.

Monthly Health Screenings

November 8; December 14

Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings will be held from 7 to 9 am each day. Fasting for eight hours in advance is required. The cost is \$25. To register, call 217-466-4228.

Annual Hospital Fundraiser

November 11

In recognition of American veterans, this year's annual hospital fundraiser is titled "Always Remember ...Never Forget." The event will take place at Ernie Eveland Gymnasium, with a social hour at 6 pm and dinner at 7 pm. Tickets are \$100 each with various sponsorship levels available. Proceeds will be used to purchase X-ray equipment for the new EZ Care walk-in clinic. Seating is limited. Call Cindy Belt at 217-466-4734.

National Nurse Practitioners Week

November 12-18

PCH/FMC encourages everyone to thank their nurse practitioners for

the valuable service they provide to the community. Nurse practitioners seeing patients at PCH/FMC include: Casey Anderson, FNP-C; Susan Arp, FNP-C; Ann Bogue, FNP-C; Debbie Griffin, FNP-C, CDE; Angela Hamilton, FNP-C; Danielle Ireland, FNP-C; Sneha Patel, FNP-C; Tiffany Turner, FNP-C; Sara Spesard, FNP-C; Samantha Volstorf, FNP-C; and Crystal White, FNP-C.

Annual Diabetes Event

November 14

In recognition of World Diabetes Day, PCH/FMC will host a free event titled, "Take Charge: Manage Prediabetes," from noon to 1:30 pm at Step Station in Paris. The presenter will be Dr. Edward Rico, endocrinologist. This program is intended for individuals who have prediabetes. Lunch will be provided. Space is limited. Register by November 9 by calling 217-466-4228.

Medical Weight Loss Seminar

November 21

A free informational session regarding PCH/FMC's Medical Weight Loss Clinic will take place at 5:30 pm in the Family Medical Center. The program utilizes a medically supervised, scientifically based approach that promotes fat loss while supporting muscle mass. To register, call 217-465-CARE (2273).

Volunteers' Chocolate Sale

December 12 & 13

The PCH Volunteers will hold their South Bend Chocolate Company sale from 8 am to 4 pm by the rotunda entrance to the Paris Family Medical Center.