



4thThursday eNews

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www.centralfloridacmsa.org

Message from the Board

By Darlene Armstrong, RN, BA, CCM, President



Hello and Happy Belated Valentines Day. As we move through February we have a lot going on. February is Heart Month and Alzheimer's and Dementia Staff Education Week is from February 14th-21st. February is also Black History Month, Ground Hog Day, Valentines Day, and President' Day. There are a lot of activities for a short month.

The birth flower is violet and the common primrose and the birthstone is amethyst for those who are not born in this month.

Be sure to check out our website. We have a lot of changes going on. There are always job opportunities listed, even if you are not looking a friend may be.

The CMSA Central Florida Chapter is working to develop the Public Policy Committee. If you are interested, be sure to let Marilyn Doty, Laurie Davis, Angella Clemons, or I know. We are excited to announce Marilyn and Angella are going to the Public Policy Conference in April in Washington, DC and look forward to their reports when they return. We are also sending Patti Dorrell, Joanne Davenport, and Ruth West to the National Conference in San Antonio in June.

Did you know heart disease is the number one killer of women in the United States?

According to Campbell's heart healthy website, only 13% of women view heart disease as a health threat, even though it's the leading cause of death for women in the United States?

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Wherever I May Go

You're in my thoughts and in my heart
Wherever I may go;
On Valentine's Day, I'd like to say
I care more than you know.

By Joanna Fuchs

BECOME A MEMBER
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Chapter Notes



**CMSA Monthly Member Meeting
January 27, 2011**

Darlene called the meeting to order at 11:45am.

We enjoyed a very informative talk about the Effect of BHO on Tissue Altered by Radiation.

Next Meeting: February 24, 2011 at the Bahia Shrine in Maitland.

Respectfully submitted,
Marsha Stein, Secretary

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- Here are some facts from the American Heart Association to consider:
- Cardiovascular disease (CVD) kills over 450,000 women per year—that's about one every minute.
- One in six US women in 2005 died of cardiovascular disease, while only one in thirty died of cancer.
- CVD claims nearly as many lives than the next five causes of death combined, including all forms of cancer.
- One in eight women between the ages of 45 and 64 has some form of heart disease. The numbers increase to one in four for women over 65.
- 64% of women who died suddenly of coronary heart disease had no previous symptoms.
- Middle-aged Americans who don't currently have high blood pressure have a 90% chance of eventually developing hypertension.
- Over 73 million adults in the United States have high blood pressure.
- Stroke is the #3 cause of death for women over the age of 65, and is a leading cause of serious, long-term disability.
- While the statistics are sobering, there is plenty of hope. You can learn how to assess your risk and [discover ways to protect your heart](#).

Source: ©2009 American Heart Association and
<http://www.campbellsaddressyourheart.com/HeartDiseaseQuickFacts.aspx>

So whether you are a man, woman member, or a CMSA participate, please ask your loved one to have a heart checkup by their health care provider.

Sincerely,
Darlene Armstrong, RN, BA, CCM
Central Florida Chapter President

MEETINGS

**4th Thursday of every month.
Educational offering with
CEU & CCM**

Location:

Bahia Shrine Auditorium.
2300 Pembroke Dr.
Maitland. 32701

RSVP- Member-free
Non-member-\$15

Non-RSVP- Member-\$5
Non-member-\$20

First time guest—FREE

RSVP to: -Candace Nagata @
407-691-5429 or

Via website @
www.centralfloridacmsa.org

Government News

PAHO/WHO Investigating Paralysis Cases in Port-de-Paix, Haiti

Washington, DC, January 26, 2011 (PAHO/WHO) – Officials from the Pan American Health Organization/World Health Organization (PAHO/WHO), along with colleagues from Haiti's Ministry of Health and the U.S. Centers for Disease Control and Prevention (CDC), are looking into four cases of paralysis in recovering cholera patients in Port-de-Paix, Haiti, and are likely to rule out polio as a cause, pending laboratory results.

Experts including toxicologists are investigating possible contamination at a hospital or at home from medication, food, or another source as the cause of death in these cases. PAHO and CDC officials are conducting field studies and will report their findings as soon as laboratory results are available.

Polio was one of the first possibilities looked into because of the public health implications. However, the clinical characteristics and epidemiology of these cases make poliomyelitis a remote possibility; in simple terms, polio does not produce a high mortality rate. Although considered highly unlikely, polio has not been completely ruled out, pending laboratory results of samples.

PAHO/WHO has suggested that health officials remain vigilant for further cases and has supported local health authorities in the investigation with technical staff including epidemiologists, a clinician and an immunization nurse to continue the investigations. A nurse who works with PAHO/WHO's immunization program returned from visiting the affected communities Monday with samples from some of the families. A PAHO/WHO clinician and a PAHO/WHO immunization advisor are participating in the investigation.

PAHO/WHO field epidemiologists and local health authorities from the Department of Nord-Ouest first reported a cluster of acute neurological syndromes in that department January 10, 2011. As of January 24, 2011, four cases with acute neurological syndrome, including three deaths, were reported, with dates of onset from November to December 2010 in the La Pointe area, Commune Port-de-Paix, and the neighboring commune of Saint Louis du Nord. All of the cases were seen at the same cholera treatment center and returned 2-4 days later with neurological symptoms, at which point they were hospitalized.

Working with the Director of the Department of Nord-Ouest and local officials, interviews with medical staff and relatives showed that the patients were admitted to the hospital between early November and the end of December. These patients, hospitalized for severe cholera, presented an ascending bilateral flaccid paralysis of acute onset 24 to 72 hours after the end of the cholera treatment. No additional cases were detected after the initial field investigation in the Nord-Ouest Department. Samples of blood, feces, and CSF were taken from one patient, and laboratory results are still pending. PAHO/WHO field epidemiologists and local health authorities notified the central Alerts and Response Unit of these cases January 10.

Of the suspected cases, only four had symptoms and signs compatible with paralysis. Three have died, and one is hospitalized in Port-au-Prince. He is recovering slowly. As a prudent measure, polio vaccine has been added to an upcoming vaccination campaign against diphtheria and measles in the Nord-Ouest Department.

Polio was eradicated from the Americas in 1994, three years after the last case was reported in Junín, Peru. A global polio eradication initiative was launched in 1988 and has reduced the incidence of polio worldwide by more than 99%. When it was launched in 1988, more than 350 000 children were paralyzed in more than 125 endemic countries. In 2009, 1 595 children were paralyzed in 24 countries. Today, only four countries remain endemic: Afghanistan, India, Nigeria, and Pakistan and in those countries with endemic poliovirus transmission, cases of poliomyelitis had declined by 85% in 2010 compared to the same period in 2009.

Contacts:

PAHO/WHO in Washington: Daniel Epstein, tel: +1 202 974-3459, cell +1 202 316-5679 cell, epsteind@paho.org

PAHO/WHO in Haiti: Nyka Alexander, cell: +509 3106-6750 or 509 3701 9156, nyka.alexander@gmail.com

BULLETIN BOARD



Treasurer's Report

Income: \$856.30
Expenses: \$2,352.72



KEEP THE DATES **2011**

Jan 27, 2011

Feb 24, 2011

Mar 24, 2011

April 28, 2011

May 26, 2011

June 23, 2011

July 28, 2011

Aug 25, 2011

Sept 22, 2011

Oct 27, 2011

CF-CMSA BOARD



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