

Health & Wellness

Phelps Health earns National Safe Sleep Certification

Rolla — Phelps Health has achieved bronze level Safe Sleep Certification through Cribs for Kids®, a national infant safe sleep organization. As a Nationally Certified Safe Sleep Hospital, Phelps Health is recognized for following the safe sleep guidelines recommended by the American Academy of Pediatrics, for providing training programs for healthcare team members, and for educating parents and caregivers in infant safe sleep guidelines.

“Earning this certification is important for Phelps Health. It provides us the opportunity to assist in preventing infant sleep-related deaths by educating parents on the safety and importance of safe sleep practices. We sincerely appreciate The Community Partnership for helping us achieve this certification,” said Stephanie Welch, BSN, RN, director of Obstetrics and Nursery at Phelps Health.

Phelps Health worked with locally based nonprofit The Community Partnership to achieve the certification, a process that requires establishing guidelines and standards for education and training in the prevention of infant sleep-related deaths. With funding through The Community Partnership, the hospital can now provide portable safe sleep cribs free of charge to families in need, Welch explained.

“This program also allows us to provide portable cribs to families who might not otherwise have the means to afford them. These cribs ensure that each child born at Phelps Health as well as every infant living in Phelps County can have a safe place to sleep.”

According to Michael H. Goodstein, M.D., Medical Director of Research at Cribs for Kids®, sleep-related death results in the loss of more than 3,500 infants every year in the United States. Cribs for Kids® Hospital Certification Program is designed to recognize hospitals that are taking an active role in reducing these preventable injuries and deaths.

The Community Partnership’s Safe Sleep Program works with area hospitals to achieve certification in part of a coordinated effort to reduce infant sleep-related deaths in mid-Missouri. For more information, contact Safe Sleep Coordinator Susie Baldwin at: susie.baldwin@thecommunitypartnership.org.

FROM LEFT are Stephanie Welch, director of Obstetrics and Nursery at Phelps Health; Misti Wilson, care manager at Phelps Health; Jamie Manley, registered nurse with Obstetrics and Nursery at Phelps Health; and Susie Baldwin, Safe Sleep Coordinator with The Community Partnership.



What to know about cancers of the mouth

Cancers of the mouth can affect anyone. The National Institute of Dental and Craniofacial Research says oral cancer makes up an estimated 3 percent of all cancer diagnoses made in the United States each year, which equates to roughly 54,000 new cases.

Because the mouth is comprised of many different types of cells, there are various forms of oral cancer. Each type depends on which cells are affected. Here’s a closer look at the different types of oral cancer.

Squamous cell carcinoma

Memorial Sloan Kettering Cancer Center says squamous cell carcinomas account for 90 percent of all oral cancers. Squamous cells are thin and flat and make up the tissues that form the surface of the skin. They’re also found in the lining of hollow body organs and the respiratory and digestive tracts.

Verrucous carcinoma

This is a slow-growing cancer that is made up of squamous cells. It is a rare subtype of squamous cell carcinoma that only accounts for about 5 percent of oral cavity tumors, according to the City of Hope® cancer center.

Oral melanoma

Melanomas develop in melanin, which are the pigment-producing cells that color the skin. Melanoma can occur anywhere on the skin, including inside the nose or mouth.

Lymphoma

Oral cancers also can affect lymph tissue. In terms of mouth cancer, lymphoid tissue can be found in the base of the tongue and in the tonsils.


While most mouth cancers are squamous cells, the cancer will be further classified depending on the exact location where it begins.

- **Buccal mucosa:** The buccal mucosa is the inner cheek tissue. Lumps in this area should be checked out by a doctor.
- **Gum cancer:** Gum cancer may be mistaken for gingivitis, but the two are not one and the same.
- **Mouth floor:** Cancer in the floor of the mouth occurs in the horseshoe-shaped area under the tongue.
- **Hard palate:** The hard palate is the roof of the mouth. This cancer often starts as an ulcer, according to MSKCC.

Oral cancers also can affect the lips, tongue and jaw.

Quite often dentists, who should inspect the mouth twice per year, are the ideal health professionals to detect oral cancers early on. Any abnormality in the mouth should be examined and addressed by a doctor. Risk factors for developing mouth cancers include smoking, drinking alcohol, using other tobacco products like chewing tobacco, and exposure to sunlight.

Individuals should be cognizant of oral cancers. Though oral cancers may not be as prevalent as other forms of the disease, they still pose a threat, especially when they are not detected in their earliest stages.




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Dos and don'ts of healthy weight loss

Maintaining a healthy weight promotes long-term health. Being overweight or obese are risk factors for various conditions, including type 2 diabetes and cardiovascular disease. The World Health Organization reports that the worldwide obesity rate has tripled since 1975. In 2016, more than 1.9 billion adults were overweight. Of these, more than 650 million were obese.

Health issues related to obesity are largely preventable. Losing weight in a healthy manner is essential for safe and lasting results. Individuals aspiring to lose weight can follow these guidelines on what to do and what not to do.

DO add lean protein sources to your diet. Healthline indicates the body burns calories when digesting and metabolizing protein, so a high-protein diet can help to shed up to 80 to 100 calories per day. Protein also helps you to feel full, reducing

the propensity to overeat.

DON'T get hung up on numbers early on. The Centers for Disease Control and Prevention advises that even modest weight loss of 5 to 10 percent of your total body weight is bound to produce health benefits, such as improvements in blood sugar levels, cholesterol and blood pressure. Start small and gradually build up.

DO eat at least four servings of vegetables and three servings of fruits daily. Produce contains an abundance of vital nutrients and is often fiber-rich and low in calories, which helps you to feel full.

DON'T overlook the impact of beverages on weight loss. The calories in sugary beverages, including some all-natural fruit juices, can add up quickly. Stick to water, tea or other unsweetened beverages to help with weight loss.

DO get moving more. The Mayo Clinic

notes that while it is possible to lose weight without exercise, getting moving can help burn off the excess calories you can't cut through diet alone. Exercise boosts metabolism and benefits mood and strengthens muscles and the cardiovascular system as well.

DON'T go shopping while hungry. If you do, you may make impulse buys that compromise healthy eating plans.

DO speak with a doctor if you are vetting diet and exercise plans. A healthcare professional can assist you by indicating if a particular diet or fitness routine is acceptable for your age, goals and current health status.

DON'T forget to track eating. Most healthy diets involve some sort of calorie-counting, whether they actually require you to document your intake or use a formula to attribute "points" or another measure

related to what you eat. Writing or tracking the foods and beverages you consume will provide the most honest assessment of habits that could affect weight loss.

DO include foods you enjoy. Completely restricting access to occasional treats may cause you to resent healthy eating, which

can derail weight loss goals. The principle of moderation can apply to healthy weight loss as long as you account for the more calorie-dense foods.

Losing weight in a healthy manner is achievable when you seek guidance and follow some time-tested techniques.



Phelps - Maries County Health Department

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promote healthy lifestyles and behaviors. This is accomplished through education, assessment, provision of services, and assuring compliance of state and local public health mandates for Phelps and Maries Counties.



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The link between viruses and cancer

Cancer is a prolific disease that does not discriminate based on age, gender or locality. Many people are aware that various environmental or genetic factors can raise their risk for cancer. However, some may be surprised to learn that certain viruses and other infections also can lead to cancer.

While certain viruses are responsible for the sniffles that come with the common cold, people do not often mention viruses and cancer in the same breath. Such individuals may be surprised to learn that some viruses actually can contribute to cancer, according to WebMD. Verywell Health notes that studies have found around 10 percent of cancer cases worldwide are caused by viruses, with the majority of these cases affecting people in developing countries. Viruses, like other pathogens, are composed of genetic material that can invade host cells, causing genetic damage or mutation. Viruses also may alter the immune system so that it is less able to fight off cancer cells that may be present for another reason.

Viruses linked to cancer

Learning about viruses that can cause cancer can be an important component of preventive health care. The American Cancer Society says these viruses are linked to cancer in humans.

- Human papillomaviruses: This group of more than 150 viruses are implicated in the formation of genital warts as well as cervical cancer. HPV also can contribute to cancers of the penis, anus, vagina, vulva, and mouth and throat.

- Epstein-Barr virus: This virus is commonly linked to mononucleosis or "the kissing disease." It is a type of herpes virus. EBV infection can increase the risk of nasopharyngeal cancer, fast-growing lymphomas, and also Hodgkin's lymphoma.

- Hepatitis B and C viruses: Both HBV and HCV cause a type of liver infection and inflammation that can potentially lead to liver cancer. Some research also links HCV to non-Hodgkin's lymphoma.

- Human immunodeficiency virus: HIV, the virus that causes AIDS, isn't a direct cause of cancer, but infection can increase a person's risk of getting several types of cancer linked to other viruses. For example, HIV has been linked to higher risk of Kaposi sarcoma and cervical cancer.

Additional infections

Bacteria and parasites also can contribute to cancer formation. Long-term infection of the stomach with Helicobacter pylori bacteria, may cause ulcers and stomach cancer. Chlamydia trachomatis is a bacteria that affects women's reproductive systems and can increase risk for cervical cancer.

Certain parasitic worms that can live inside the human body also increase the risk of developing some types of cancers, such as those of the bile ducts and bladder. These are rare in North America, but may be contracted when traveling outside of the country.

Infections from viruses, bacteria and even parasites may lead to cancer.

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