

February

Health & Well-Being Newsletter

February is National Self-Check month and is a great reminder to focus on early detection checks for cancer, heart disease and other conditions that are preventable or treatable if caught early. It is always a good idea to schedule regular physical exams with your doctor, and there are many ways you can check for signs at home. Here is how to get started on building a self-check plan for you:

1. Consider your own risk factors (lifestyle, environment, mental health, etc.) and family history. Know these factors DOES NOT MEAN you will be diagnosed with a disease but it helps you and your doctor know what to look out for.
2. Learn how to do your own self-checks. Check out selfchec.org for instructions on how to do at home breast exams and more.
3. When was your last check up with a primary care doctor? Annual checkups allow your doctor to establish a baseline for your health so that it is easier to identify something out of the ordinary. Your doctor will also be a great resource on the types of at home monitoring you may need as well as how best to perform the check.
4. What if I DO find something? There are many body changes that are not symptoms of life-threatening diseases or cancer. Share with your doctor and make an appointment. This follow-up is essential. Without it, self-checks do little on their own.
5. Don't forget to take care of your mental health during these times. Pay attention to how you feel and discuss these concerns at your scheduled appointment as well.

MEDICLINIC

TUBERCULOSIS: THE FACTS

The COVID-19 pandemic has reversed years of progress in tackling tuberculosis (TB) and for the first time in more than a decade, TB deaths have increased globally.

SYMPTOMS

Get checked for TB if you experience 2 weeks* of:



Coughing

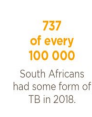
Chest pain

Weight loss

Night sweats



All children in SA receive the BCG vaccine to protect against TB at birth.



737 of every 100 000 South Africans had some form of TB in 2018.



Men are 1.6x times more likely to get TB than women.

WHAT CAUSES IT & HOW IS IT SPREAD?

TB is caused by a bacteria called *Mycobacterium tuberculosis*. It's spread when infected people propel TB germs into the air by:



Pulmonary TB is most prevalent among age groups 35-44, and 65+

People with untreated TB could infect another
10-15 people each year.

CAN IT ONLY AFFECT MY LUNGS?

TB is most known as a disease of the lungs, but it can affect virtually any organ - from your heart, liver, spleen & brain to your joints, spinal cord, and abdomen.



SA is 1 of 30 high-burden TB countries & accounts for 3% of global cases.

TB is the 2nd deadliest infectious killer after COVID-19.

Those with active TB are at risk of more severe symptoms from COVID-19.

DID YOU KNOW?

8 of 10 South Africans are infected by TB but aren't ill with it - called latent TB infection (LTBI). It's not contagious and generally without symptoms. Only 10% of those with LTBI will develop active TB in their lives.

TB preventive therapy (TPT) protects those at risk of developing TB.

TB is curable, but drug treatment takes 6-9 months. Medication hospitals are equipped to treat TB.

With early intervention, the success rate for treatment is 100%.

TB in all forms is a Notifiable Medical Condition in South Africa. This means patients must notify the Department of Health within 7 days of diagnosis.



Sources

NCD https://www.ncd.ac.za/wp-content/uploads/2021/02/TB-Prevalence-survey-report_A4_SA_TPShort_Feb-2022.pdf

WHO <https://www.who.int/news/item/14-10-2021-tuberculosis-deaths-rise-for-the-first-time-in-more-than-a-decade-due-to-the-covid-19-pandemic>

SA Department of Health <https://www.health.gov.za/tuberculosis/>

Dr Emmanuel Teban a pulmonologist at Mediclinic Midstream



Health & Well-Being Events

CENTRAL	LUCILE H. BLUFORD	PLAZA
<p>Check back next month for more programming!</p>	<ul style="list-style-type: none"> • 200 Tough Workout Series (Tuesdays 6-7 p.m.)* • MixedFit (Thursdays 6-7 p.m.)* • PreProm Prevent Event (02/22, 1-3 p.m.)*intended specifically for ALL youth ages 13-19 	<ul style="list-style-type: none"> • Tai Chi and Qi Gong Series (Sundays 11:15 a.m.–12 p.m.) • Winter Yoga Series (Wednesdays 6-7 p.m.) • Death Café (2/12, 7 p.m.)* • Love: Mindfulness (2/21, 5:30 p.m.)
IRENE H. RUIZ	NORTHEAST	WESTPORT
<ul style="list-style-type: none"> • Energy Efficient Tabling Event (02/05, 5-6 p.m.) • Energy Efficient Tabling Event (02/08, 10:15 a.m.–11:15 a.m.) • Therapeutic Yoga (Thursdays, 9-10 a.m.) 	<ul style="list-style-type: none"> • TempleMade Fitness Youth Wellness Series (Wednesday 5:30-6:30 p.m.) • Yoga with Arricka (Thursdays 6:30 p.m.) 	<p>Tai Chi (Tuesdays, 12-1 p.m.)</p>
SOUTHEAST	TRAILS WEST	WALDO
<ul style="list-style-type: none"> • Monday Morning Warmup (Mondays 10:30-11:30 a.m.)* • SNAP Outreach Program (Tuesdays 11 a.m.)* 	<ul style="list-style-type: none"> • Energy Efficiency Listening Session (2/13, 6-7 p.m.) 	<ul style="list-style-type: none"> • MixedFit (Every Monday, 6 p.m.) <p>*Events intended for those 18 and older</p> <p>Programs at the Kansas City Public Library are appropriate for all ages unless otherwise indicated. Please contact the library at least three days in advance for ADA accommodations at 816.701.3409 or ADA2kclibrary.org (866.520.7309 for Spanish).</p>