



July 2023

Public Health
Nurse Newsletter

Quabbin Health
District

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Quabbin Health District

Serving the towns of Belchertown, Pelham, and
Ware



July 6, 2023

I hope this newsletter finds you well! Happy July 2023 -- I hope everyone enjoyed a fun and safe 4th of July holiday! As I reflect on June and PTSD awareness, it comes to mind that it might not be apparent that there is a difference between being "recovered" and "cured" in regards to PTSD and it would be helpful to clarify.

A person who experiences trauma can develop symptoms similar to PTSD and may recover from the initial trauma naturally - it may take some a year or more. Some people develop PTSD and require long-term treatment including medication, psychotherapy, exposure therapy, or a combination of these and other options to manage their PTSD symptoms. There is no "cure" for PTSD, but those who live with PTSD can find treatment that will allow them to have a meaningful life.

Thank you,

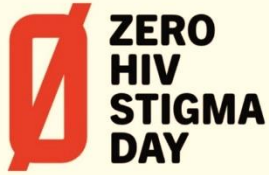
Kirsten L Krieger RN, BSN

Public Health Nurse, Quabbin Health District

Fun Fact Trivia:

How many different kinds of mosquitoes have been found in Massachusetts?

The answer is hidden somewhere in this newsletter!



#ZEROHIVSTIGMADAY

July 21st is International Zero HIV Stigma Day!

What is HIV stigma?

HIV stigma is negative attitudes and beliefs about people with HIV. It involves labeling an individual as part of a group that is believed to be socially unacceptable.

“Internalized stigma” or “self-stigma” happens when a person takes in the negative ideas and stereotypes about people living with HIV and start to apply them to themselves. HIV internalized stigma can lead to feelings of shame, fear of disclosure, isolation, and despair. These feelings can keep people from getting tested and treated for HIV.

- HIV Prevention Information: <https://www.cdc.gov/stophivtogether/hiv-prevention/index.html>
- HIV Testing Information: <https://www.cdc.gov/stophivtogether/hiv-testing/index.html>
- Order a free HIV self-test: [TakeMeHome](#)



❖ **How can we end HIV stigma?**

Check out this video:

https://www.youtube.com/watch?v=G_HMVZpSXIg

❖ **What is PrEP?**

Check out this video:

<https://www.youtube.com/watch?v=rNQVlqJLSbU>



*July 28, 2023 is
World
Hepatitis Day!*

What is viral hepatitis?

Hepatitis is inflammation of the liver, most commonly caused by a viral infection. There are five types of hepatitis viruses, commonly referred to as A, B, C, D, and E. These five types are of highest concern due to the burden of illness and death they cause and the potential for outbreaks and epidemic spread.

Every 30 seconds, someone dies from a viral hepatitis related illness.

9 out of 10 people living with hepatitis are not aware of their diagnosis!

Chronic hepatitis is most commonly caused by:

- The hepatitis C virus (HCV)
- The hepatitis B virus (HBV)
- Alcohol-related liver disease
- Nonalcoholic fatty liver disease (nonalcoholic steatohepatitis)

Some viral hepatitis facts:

- Hepatitis can affect anyone
- Hepatitis A and B are preventable through vaccination – proper handwashing reduces spread!
- Hepatitis C, D, and E do not have a vaccine available – however, protection from Hepatitis B also prevents Hepatitis D infection – Hepatitis D cannot replicate without Hepatitis B present
- More than 95% of Hepatitis C infections are curable!
- Chronic Hepatitis B and C can lead to cirrhosis of the liver and cancer

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For more information, visit:

<https://www.cdc.gov/hepatitis/abc/index.htm#:~:text=Hepatitis%20means%20inflammation%20of%20the,medical%20conditions%20can%20cause%20hepatitis.>

Watch this short video: <https://www.youtube.com/watch?v=cKM5yelzG-s>