



*June 2023  
Public Health Nurse  
Newsletter  
Quabbin Health District*

*“It’s far more important to know what person the disease has than to know what disease the person has”*

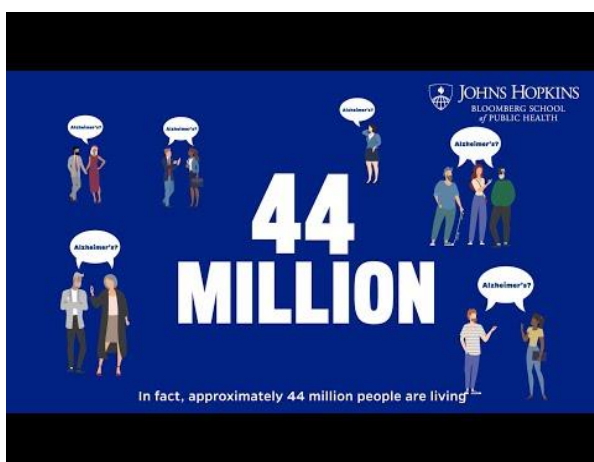
*~Hippocrates*

**June is National Alzheimer’s and Brain Health Awareness Month!**

**What is Alzheimer’s disease?** Alzheimer’s disease is the most common type of dementia -- a progressive disease affecting parts of the brain that control thought, memory, and language. It begins with mild memory loss and can lead to loss of ability to carry a conversation and respond to the environment. Alzheimer’s disease is a cause of dementia, there are other causes that should be evaluated by a medical and/or psychiatric provider (CDC, 2022).

**Memory loss related to medical conditions:** Medical conditions may cause memory loss that can resolve with treatment, including tumors, blood clots, infections in the brain, some thyroid, liver, or kidney disorders, heavy and/or chronic alcohol consumption (includes binge drinking), head injury/concussion, medication side effects, nutritional deficits including vitamins and minerals (example: vitamin B12). Mental health concerns such as stress, anxiety, depression, or grief can also cause issues with memory and focus (CDC, 2022).

**Any questions or concerns, contact your medical provider for recommendations!**

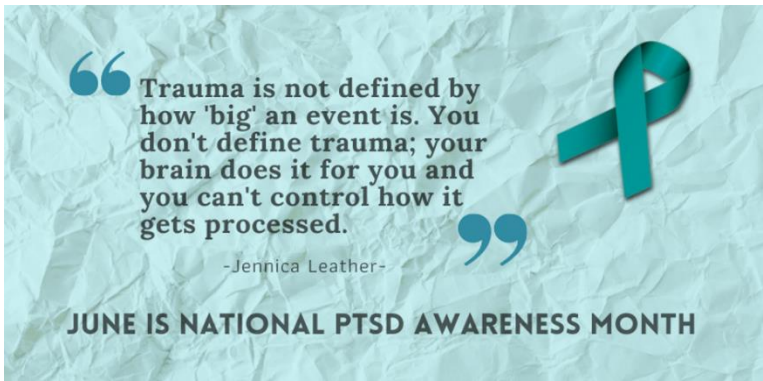


**Caring for a family member with Alzheimer’s disease?**

Click on this link full of information, advice, and resources:

<https://www.nia.nih.gov/health/alzheimers/caregiving>

**To learn more about Alzheimer’s disease, check out the video to the left!**



**To learn about PTSD and locate resources, visit these sources:**

American Psychiatric Association:  
<https://www.psychiatry.org/patients-families/ptsd/what-is-ptsd>

U.S. Department of Veterans Affairs:  
<https://www.ptsd.va.gov/>

## Quick Facts about PTSD (Post-Traumatic Stress Disorder):

### 1. What is PTSD?

PTSD occurs after a traumatic event like war, accidents, violent physical/verbal/sexual assault, and others. Most common symptoms include nightmares, depression, anxiety, insomnia, paranoia, disturbing thoughts, and hypervigilance. Many people recover after a few days, weeks, or months, but some can need a year or more. PTSD is highly treatable, but due to stigma and lack of knowledge people may try to ignore and suffer with it.

### 2. 8% of the population will experience PTSD

The National Center for PTSD states that around 7–8% of the population will experience PTSD in their lifetimes.

### 3. Women are more likely to be PTSD sufferers, but men can and do experience PTSD

Women are twice more likely to suffer from PTSD than men due to a sexual assault/trauma event.

### 4. 'Big T' and 'Small t' types of trauma

There are two types of trauma and they range in the severity of the causes and triggers: the 'Big T' is any type of trauma that has occurred due to a life-threatening situation like wars, natural disasters, physical assault, etc., while the 'Small t' is caused due to a disturbing event that is not life-threatening like divorce, abrupt relocation, financial woes, etc.

### 5. Trembling/shivering are normal after trauma

It is completely normal and healthy to experience shivers and trembling after a traumatic, stressful event as it is the body's way to release all of the excess adrenaline.

### 6. PTSD is not just from personal experience

Many people can develop PTSD simply because they heard or witnessed someone else going through a traumatic event.



**24/7, free and confidential support to people in emotional distress or suicide crisis.**

**988 is here to help. Call, text, or chat today.**

To order a FREE at-home HIV test and search for local resources, please use the following link:

<https://together.takemehome.org/>

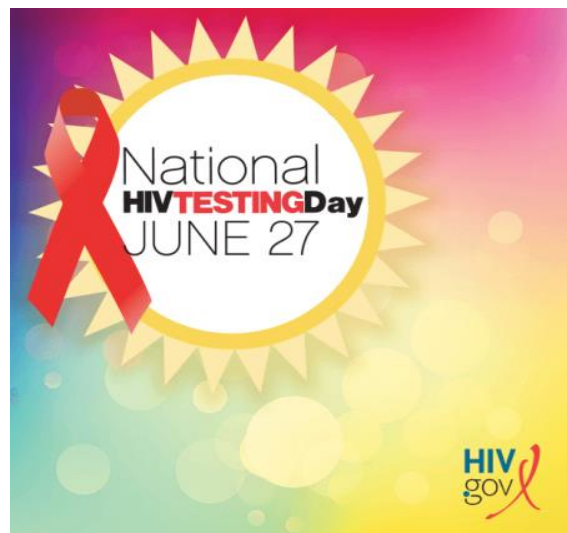
For services including sexual and reproductive healthcare, STI, HIV, and Hepatitis C testing, food access and family nutrition, harm reduction, and more contact:

**Tapestry Health, 76 Carlon Drive, Northampton, MA 01060**

**(413) 586-2539**

**Or online at: <https://www.tapestryhealth.org/>**

*\*\*If you are feeling scared or anxious about your status, text Crisis Text Line at [741741](https://741741) or visit [CrisisTextLine.org](https://CrisisTextLine.org).\*\**



<https://www.hiv.gov/events/awareness-days/hiv-testing-day/>

## HIV in Massachusetts:

1. The number of persons living with HIV infection in Massachusetts increased by 16% from 20,094 in 2011 to 23,368 in 2020
2. The number of deaths due to any cause among individuals reported with HIV infection increased by 18% from 266 to 2011 to 314 to 2020.
3. Although there have been reductions in new cases, vulnerable populations remain disproportionately impacted:
  - a. Men who have sex with men (MSM) continued to represent the largest proportion of new HIV infection diagnoses (39% overall and 54% among individuals assigned male at birth in 2018-2020, as of 1/1/22)
  - b. Individuals with IV drug use exposure mode accounted for 32% of deaths among individuals with HIV in 2020 but only 16% of all people living with HIV in 2020.

*\*\*\* In 2020, the number of new HIV infection diagnoses declined to 437, although caution should be used in the interpretation of this decline due to the impact of COVID-19 on access to HIV testing and care services, and case surveillance activities.\*\*\**

