

VARICELLA ÉS HERPES ZOOSTER FERTŐZÉS ESETE CSECSEMŐKORBAN

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A szerző betegének esetét ismerteti, akinek újszülöttkorban jelentkezett varicella fertőzése, majd 5 hónapos korban herpes zooster alakult ki.

A két betegség kapcsolata már régóta ismert, azonban csecsemőkorban észlelt herpes zooster fertőzés nagyon ritkán fordul elő.

Az esetbemutatás kapcsán a szerző ismerteti a herpes vírus fertőzések különböző típusait, az újszülöttkori varicella megelőzésének és kezelésének speciális vonásait (különös tekintettel a ZIG és az acyclovir alkalmazására) és a védőoltás helyét terápiás fegyvertárunkban.

HEALTHY PEOPLE 2010

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Healthy People 2010 is a comprehensive, nationwide health promotion agenda for improving the health of all people in the United States. Its goals are to promote health and prevent illness and premature death. It seeks to increase quality years of life and to eliminate health disparities.

Its predecessor program, Healthy People 2000, has resulted in important gains in the health of the nation. Childhood vaccination rates are at the highest levels ever. Alcohol, tobacco and harmful drug use is leveling off. Death rates for coronary heart disease and stroke are declining.

Individual behaviors and environmental factors are responsible for about 70% of all premature deaths in the U.S. Development of effective preventive interventions is needed.

Leading health indicators reflect major public health concerns and include physical activity, obesity, tobacco use, substance abuse, sexual behavior, mental health, injury and violence, environmental quality, immunization, and access to health care.

The papers presented in Debrecen represent the efforts of the Northeastern Ohio Universities College of Medicine Department of Family Medicine's initiative to address the issues raised in Healthy People 2002.

EXERCISE AS PREVENTIVE HEALTH FOR THE MEDICALLY UNDERSERVED: WHO IS LIKELY TO EXERCISE AND WHY?

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Exercise, an important part of a healthy lifestyle, is a preventive health care measure linked to both physical and mental health benefits. 44 million medically underserved, less likely to have regular providers primary health care needs and are less likely to receive primary preventive health interventions. Therefore, they may be less likely to engage in exercise.

This research employs a model of intentional behavior change to identify medically underserved patients' stage of change regarding engagement in physical activity. This exploratory study answers the questions: Do medically underserved patients receive exercise counseling from their health care provider and at what rate? and, Which underserved patients intend to, or currently engage in, exercise?

Although 60% of the underserved patients in this study reported that their health care provider discussed exercise with them, discussions appeared to have no relationship with patients' engagement in exercise. Significant negative predictors for exercise were being female, having lung problems and having children in the home. In order for exercise counseling to be more effective, health care providers' interventions must consider: a) the patient's personal characteristics and health status, b) the patient's readiness to engage in an exercise program or maintain their current exercise program, and c) the barriers and motivators to exercise in structurally disadvantaged, medically underserved populations.

STAGES OF CHANGE ANALYSIS OF SMOKERS ATTENDING CLINICS FOR THE MEDICALLY UNDERSERVED*

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Objective To determine whether smokers at clinics providing care for the medically underserved can be characterized according to the transtheoretical stages of change model.