

THE

# MICRO

TT HEALTH SERVICES

INTERNATIONAL HEALTH/POPULATION  
& FAMILY PLANNING PROGRAM  
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SAN FRANCISCO, CALIF. 94143

Dr. Masao Kumagai, Director

October 1972

Ed Oshiro, Editor

From November 13 to 23, one public health nurse, one dietitian and one nurse dietitian from each district will be attending a seminar on Nutrition and Development in Truk. The consultants to this seminar are: Ms. Doris Lauber, from the San Francisco office of the US Public Health Service, Ms. Margaret M... from the Hawaii State Department of Health and Dr. Hartness, a pediatrician... Of course, our own staff members, Ms. Jean Kincaid, Ms. Ruth Martin and... will also be there as instructors. The seminar will focus on nutrition, growth and development and the effects of disease on growth and development.

The TT Health Council will meet in Palau from 9 December to 12 December. Topics to be discussed are: District Health Council Reports, Committee... Referral Report, Cervical Cancer Report and Otology Project Report.

### CANCER

In the four years from 1967 to 1970, 28 Micronesians were struck down by cancer of the lungs and 56 women had cancer of the uterus. At this time we must remember a few things. First, cancer is related to smoking and more and more young people are smoking cigarettes so we expect to see the death rate climb every year. Second, most of the cancer cases in the TT were discovered in an advanced stage so treatment becomes very expensive and difficult; the patient dies. There are a lot of people who have cancer but do not know that they have it.

We should also remember that cancer can usually be cured if it is discovered early. For example, by having a Pap Smear at least once a year, a woman is able to tell if she has cancer of the uterus. During the Cervical Cancer Detection Project in Palau, about 1,200 women were examined for cancer of the uterus and about 10% of them were suspicious enough to require another follow-up Pap Smear. If it is discovered early, the woman can be cured.

Cancer of the lungs is another story. It is difficult to tell if you have lung cancer but if you cough a lot, get a checkup. The best preventive measure against lung cancer is to quit smoking.

It might be added that lung and cervical cancer were not the only types of cancer found in the TT. In total, 205 cases occurred in all the 6 districts between 1967 and 1970. Other cancer cases included mouth, stomach, liver, bone, breast, ovary, prostate, etc.

Kanapala... Peligro! Abunai!  
(Warning! Danger! Warning!)

If any... symptoms last for two weeks... you should see the doctor... have cancer.

The following films are available for loan at Headquarters. Write to Ed Oshiro for details.

- Time and Two Women (Cervical Cancer)
- Time Out for Life (Cervical Cancer)
- Breast Self-Examination (Breast Cancer)
- Huffless Puffless Dragon (Smoking and Lung Cancer)

- Who Me? (Lung Cancer and Smoking)
- Half a Million Teenagers (Gonorrhea)
- VD-A New Focus (Gonorrhea)
- The Invader (VD)
- Identification of Early Syphilis
- The Enemy Bacteria
- Infectious Diarrheas
- Early Immunization

Murphy reports that... Program is starting in... the first 215 cultures... 23 of them or about... positive. All of the... a few days of dia... more VD in TT."

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LET'S SHARE IDEAS

From time to time, Micro Scoop will attempt to describe a health program in a district which has great merit and should possibly be considered by other districts. If any district has any successful and worthwhile program, practice or policy, please let Micro Scoop know so this information can be shared with the other districts.

Dental Health in Truk

The Public Health Department in Truk routinely send all the mothers who attend their Pre-Natal Clinic and others who visit the other Public Health Clinics to the Dental Clinic to have their teeth checked. This is a good practice and perhaps other Public Health Departments should look into this. For more information see Dr. Sonis.

In addition, dental care could possibly be expanded to include all the patients in the hospital. For example, a Dental Hygienist could routinely visit all the bed patients in the hospital and check their teeth.

Mobile Clinic in Ponape

The Public Health Department in Ponape has a mobile clinic which goes out to the people. The clinic consists of two suitcases full of medicine, records and a nurse. Certain villages are informed of the Clinic's arrival date and informed ahead of time by the health educator of the Clinic's purpose and function. A certain house is selected as the meeting place and the people show up for immunization, treatment, etc. It doesn't cost anything and the people like it very much. For more information on the Mobile Clinic, contact Dr. Jano or Dr. Patrick.

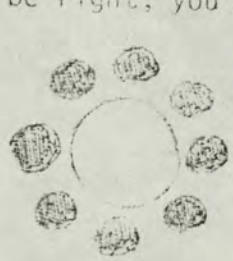
HEALTH EDUCATION

Health Education means to change the bad health behavior of people so they practice good health. This changing of behavior is very difficult to do and can not be done simply by showing movies or talking over the radio. For example, if I show you a movie about lung cancer, will you stop smoking? Or, if I told you over the radio to wash your hands before you eat, will you do it? The answer to both questions is, "No." Even if you are a doctor or nurse, your patients will not change their behavior just because you tell them to do so. How many times have you doctors and nurses told a patient to take his medicine but he still doesn't? How often have you told somebody not to drink so much beer but he still drinks a lot? How often have you sanitarians told a man to clear his yard and toilet but he pays no attention? You dentists tell people to brush their teeth everyday but do they do it?

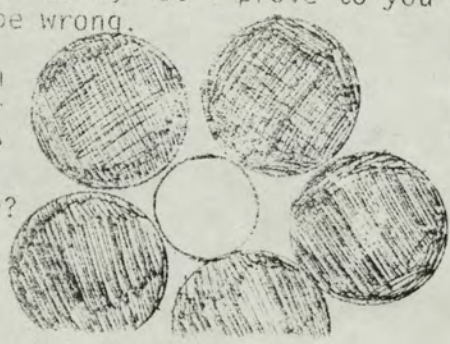
How, then, can we educate or change people? One way is to punish or scold them but this is a very, very poor way. Would you like someone to punish or scold you? Of course not, it will only make you angry. Another method is to make them afraid. For example, we often say, "If you don't take this medicine, you will get sick and die." Or, "If you don't quit smoking, you will get lung cancer." This method will work only if the patient is not too smart or if he believes you. Most human beings are intelligent, even if they can not read or write, so using fear to educate them usually does not work. Also, just because you are a doctor or nurse or dentist does not mean that he believes you. Do you believe what a politician tells you?

One of the best ways to educate a person is to talk to him intelligently. To do this, you must be able to communicate. The best way to communicate is to listen to the patient. If you do all the talking and teaching, that is one-way communication and the patient will not listen. Instead, ask the TB patient, "Tell me why you must take the medicine regularly for 18 months." Or, "Explain to me why you are sick." If he can not answer these questions, then you try and explain the answers to him. However, let him talk and ask questions and above all, let him tell you what he should be doing. Be kind and gentle. This method will not work all the time but it will help you and the patient. Try it, you'll like it.

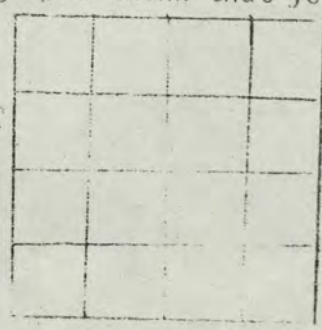
\* \* \* \* \*  
Do you believe your eyes? Do you think you know all the answers just because you think that you are correct? Well, let's prove to you that although you think that you may be right, you might be wrong.



Which center circle is larger?



How many squares are there?



Are 31