



OCTOBER, 2009

# UNDERGROUND



UNIVERSITY OF UTAH  
HEALTH CARE

## Miners Hospital

50 N Medical Drive  
Salt Lake City, Utah 84132

Telephone: 801-581-2251

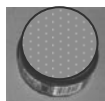
Toll-free: 866-UMINERS (866-864-6377)

Fax: 801-585-0452

E-mail: [miners.hospital@hsc.utah.edu](mailto:miners.hospital@hsc.utah.edu)

Website: [http://healthcare.edu/miners\\_hospital/](http://healthcare.edu/miners_hospital/)

Editor: Dana Hughes, RN, PhD



## Health Effects of Smokeless Tobacco

### Problems with mouth, teeth & gums

- Decay of exposed tooth roots; Gums pulling away from teeth
- White patches (leukoplakia) or red sores in the mouth that can turn to cancer

### Cancers

- Cancer of the mouth-- oral cancer can include cancer of the lip, tongue, cheeks, gums, & the floor & roof of the mouth
- Pancreatic cancer

### Addiction

- Nicotine addiction & dependence
- May lead adolescents to smoking cigarettes which carries increase risk for multiple diseases



## Health Effects of Cigarette Smoking

### Premature death

- On average, adults who smoke cigarettes die 14 years earlier than nonsmokers

### Cancers

- Lung cancer - about 90% of lung cancer deaths in men & almost 80% lung cancer deaths in women caused by smoking
- Cancers of the bladder, oral cavity, pharynx, larynx (voice box), esophagus, cervix, kidney, pancreas, stomach, & acute myeloid leukemia

### Heart and Circulatory System Diseases

- Coronary heart disease – the leading cause of death in the U.S.
- Stroke – cigarette smoking nearly doubles a person's risk for stroke
- Peripheral vascular disease (smoking narrows the blood vessels)
- Abdominal aortic aneurysm

### Respiratory Disease and Infertility

- About 90% of all deaths from chronic obstructive lung disease (COPD) attributable to smoking
- Increased risk for infertility

## Utah Resources for Quitting

Utah Quit Net: <http://www.utah.quitnet.com/>

Utah Tobacco Quit Line: 1-888-567-TRUTH

## What to Do if You Get Flu-Like Symptoms\*

The H1N1 flu virus is causing illness in the US and countries around the world. The U.S. Center for Disease Control (CDC) expects that illnesses may continue for some time. As a result, you or people around you may become ill. Thus, there is merit in your needing to recognize the symptoms of H1N1 and knowing what to do.

### Symptoms

Symptoms of H1N1 flu virus are similar to symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and for some, diarrhea and vomiting. H1N1 flu symptoms may last for a week or longer.

### Emergency Warning Signs for H1N1 Flu

If you become ill and experience any of the following warning signs, seek emergency medical care.

#### Children

Fast breathing or trouble breathing	Not waking up or not interacting
Bluish or gray skin color	Being so irritable that the child does not want to be held
Severe or persistent vomiting	Flu-like symptoms improve but then return with fever and worse cough
Not drinking enough fluids	

#### Adults

Confusion	Difficulty breathing or shortness of breath
Sudden dizziness	Pain or pressure in the chest or abdomen
Severe or persistent vomiting	Flu-like symptoms improve but then return with fever and worse cough

### Treatment is available for those who are seriously ill.

If you have severe illness or you are at high risk for flu complications, contact your health provider or seek medical care. Your provider will determine whether flu testing or treatment is needed.

**Do not give aspirin or aspirin-containing products, such as Pepto Bismol) to any confirmed or suspected ill case of H1N1 flu to individuals aged 18 years old and younger due to the risk of Reye's syndrome.** Use acetaminophen or a non-steroidal anti-inflammatory drug to relief fever. Do not give children younger than 4 years of age over-the-counter cold medications without first speaking with a health care provider.

### Protect Yourself, Your Family, and Community

- ➔ Stay informed – visit the CDC H1N1 website (<http://www.cdc.gov/H1N1flu/sick.htm>)
- ➔ Cover your nose & mouth with tissue when you cough or sneeze. Discard tissue after use.
- ➔ Wash your hands often with soap and water OR alcohol-based hand cleaners
- ➔ Try to avoid close contact with sick people
- ➔ **If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone without the use of fever reduction medication, except to get medical care**
- ➔ If sick and sharing common space with others, wear a facemask, if available & tolerable
- ➔ Learn more about how to take care someone who is ill
- ➔ Follow public health advice regarding school closures, avoiding crowds & other measures
- ➔ Develop a family emergency plan as a precaution. This should include storing a supply of extra food, medicines, & other essential supplies

\*Taken from article "What to Do If you Get Flu-Like Symptoms", CDC Centers for Disease Control and Prevention, August 5, 2009-- : <http://www.cdc.gov/hiniflu/sick.htm> - 09/11/2009

The Miners Hospital  
50 North Medical Drive  
Salt Lake City, Utah 84132

## MINERS HOSPITAL

The Miners Hospital was created using funds from Federal land grants provided to the State of Utah. In 2004, the Miners Hospital was created within the University of Utah Rehabilitation Center located in Salt Lake City, Utah.

### **Who is eligible for services?**

Any miner who

- 1) Has worked in a Utah coal, metal or non-metal mine for at least 2 years
- 2) Has lived in Utah for at least 2 years immediately prior to applying for services, &
- 3) Is experiencing symptoms associated with a mining related injury or illness.

### **Miners Clinic**

The Miners Clinic is held at the University of Utah Parkway Community Clinic. The clinic is located at 145 West University Parkway in Orem, Utah.

### **Miners Hospital**

Phone: 1-866-UMINERS (866-864-6377)-toll-free  
1-801-581-2251  
Fax: 801-585-0452  
Website: [http://healthcare.edu/miners\\_hospital/](http://healthcare.edu/miners_hospital/)



Miners Clinic, Parkway Community Clinic  
145 West University Parkway  
Orem Utah

**To be seen at the Miners Clinic, an application for services must be completed and mailed to**

The Miners Hospital  
50 North Medical Drive  
Salt Lake City, Utah 84132