

the BUZZ

October 2020

OCTOBER IS HEALTHY LUNG MONTH

The arrival of fall means cooler weather, changing leaf colors and autumn activities like visiting the pumpkin patch. Breathing in the fresh cool air may not be an issue for some, but for those who suffer from lung disease, the simple act of breathing can become a challenge. October is Healthy Lung Month and is a great time to bring awareness to lung diseases like chronic obstructive pulmonary disease (COPD) and asthma.



The main culprit to developing COPD is cigarette, pipe and other types of tobacco smoking.

COPD

COPD is a group of lung diseases that affects your breathing and gets worse over time. The airway and sacs in your lungs are elastic. When you breathe in, the air sacs stretch and fill up. When you breathe out, they relax and deflate. When you have COPD, less air comes in and out. This happens because either the air sacs or airway walls become less elastic, inflamed, damaged or clogged.

There are two main types of COPD:

Emphysema: In this lung condition, the sacs in the lungs become damaged or are less elastic.

Chronic bronchitis: In this lung condition, the airway lining is irritated and inflamed, which causes swelling that leads to mucus build up.

Treating COPD can improve your quality of life. Below are methods you may want to discuss with your doctor:

- **Quit smoking.** This is the most important step you can take to treat COPD.
- **Avoid tobacco and other air pollutants.** Find ways to decrease any lung irritants.
- **Take prescribed COPD medications.** Medications, like bronchodilators, relax muscles around your airways to help you breathe better.
- **Participate in pulmonary rehabilitation.** This is a program that teaches you how to manage COPD symptoms.
- **Avoid lung infections.** Since lung infections can cause serious problems with COPD, certain vaccines like flu or pneumonia may be important. Consult with your doctor to see what is the best way for you to avoid infections.
- **Use supplemental oxygen.** A portable oxygen tank may be needed for low oxygen levels.

Click [HERE](#) to learn more about COPD.

Asthma

Asthma is a lung disease that affects the airways. If you have asthma, your airways can become sore, swollen and narrow. Your lungs get less oxygen and may cause wheezing, shortness of breath, chest tightness and coughing.

It can be hard to tell if you have asthma. If you have any of the above symptoms, check with your doctor. There is no cure for asthma but there are ways to help control it. You can do this by identifying and avoiding triggers and working with your healthcare provider.

Your triggers may be different from others who have asthma. Identify your triggers and try to avoid them.

Common triggers can include:

- Disinfectants
- Dust mites
- Mold
- Outdoor air pollution
- Pests
- Pets
- Tobacco smoke

Work with your health care provider to develop a plan to control your asthma. This plan may address:

- What happens during an asthma attack;
- What triggers an asthma attack and how to avoid these triggers;
- Early recognition of asthma attack warning signs and symptoms;
- List of medications;
- The importance of early treatment in response to asthma symptoms;
- How to keep an asthma diary and
- How to use a peak flow meter.

Click [HERE](#) for more information on asthma.

Flu Shot Schedule

Flu shots will be offered for FREE to all City of St. Louis Active employees and employees covered under the City of St. Louis Medical Plan. Flu shot clinics will be administered by BarnesCare and Anthem Blue Cross Blue Shield partnering with Visiting Nurses Association of Greater St. Louis.

Due to COVID-19 social distancing guidelines, appointments are highly encouraged – make your appointment today!

- Call the BJC Health Line at 314-747-7234, Monday through Friday, 8 a.m.-6 p.m. OR
- Sign-up online by visiting <http://bjc.org/beefit>

NOTE: Walk-ins will be subject to time availability.

DATE	LOCATION	TIME	ADDRESS
Oct 1	Board of Elections	8:30-9:30 a.m.	300 N Tucker Blvd., Board Rm., St. Louis, MO 63101
Oct 1	Police Division-Academy	10 a.m.-noon	315 S Tucker Blvd., Gym, St. Louis, MO 63102
Oct 1	Equipment Services	1:30-2:15 p.m.	1900 Hampton Ave., Lunch Rm., St. Louis, MO 63139
Oct 1	Street Department	2:30-4 p.m.	1900 Hampton Ave., Outside North Employee Entrance, St. Louis, MO 63139
Oct 5	Police Division-Headquarters	9 a.m.-1 p.m.	1915 Olive St., 7th Floor Board Rm., St. Louis, MO 63103
Oct 6	City Hall	9 a.m.-noon	1200 Market St., Rotunda, St. Louis, MO 63103
Oct 6	Refuse Division	1-2 p.m.	1200 Central Industrial Dr., Ready Rm., St. Louis, MO 63110
Oct 6	Forestry Division	3-4 p.m.	1415 N 13th St., Garage, St. Louis, MO 63106
Oct 7	Carnahan Courthouse	7:30-9:30 a.m.	1114 Market St., Rm. 921, St. Louis, MO 63101
Oct 7	1520 Market Building	10:30 a.m.-12:30 p.m.	1520 Market St., Conference Rm. 1, St. Louis, MO 63103
Oct 8	St. Louis Lambert International Airport	7-9 a.m.	10701 Lambert Intl. Blvd., Concourse B, St. Louis, MO 63145
Oct 8	St. Louis Lambert International Airport-Material Management	9:30-10:30 a.m.	4780 St. Andrew Ln., Conference Rm., Bridgeton, MO 63044
Oct 8	Family Courts*	12-1:30 p.m.	920 Vandeventer Ave., Training Rm., St. Louis, MO 63108
Oct 8	City Justice Center	2:30-4:30 p.m.	200 S Tucker Blvd., Quiet Rm., St. Louis, MO 63101
Oct 13	Water Division-McRee	7-8 a.m.	4600 McRee Ave., Lunch Rm., St. Louis, MO 63110
Oct 13	Water Division-Kingshighway	8:30-9:30 a.m.	1640 S Kingshighway Blvd., Lower Level Conference Rm., St. Louis, MO 63110
Oct 13	Water Division-Howard Bend	10:30-11:30 a.m.	Waterworks Rd., Filter Plant Training Rm., Chesterfield, MO 63017
Oct 13	Water Division-Chain of Rock	1-2 p.m.	10650 Riverview Dr., Lunch Rm., St. Louis, MO 63137
Oct 13	Medium Security Institution	2:45-3:30 p.m.	7600 Hall St., Briefing Rm., St. Louis, MO 63147
Oct 14	Department of Parks, Recreation and Forestry	7-8:30 a.m.	5600 Clayton Ave., Conference Rm., St. Louis, MO 63110
Oct 14	Building Division	9:30-10:30 a.m.	2923 N. Broadway, Main Conference Rm., St. Louis, MO 63147
Oct 14	Laclede Garage	3-4 p.m.	3930 Laclede Ave, Lunch Rm., St. Louis, MO 63108
Oct 20	City Hall	9 a.m.-noon	1200 Market St., Rotunda, St. Louis, MO 63103

*Limited access sites: Only employees from these sites will have access.



Mammography Screenings

New Siteman Mammography Van screening procedures during COVID-19 pandemic

The following procedural changes will allow the Siteman Mammography Van to maximize patient and staff safety, while maintaining a standard of excellence in patient care:

- For the safety of patients and staff, **all patients will be required to wear a mask** in order to enter the van. Masks will be available for patients who need one. Patients who refuse to wear a mask will not be screened.
- At this time, the screening will be **unable to accommodate walk-ins** unless there is a cancellation in the schedule. Walk-ins will require advanced approval from the van technologist.
- Patients will be given a scheduled appointment time, and on screening day, they will be notified when they can enter the vehicle. Van staff will send a text message or phone call to the patient when the staff is ready for her to board the van.

Appointment Line, 314-747-7222 or 800-600-3606 (Option #2)

Nov 16	City Hall	1200 Market St., St. Louis, MO 63103	8 a.m.-3 p.m.
Nov 23	Police HQ	1915 Olive St., St. Louis, MO 63103	8 a.m.-3 p.m.



Provided by: Department of Personnel and BJC HealthCare for the BeeFit Wellness Program

For more information: Contact Cathy Hargrove at 314-622-4849 or hargrovec@stlouis-mo.gov

Look for us on:   