



# SPRING IS HERE!

Welcome to the spring edition of our quarterly newsletter. In this newsletter we will:

- Discuss safe sleep practices
- Review a CSHCS eligible diagnosis
- Highlight A Kid Again's upcoming events
- Provide information on the recent measles outbreak
- Announce the date for this year's Back to School Bash

## 2024-2025 SCHOOL REGISTRATION

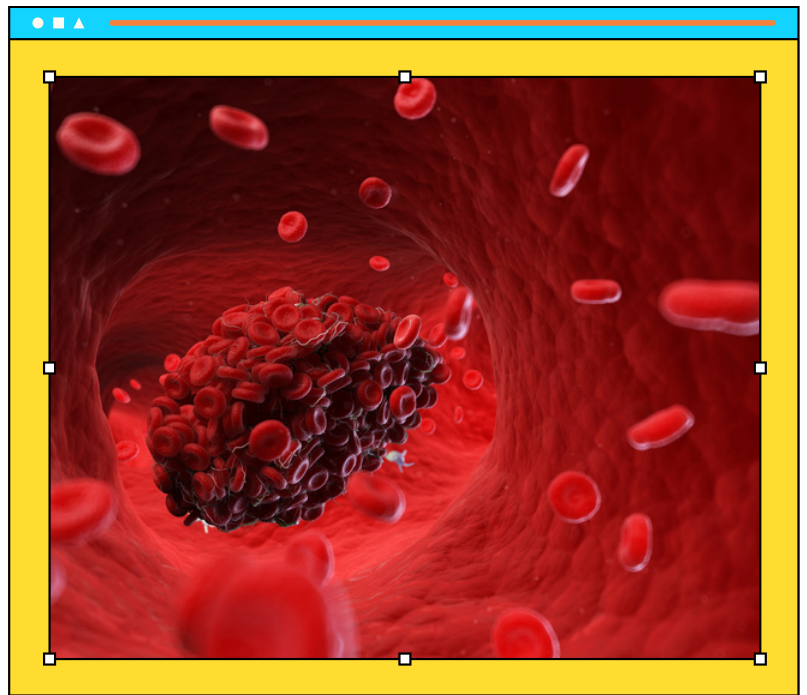
Registration is now open for all school districts within Kent County. If you are unsure of what school district you live in you can check the [Kent ISD website](#). When registering you will need a copy of your child's birth certificate, proof of residency, photo ID for the enrolling parent/guardian, and the child's immunization record. Certain districts may require additional documentation, so be sure to check your districts website to know what you will need to complete your child's enrollment.



# DIAGNOSIS OF THE QUARTER

Hemophilia is a blood-clotting disorder where the blood does not clot properly due to the body not creating enough clotting factors to help form clots. Normally the clotting factors work with the body's platelets to form blood clots, but when there is a low presence of clotting factors it leads to an increased risk of bleeding or bruising.

Hemophilia is a rare disease that is most commonly genetically inherited and typically affects males. While hemophilia can be acquired from an autoimmune response and can affect females, it is less common. There are three types of hemophilia - A, B, and C. These range from most common, type A, to least common, type C. Additionally, each type can vary in severity from person to person based on the amount of clotting factors in their blood. Symptoms for hemophilia include excessive bleeding or bruising, prolonged bleeding times, spontaneous bleeding, or joint pain. To diagnose hemophilia, a healthcare provider will start with doing a history, physical, and blood panel with specific tests for clotting factor levels. Based off this information, they will be able to determine the type of hemophilia and the severity. Once a diagnosis is confirmed, the provider will start with replacement therapy to increase the clotting factors in the body. Individuals with mild to moderate hemophilia may only need replacement therapy before surgery or dental work, while individuals with severe hemophilia may require regular replacement therapy and antifibrinolytics, medication to prevent the breaking down of clots, to decrease bleeding.



One of the big complications with hemophilia is internal bleeding, so there are recommendations to decrease that risk and manage the impact hemophilia has on one's quality of life. Avoiding contact sports, riding motorcycles and skateboards, and aspirin, ibuprofen, or other anticoagulants like heparin or warfarin can decrease the risk of bleeding. Habits such as having an active lifestyle, managing stress, good dental hygiene, and educating others are additional ways to decrease the impact of the condition. It is important that individuals with hemophilia work with their healthcare provider to find activities that are best and safest for them. There is currently no cure for hemophilia and individuals with hemophilia will require medical treatment for the rest of their life. Individuals who receive treatment have a life expectancy similar to people who do not have hemophilia. Research continues to be done on gene therapy and gene replacement therapy for new ways to treat and potentially cure hemophilia.

*What is hemophilia?* Cleveland Clinic. (2022)  
<https://my.clevelandclinic.org/health/diseases/14083-hemophilia>



616-632-7066



CSHCS@kentcountymi.gov



700 Fuller Ave NE

# BACK TO SCHOOL BASH

## MARK YOUR CALENDARS!

This year's back to school event will be held on August 13th and we want you to be there! There will be food, community partners, games, animals, and free school supplies for families who register with Brandi Berry, [brandi.berry@kentcountymi.gov](mailto:brandi.berry@kentcountymi.gov) by July 31st. Families that register after July 31st are still welcome to attend, but we will not be able to guarantee a backpack with supplies.



## INFANT SAFE SLEEP PROGRAM

The death of an infant is a profound loss to a family and community. On average, Kent County, Michigan has lost 5.7 infants for every 1,000 live infants who are born each year. While some may not be preventable, many of these deaths are—including deaths related to unsafe sleeping environments. In efforts to address this need, the Kent County Health Department has implemented an Infant Safe Sleep Program, funded through the Michigan Department of Health and Human Services.

KCHD's Infant Safe Sleep Program functions by partnering with other local agencies such as Corewell Health, Trinity Health, Help Pregnancy Aid, and others to ensure that our community is educated on infant safe sleep recommendations as well as to provide those in need with safe sleep necessities, such as Pack 'N Plays or sleep sacks.

The Infant Safe Sleep Program also works with local Fire Departments and EMS agencies to become certified in infant safe sleep. First responders are trained to recognize unsafe sleeping situations and provide education and resources to the families in our community. These agencies help reach families who may otherwise have been missed by other services.

The work of the Infant Safe Sleep Program along with all our community partners such as Pediatricians, Family Practice doctors, Home Visitors, and many other community partners is making a difference.

In 2021, 23% of Kent County's infant deaths were related to unsafe sleeping environments. This number has decreased to 17% in 2022, and 11% in 2023! This work has been shown to make a great impact in the community, and we at KCHD hope this continues. Every child deserves to celebrate their first birthday!

[For more information on KCHD's Infant Safe Sleep Program, or information on safe sleep recommendations, visit \[accesskent.com/safesleep\]\(https://accesskent.com/safesleep\).](#)



# MEASLES OUTBREAK

As of March 1st, there have been 41 reported cases of measles across 16 states in 2024. In Michigan, there have been 3 reported cases in the southeast portion of the state. Measles is a highly transmissible disease, with the Michigan Department of Health and Human Services (MDHHS) reporting that 90% of people who are unvaccinated and exposed to measles will contract it. One in five of those individuals will require hospitalization. Symptoms to watch for are fever, red and watery eyes, and a red, blotchy rash that usually starts face and spreads. If you experience these symptoms contact your doctor for next steps.

A contributing factor to the increased incidence of cases is a decline in routine childhood immunizations. State health officials are urging individuals to make sure their, and their children's, routine vaccinations are up to date as this is the biggest defense against diseases like measles. The measles vaccine is highly effective and very safe. One dose is about 93% effective in preventing illness and two doses increases that to 97%. Additionally, individuals with weakened immune systems may not be able to take the measles vaccine, so getting vaccinated not only protects the vaccinated individual but also vulnerable individuals in our community from getting sick.

Contact Kent County's vaccine clinic, 616-632-7100, for more information on the measles vaccine.

*State health officials urge vaccination after reported measles cases in Michigan.* Michigan Public. (March 6 2024)

<https://www.michiganpublic.org/health/2024-03-06/state-health-officials-urge-vaccination-after-reported-measles-cases-in-michigan>



## A KID AGAIN

A Kid Again is a non-profit organization that provides cost free, fun-filled destination events, which they call adventures, for families who are raising children with life-threatening conditions. These adventures allow families to take a break from the doctors visits and hospitals to enjoy quality time together. Enrollment for the adventures is for children under 20 years of age whose diagnosis has been classified as life-threatening from a medical provider. You can learn more about A Kid Again and their Michigan chapter here, <https://akidagain.org/chapter/michigan/>.

### UPCOMING ADVENTURES:

*Strikeout Illness Adventure*  
May 25, 2024  
Jimmy Johns Field

*Rides & Slides Adventure*  
June 17, 2024  
Michigan's Adventure

*Holiday Adventure*  
November 17, 2024  
The Henry Ford Museum