

For information on lead poisoning and testing visit leadsafeby2010.org

Bone Marrow Drive

Rochester Plays Key Role in National Marrow Donor Program's Largest Annual Awareness Campaign
Area Family and Local Donor Drives, Part of "Thanks Mom" Initiative

Through volunteering, signing up to be on the marrow Registry or being a patient focus family, hundreds of people in Rochester are expected to play a role in "Thanks Mom," the National Marrow Donor Program's (NMDP's) largest awareness campaign of the year.

The initiative kicks off May 5 and runs through May 19 - the two weeks surrounding Mother's Day - and has an ambitious goal of recruiting 46,000 people to the Registry and raising \$100,000 in just two weeks.

During this time, the cost of joining the Registry is being covered. People can visit marrow.org to join online or to find a drive near them.

Five years ago Eunique was diagnosed with acute lymphoblastic leukemia (ALL), a cancer that affects the white blood cells. She experienced chronic fatigue and stomach pains, prompting her parents, Enid and Johnny, to bring her to the doctor for a checkup. After noticing Eunique's enlarged spleen and an abnormal white blood cell count, Eunique was diagnosed with leukemia.

Eunique needs a life-saving transplant to survive. Eunique has been in remission twice, but was not able to find a donor. After her third round of chemotherapy, Eunique learned last

week that she is again in remission...and now, eligible for a marrow transplant.

Donors of African American heritage are crucial to Eunique's survival, as the best chance of finding a matching donor is from someone of one's own race. By joining the NMDP Registry, local residents could save the lives of patients like Eunique.

Every day, more than 6,000 patients search the NMDP Registry for a life-saving donor. Only three in 10 patients get the transplant that could save their lives. Seventy percent of patients will not find a match within their own family. Diverse donors are critical because patients have the best chance of finding a match within their own race.

May 5th: NY/Thanks Mom RIT Drive at RIT Fireside Lounge, 1 Lomb Memorial Blvd., Rochester, NY 14623 - 10 a.m. - 2 p.m.

May 10th: NY/thanks Mom UAW Drive at United Auto Workers, 221 Dewey Ave., Rochester, NY 14608 - 10 a.m. - 2 p.m.

To find other donor drives near you or to register online, log onto marrow.org

Sue Paprocki, Phone: 888-298-6571
Ext. 101, Email: spaprock@nmdp.org

Lead Poisoning and Nutrition

Nutrition can play a pivotal role in childhood lead poisoning prevention. Once a child ingests lead, it enters the blood system. Some of the lead is eliminated through bowel movements. Most of what is left gets stored in the bone, where it can stay for decades, until it finally gets released during pregnancies and during menopause. **When lead that is stored in the bone gets released during a pregnancy, it crosses the placenta and affects the fetus.**

One of the keys to childhood lead poisoning prevention is to minimize the amount of lead that gets absorbed. **Good nutrition helps accomplish this goal.** A child's body craves certain minerals, including calcium and iron. When these minerals are deficient in the body, lead absorption is increased. Zinc may also have a beneficial impact with respect to lead absorption. Children whose diet is deficient in these minerals retain more of the lead than they would have otherwise.

To maximize the effectiveness of good nutritional habits in helping reduce lead absorption, the following principles should always be remembered:

- * Children need to have plenty of calcium in their system. Foods that are rich in calcium include: milk, yogurt, cheese, turnip greens, spinach, sardines, salmon, tofu, and peanuts.
- * Children need to have plenty of iron

in their system. Foods that are rich in iron include: lean red meat or ham, skinless chicken or turkey, oatmeal, split peas, lentils, beans, raisins, dates, prunes, wheat germ, collard greens, and kale.

* Vitamin C helps the body absorb iron. Foods that are rich in vitamin C include: kiwi fruit, oranges, grapefruit, tomatoes, bell peppers, fruit juice, strawberries, collard greens, and broccoli.

* Children need to have some zinc in their system. Foods that are rich in zinc include: beef, oysters, clams, cashews, sunflower seeds, and brewer's yeast.

* Fatty foods allow the body to absorb lead faster and should generally be avoided. However, it is critical to note that dietary fat is an important component of a healthy diet for children under the age of two. Nevertheless, to avoid fatty foods, minimize the intake of fried foods and fast foods, meat that has not been trimmed of fat, chicken skin, potato chips, cupcakes, donuts, bacon, butter, and lard.

* Finally, kids whose stomach is empty tend to absorb more lead than kids who eat regularly throughout the day. Accordingly, it is best for children to eat between 4 and 6 times daily, with an emphasis on the healthy foods listed above.

Foundation Commits \$2 Million to Prevent Lead Poisoning

The Greater Rochester Health Foundation (GRHF) announced today its awards of more than \$2 million over three years to three agencies to eliminate childhood lead poisoning in Rochester by 2010 through a competitive bid process. According to GRHF President and CEO, John Urban, "We feel very confident that these three programs will have the impact necessary to help reduce the threat of lead poisoning to our community's children."

The Coalition to Prevent Lead Poisoning will receive \$100,000 to fund broad communications initiatives throughout the community to increase the knowledge of parents, expectant parents, and property owners in high-risk neighborhoods, as well as the community-at-large, about the risks of lead poisoning to young children and how to protect their families.

The City of Rochester Bureau of Housing & Project Development has

been awarded \$1.5 million to fund the Lead Safe Homes Program. This program will provide grants to property owners within a targeted area of zip code 14621 to undertake repairs needed to reduce lead paint threats in their homes. "This continues to be a huge priority," said Mayor Robert J. Duffy. "We have to do everything in our power to stay aggressive and combat lead poisoning in Rochester homes to keep our children safe. I want to thank the Greater Rochester Health Foundation and President John Urban and the Foundation's Board of Directors for their ongoing support. This money is going to go a long way to help eliminate childhood lead poisoning in Rochester by 2010."

Action for a Better Community, Inc. has been awarded \$ 380,000 over three years for a Lead Resource Center that will include hands-on support to guide families on how to assess the lead risk in their home and actively help property owners apply for available funding to

remediate lead risks. Resource center staff will focus and coordinate their efforts with the City of Rochester's Lead Safe Homes program. "ABC has, through the Get the Lead Out program, established a community model helping families address lead hazards through education, testing, and technical assistance. Thanks to GRHF and its generous funding award, ABC can continue and expand those efforts in the City of Rochester and Monroe County as part of the ongoing effort to eliminate childhood lead poisoning by 2010," stated James H. Norman, President and CEO.

Children poisoned by lead paint dropped nearly 55% between 2002 and 2005 and further declined in 2006. These results show what can be achieved when community and health organizations, local government, educational institutions, funders and neighborhoods work together," said Urban. "Through this united effort, Monroe County can be lead safe by 2010."

Over the next several weeks, we will be running articles about lead and its effects on our community. Future articles include:

- Health Effects on Children (April 19, 2008)
- Identifying Children with Elevated Blood-Lead Levels (April 26, 2008)
- Lead in Water (May 3, 2008)
- Lead Poisoning and Nutrition (May 10)
- Specialized Cleaning
- Lead-Safe Work Practices
- Real Estate Lead Disclosure Requirements