

# Highlight on Health

*An Emmons County Public Health Publication*

## Important Dates

**November 3** - Daylight Savings Begins.

**November 4-10** - Medical Staff Services Awareness Week.

**November 9** - National Diabetes Heart Connection Day.

**November 10-16** - Nurse Practitioner Week.

**November 11** - Veterans Day (Office is open).

**November 12** - World Pneumonia Day.

**November 12-18** - U.S. Antibiotic Awareness Week.

**November 14** - World Diabetes Day.

**November 21** - Great American Smokeout.

**November 28-29** - Thanksgiving (Office is closed).

**November 28** - National Family Health History Day.



## Quitting Tobacco Continues to Have Short-, Long-Term Benefits

Everyone knows that quitting smoking can help you live a longer, healthier life. But did you know how quitting can have short- and long-term impacts on your health?

- **20 minutes** – Your heart rate and blood pressure drop.
- **12 hours** – The carbon monoxide level in your blood drops to normal.
- **2 weeks to 3 months** – Your circulation improves and your lung function increases.
- **1-9 months** – Coughing and shortness of breath decrease. Cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.
- **1 year** – The excess risk of coronary heart disease is half that of someone who continues to smoke. Your heart attack risk drops dramatically.
- **5 years** – The risk of cancer of the mouth, throat, esophagus and bladder is cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

- **10 years** – The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.
- **15 years** – The risk of coronary heart disease is that of a non-smoker's.

For more than 40 years, the American Cancer Society has hosted the Great American Smokeout on the third Thursday of November. This year the Great American Smokeout will be held November 21.

To get help and learn more about tobacco cessation, contact your local public health unit, visit [www.cancer.org/healthy/stay-away-from-tobacco](http://www.cancer.org/healthy/stay-away-from-tobacco), or call 1-800-277-2345 for free tips and tools.

**Source:** Cancer.org



**Public Health**  
Prevent. Promote. Protect.

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[www.emmonsnd.com/public-health.html](http://www.emmonsnd.com/public-health.html)  
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# Focus Thanksgiving on Family Health History

This Thanksgiving is more than just a day for tryptophan and football. It is a day to talk with your family about health history.

Whether you know a little or a lot about your family's health history, these conversations are a crucial first step in living a healthier life. Health awareness makes you informed on what areas of prevention you may need to implement.

My Family Health Portrait (available at <https://phgkb.cdc.gov/FHH/html/index.html>) is a free online resource that can help collect your family health history information. This tool allows you to enter your family health history, learn about your risk for conditions that run in your family, print your family healthy history to share with a healthcare provider, and save your health history so it can be updated over time.

## My Family Health Portrait

A tool from the Surgeon General

Get Help

Using My Family Health Portrait you can:

- Enter your family health history.
- Learn about your risk for conditions that can run in families.
- Print your family health history to share with family or your health care provider
- Save your family health history so you can update it over time.

Talking with your health care provider about your family health history can help you stay healthy!

[Learn more about My Family Health Portrait](#)

Create a Family Health History

Use a Saved History



## Poultry Protection

- Allow approximately 24 hours for each 4-5 pounds of turkey to thaw in a refrigerator.
- Place turkey in a container while thawing to prevent juices from dropping on other foods in your refrigerator.
- Make sure your turkey is completely thawed before cooking.
- Place turkey breast-side up on a flat wire rack in a shallow roasting pan (2 to 2.5 inches deep).
- For optimum safety, cook stuffing in a casserole.
- Turkey and stuffing temperature must reach a minimum of 165 degrees Fahrenheit.
- Check turkey temperatures in the innermost part of the thigh and thickest part of the breast.
- Let bird stand 20 minutes before removing stuffing and carving.

**Don't Be  
A Turkey  
With Your  
Thanksgiving  
Food Prep**

