

# Highlight on Health

*An Emmons County Public Health Publication*

## Important Dates

**March 1-8** - National Sleep Awareness Week.

**March 8** - Daylight Savings Begins.

**March 8-14** - Patient Safety Awareness Week.

**March 9-13** - Long Term Care Administrators Week.

**March 11** - Registered Dietitian Nutritionist Day.

**March 15-21** - National Poison Prevention Week.

**March 20** - World Oral Health Day.

**March 24** - American Diabetes Association Alert Day.

**March 24** - World Tuberculosis Day.

**March 30** - National Doctors' Day.

**March 30 - April 5** - National Drug and Alcohol Facts Week.



## Avoid Flooded Roadways, Practice Flood Safety This Spring

Warmer temperatures are loosening winter's grasp on the region. But with warmer temperatures comes the threat of flooding. An abundance of water in the fall, coupled with average- to above-average snowfall throughout the winter has created reason for concern in the late stages of winter.

Rural roadways can become particularly dangerous during flooding for a number of reasons. First, if the road is not visible under the surface of the water, you may be driving on a compromised roadway that has given way to flood currents. Secondly, running water can sweep vehicles off roadways. It takes up to 1 foot of water to potentially cause a car to lose contact with its wheels on a surface. Larger vehicles, such as pickups and SUVs, may take up to 2 feet of water. If possible, do not drive on flooded roads and take alternate routes to reach your destination.

Remember, too, that once you are out of a flooded area, your brakes may have gotten wet and potentially could not function normally until dried. Light brake applications will

help your brake system to dry out and warm up more quickly.

Emmons County Public Health has flood safety resources available online in the form of two-page handouts covering a variety of flood-related topics:

- Basic Preparedness
- Cleanup After a Flood
- Drinking Water Safety
- Flood Insurance
- Gas and Propane Safety
- Mold Safety
- Road Safety
- Septic System Safety
- Sump Pump
- Tetanus
- Well Safety
- Youth Information

Visit <http://www.emmonsnd.com/flood-preparedness.html> for more information or contact Emmons County Public Health at (701) 254-4027.

**Emmons County Public Health**  
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P: 701.254.4027

[www.emmonsnd.com/public-health.html](http://www.emmonsnd.com/public-health.html)  
[facebook.com/ECPH.gov](https://www.facebook.com/ECPH.gov)



# Regular Screenings Critical to Catch Colorectal Cancer

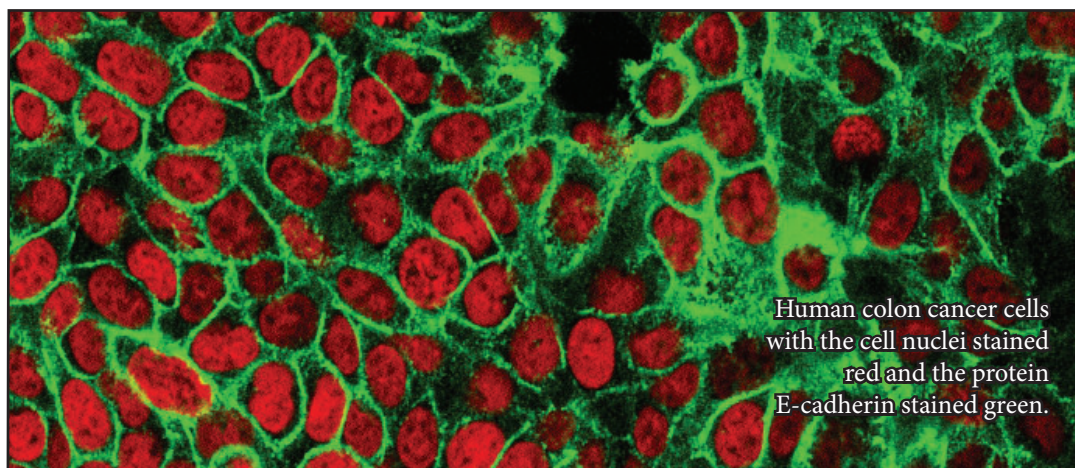
## Why Get Screened for Colorectal Cancer?

Screening is the process of looking for cancer in people who have no symptoms. Regular screening is one of the most reliable ways to find colorectal cancer in the early stages when it's smaller and might be easier to treat. If polyps are found during screening, they can usually be removed before they turn into cancer.

When people don't get colorectal cancer screening tests, a cancer can grow and spread without being noticed. Early on, colorectal cancer doesn't usually cause noticeable changes (symptoms). In many cases, by the time people do have symptoms the cancer is advanced. Advanced colorectal cancer might be harder to treat. Ask a health care provider about the best screening plan for you and talk to your insurance provider about coverage.

## Types of Tests

Stool-based tests: These test your stool for signs that colorectal cancer or



Human colon cancer cells with the cell nuclei stained red and the protein E-cadherin stained green.

polyps may be present. People take tests at home with a kit from their health care provider, with instructions.

These include:

- Guaiac-based fecal occult blood test (gFOBT)
- Fecal immunochemical test (FIT)
- Stool DNA test

It is important to know that if you have an abnormal result on any of the stool-based tests, you should have a colonoscopy to investigate further. Visual (structural) exams: These tests look at the inside of your colon and rectum to find any abnormal areas that might be cancer or polyps. These tests

require preparation (diet and laxatives to empty the colon and rectum) ahead of time and can have some risks not seen with stool-based tests.

Visual exams include:

- Colonoscopy uses a flexible tube with a small camera on the end to look at the length of the colon and rectum. If polyps are found, they may be removed and tested to see if it's cancer, a benign (non-cancerous) growth or something else.
- Flexible sigmoidoscopy is much like colonoscopy but looks at part of the colon and rectum. If polyps are found, they may be removed during

the test, or later.

- CT colonography (also called virtual colonoscopy) is a scan of the colon and rectum that produces detailed cross-sectional images, so the doctor can look for polyps or cancer.

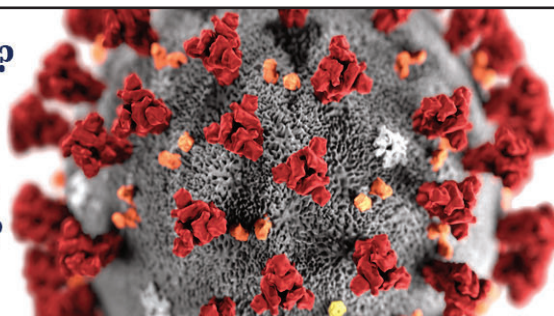
## Talk to Your Provider About Screening

Most people should start colorectal cancer screening at 45, even if they do not have any symptoms. Some people with a family history of colorectal cancer or other risk factors might need to start screening earlier and need certain types of screening tests.

**Source:** American Cancer Society

## Worried About COVID-19? (Coronavirus)

- What Is It?
- Why Are Some People Sick?
- Handwashing/Hygiene Tips?
- Travel Precautions?



For up to date information about COVID-19, visit [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus) to see the nation's response perspective from the CDC and visit [www.health.nd.gov/coronavirus](http://www.health.nd.gov/coronavirus) for a state perspective from the North Dakota Department of Health.