

Highlight on Health

An Emmons County Public Health Publication

Important Dates

October 7-13 - Fire Prevention Week.

October 8 - Columbus Day.

October 8 - National Kick Butt Day.

October 10 - Stop America's Violence Everywhere (SAVE) Today.

October 10 - World Mental Health Day.

October 12 - World Arthritis Day.

October 16 - World Food Day.

October 22 - Stuttering Awareness Day.

October 23 - Lock Your Meds Day.

October 23-31 - Red Ribbon Week.

October 29 - World Psoriasis Day.

October 31 - Halloween.



By utilizing regular mammograms, women can detect cancer in early stages. The United States Preventive Task Force recommends women aged 40-49 talk to health care professionals about when to start getting mammograms, while ages 50-74 who are at average risk for cancer, get tested every two years.

Women Can Take Active Role in Breast Cancer Survivability

According to the American Cancer Society, an estimated 252,710 cases of invasive breast cancer were expected to be diagnosed among U.S. women in 2017. More than 40,000 women were expected to die from breast cancer during a similar time period.

In Breast Cancer: Facts & Figures 2017-2018, estimates survival rates for women diagnosed with breast cancer are as follows:

- 91% at 5 years after diagnosis
- 86% after 10 years
- 80% after 15 years

However, breast cancer survival rates vary by stage at diagnosis. Behavioral risk factors, including postmenopausal obesity, physical inactivity, use of combined estrogen and progestin menopausal hormones, alcohol consumption and not breastfeeding, are estimated to be contributing factors in about 33 percent of postmenopausal breast

cancers. Additional factors may include DCIS and LCIS, breast density, height, menstrual cycles, bone mineral density, endogenous hormone levels, pregnancy, use of fertility drugs, hormonal birth control, postmenopausal hormones and diet.

Other risks include:

- Family history – individuals with a history of breast cancer are at an increased risk of about 2-4 times.
- Genetic predisposition – Inherited mutations in BRCA1 and BRCA2 account for 5-10 percent of all female breast cancers.
- Personal history – Women diagnosed with breast cancer have a small increased chance of developing a new cancer in the opposite breast.

Source: American Cancer Society

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Fire Prevention Week set for Oct. 7-13

Today's home fires burn faster than ever. In a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. Knowing how to use that time wisely takes planning and practice.

This year's Fire Prevention Week campaign, "Look. Listen. Learn. Be aware. Fire can happen anywhere™," works to educate the public about basic but essential ways to quickly and safely escape a home fire.

National Fire Protection Association statistics show that the number of home fires in the United States has been steadily declining over the past few decades. However, the death rate per 1000 home fires that are reported to fire departments was 10 percent higher in 2016 than in 1980.

"These numbers show that while we've made



significant progress in teaching people how to prevent fires from happening, there's still much more work to do in terms of educating the public about how to protect themselves in the event of one," said Lorraine Carli, NFPA's vice president of Outreach and Advocacy. "This is particularly critical

given the increased speed at which today's home fires grow and spread."

Carli also notes that although people feel safest in their home, it is also the place people are at greatest risk to fire, with four out of five U.S. fire deaths occurring at home. That over-

confidence contributes to a complacency toward home escape planning and practice.

This year's "Look. Listen. Learn." campaign highlights three different steps that people can take to help quickly and safely escape a fire situation:

- Look for places fire could start.
- Listen for the sound of the smoke alarm.
- Learn 2 ways out of every room.

While NFPA is focusing on home fires, these fire safety messages apply to virtually anywhere. No matter where you are, look for available exits. If the fire alarm system sounds, take it seriously and exit the building immediately.

For more information about Fire Prevention Week and home escape planning, visit www.firepreventionweek.org.

Stay Safe this Halloween

- * Use battery-operated candles or glowsticks instead of traditional candles.
- * If you do use candles, place lit pumpkins away from anything that can burn, and out of the way of trick-o-treaters, doorsteps, walkways and yards.

