

# Highlight on Health

*An Emmons County Public Health Publication*

## Flu Clinics

**Oct. 2** - Braddock Community Center

**Oct. 3** - Linton Senior Citizen Center

**Oct. 4** - Strasburg Senior Citizen Center

**Oct. 6** - Hazelton Clinic

**Oct. 12** - Hague Knights of Columbus Hall

You may get a flu shot at the Public Health office by appointment. Call (701) 254-4027 for scheduling.

## Important Dates

**Oct. 2** - National Child Health Day

**Oct. 4** - National Walk to School Day

**Oct. 16** - Boss's Day

**Oct. 18** - Medical Assistants Recognition Day

**Oct. 20** - National Mammography Day

**Oct. 31** - Halloween

## Screenings Vital Vs. Cancer

Breast cancer affects the lives of many North Dakota women. In fact, a woman's lifetime risk of developing breast cancer is approximately one in eight. The majority of us know someone that has been affected by the disease in some way. That's why it's important to start conversations with our family members, friends and co-workers to emphasize that breast cancer screening, along with a woman's awareness of what is normal for her, is the best protection in early detection of the disease.

It is important women are informed and take an active role in the decision-making process with a healthcare provider regarding screening. **Three things can help guide the decision-making process:**

- Identifying your cancer risks
- Knowing what breast cancer screenings are available
- Developing a list of questions to bring to your healthcare provider about breast cancer screening

### Tests That Screen for Breast Cancer:

- Mammogram
- Clinical breast exam
- Other tests may be recommended based on your health history

Each woman should have a discussion with her healthcare provider about what test(s) should be done, how often they occur, and what age she should begin and stop screening for breast cancer.



### Breast Cancer Risk Factors You Cannot Change:

- Being female
- Increasing age
- A personal history of breast cancer
- A family history of breast cancer
- Inherited genes that increase cancer risk
- Radiation exposure
- Beginning your period at a younger age
- Beginning menopause at an older age
- Dense breast tissue

### Lifestyle Related Factors That Increase Your Risk:

- Having your first child after 35
- Having never been pregnant
- Postmenopausal hormone therapy
- Being overweight or obese
- Drinking more than 2 alcoholic beverages a day

### Lifestyle-related factors that decrease your risk:

- Breastfeeding
- Physical Activity

Source: NDCC

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## Binge Drinking has variety of Consequences

Heavy drinking can lead to heavy stuff: relationship problems, losing your license, or even injury and death.

### Never drink and drive.

It's against the law. [Check out the penalties for drunk driving in North Dakota](#), but that's not the only reason. Almost half of all North Dakota fatal crashes are alcohol related.

### Don't drink if you're pregnant or may become pregnant.

The truth is we don't know yet whether any amount of alcohol is safe for a developing baby. We do know that drinking during pregnancy can cause brain damage or other problems.

### Consider the health risks.

3 of the 5 leading causes of death are linked to alcohol use. And heavy drinkers are at greater risk of health issue ranging from liver disease to sleep disorders to sexually transmitted diseases.

Source: [www.parentslead.org](http://www.parentslead.org)

## Flu Season is Just Around the Corner

Protect yourself and your family with an annual flu vaccine for everyone in your family who is 6 months of age and older. While flu season is unpredictable, seasonal flu activity can begin as early as October and last as late as May. CDC recommends people get vaccinated by the end of October, if possible.

In addition to getting a seasonal flu vaccine, you can stay away from sick people and wash your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading flu to others. Getting an annual flu vaccine is the first and best way to protect you and your family.

- Flu vaccines have been updated to better match circulating flu viruses.
- For the second year, only injectable flu vaccines (flu shots) are recommended. LAIV, a nasal spray vaccine, is not recommended for use.
- There are some new flu vaccines on the market this season.
- The flu vaccine recommendations for people with egg allergies have changed.

Please visit <https://www.cdc.gov/flu/about/season/flu-season-2017-2018.htm> for more information about influenza and the upcoming flu season.

## Parents Play Role in Preventing Teen Drinking

Young people who experiment with alcohol, tobacco, and drugs typically begin before leaving the ninth grade. Parents talking to their teens need to emphasize their family values. Another tip for a parent to remember is that when talking to teen or preteen about drugs, they should emphasize the immediate, unpleasant effects of alcohol and other drug use.

There are physical effects with underage drinking. Adolescent bodies and brains are still maturing, making them vulnerable to long-lasting impairment from alcohol. Long-term thinking and memory skills have the potential to be impacted by alcohol abuse, as do livers and reproductive organs.



Avoiding drinking during this developmental phase is critical, especially when teens are grappling with learning to drive safely.

Using drugs is something many young people do because they see their friends using drugs. A large portion of your prevention efforts during these years should be spent reinforcing your child's motivation to avoid alcohol and other drugs, and guiding them in their decisions of whom to spend time with.

Parents need to set clear rules regarding alcohol use and provide positive examples to influence their teens. Consequences need to be enforced and set in stone – say what you mean and mean what you say. By sending consistent messages as parents, you're helping your teens make better decisions until they're making them all on their own.

Source: [www.parentslead.org](http://www.parentslead.org)