

Highlight on Health

An Emmons County Public Health Publication

Important Dates

Healthy Baby Clinic - 2nd Monday of the month, 3-6 pm.

June 1 - Pre-Diabetes Screening, Linton Fitness Center, 8-10:30 am. Must come fasting from midnight.

June 1 - Car Safety Seat Check Up, North McCrory parking lot in Linton, 9 am to Noon.

June 7 - Pre-Diabetes Screening, Emmons County Public Health, Screenings begin at 8:30 am. Appointment needed by calling (701) 254-4027.

June 13 - Pre-Diabetes Screening, Emmons County Courthouse basement from 8:30-10:30 am. Must come fasting from midnight.

June 21 - Health Fair during KEM Electric Annual Meeting, Linton Public School Gymnasium, 5-7 pm.



First Step in Improving Men's Health is Becoming Informed

Hey fellas,

Did you know there are a variety of health topics that go unaddressed each year? Ignoring men's health is part of the reason why women are outliving men by an average of 5 years. Think about that for a minute; men are missing out on those golden years with our significant other, watching our children grow into adulthood and potentially becoming a positive influence in the lives of our grandchildren. We've got some work to do:

- 30% of men experience depression, yet only 1 in 4 talk about it.
- Women are more likely than men to visit a doctor regularly. But many health conditions (cancer, heart disease, diabetes, etc.) can only be prevented or detected with regular checkups.

- Sure the Dad-bod is great. But that doesn't mean we can eat right and exercise daily.
- 1 in 2 men get cancer in their lifetime, while women are 1 in 3.

Ladies, you can help get your man to be serious about his health, too. It starts with being informed:

- www.MensHealthResourceCenter.com
- www.StateOfMensHealth.com

Throughout June, Emmons County Public Health will be sharing a variety of tips and information about men's health. Follow us on our social media and stay informed now, and throughout the rest of the year.

Emmons County Public Health
118 E Spruce Ave, Linton ND 58552
P: 701.254.4027

www.emmonsnd.com/public-health.html
facebook.com/ECPH.gov



Summer Sunburns Preventable with Layering

As spring gives way to summer, a little carelessness on a sunny day can lead to days of uncomfortable sunburn symptoms, or worse.

Sunburns, or first-degree burns, are characterized by the hot, tender, oftentimes red, skin. But symptoms can range from annoying to intense. In a January 2017 research letter, the Journal of American Medical Association (JAMA) Dermatology estimated there had been nearly 34,000 sunburn-associated emergency department visits in 2013.

There are many ways to reduce your risk of skin damage, including layering. This may include seeking shade, covering as much skin with clothing as is possible, wearing a hat with a brim, wearing sunglasses that block both UVA and UVB rays, and applying a broad-spectrum sunscreen (at least SPF 15). Please note sunscreen wears off and must be reapplied throughout the day. Sunscreen has a shelf life of no more than 3 years, but it could be shorter if it has been exposed to high temperatures.

If you do get sunburned, be sure to drink plenty of water and to soothe burns with cool baths or by gently applying cool, wet cloths. You may also take an aspirin, acetaminophen, or ibuprofen to help relieve pain, headache, fever, etc. Do not go back out into the sun until after the burn has healed.

Source: CDC

Resources: www.ndcancercoalition.org/awareness-campaigns-and-materials/skin-cancer-awareness/uv-safety-tool-kit/uv-tool-kit-resources/

Warm Temps Bring Rise in Vehicular Heatstroke Deaths



According to NoHeatStroke.org, 748 children have died due to vehicular heatstroke since 1998, about 38 per year.

It takes just minutes for temperatures inside a vehicle to increase to uncomfortable levels. Part of the reason this is so dangerous, too, is because children's bodies heat up 3-5 times faster than adults.

Tips to protect your children include:

- Do not allow children to play in vehicles unattended.
- Lock all doors and the trunk (if available) after everyone is out of the vehicle.
- Make sure all keys are out of reach of your children.
- Check the backseat of a vehicle every time you get out of the vehicle.
- Have your purse, briefcase, gym bag, etc. ride on the floor near your child.
- Set an alert on your phone to remind you that you dropped off your child.
- Set up a call alert from your daycare provider if your child is a few minutes late for daycare.
- Keep a stuffed animal in the car seat when your child is not with you. Move it to the front seat, where you will easily notice it, when your child is riding with you.

If you see a child alone in a vehicle, call 9-1-1. If the child seems hot or sick, remove them from the vehicle as soon as is possible.

Source: SafeKids.org