

Highlight on Health

An Emmons County Public Health Publication

Important Dates

Sept. 4 - Labor Day

Sept. 8 - Stand Up to Cancer Day

Sept. 8 - World Physical Therapy Day

Sept. 10 - Grandparents Day

Sept. 11 - Patriot Day

Sept. 13 - National Celiac Awareness Day

Sept. 17-23 - National Child Passenger Safety Week

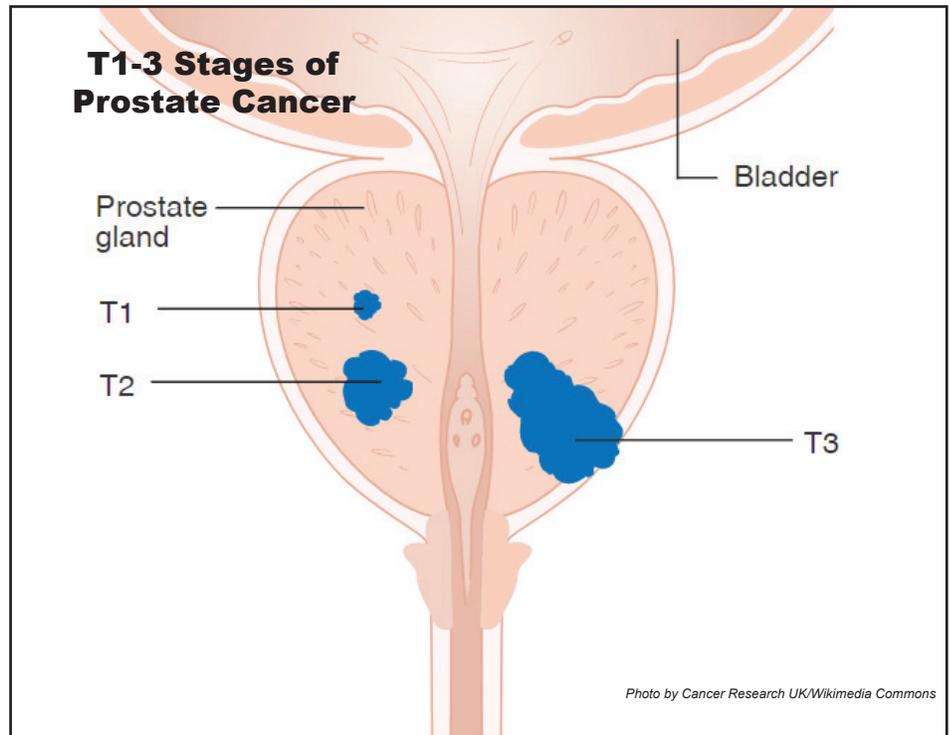
Sept. 22 - Fall Equinox

Sept. 22-28 - Fall Prevention Awareness Week

Sept. 23 - Innergize Day

Sept. 27 - National Women's Health and Fitness Day

Sept. 30 - Family Health and Fitness Day



Prostate Cancer Symptoms Not Always Visible

Every three minutes a man is diagnosed with prostate cancer, the nation's second-most common type of cancer in men.

Symptoms of prostate cancer are typically not noticeable during early stages and men who have prostate cancer may be symptom-free for years. Some early symptoms include the following:

- Having to urinate often, especially at night
- Having trouble starting or stopping urine flow
- Having a weak or slow urine flow
- Having blood in urine or semen

- Feeling frequent pain/stiffness in lower back, hips or ribs

Prostate cancer is rare in men younger than 40, but the chance rises dramatically after the age of 50. About 60 percent of all diagnosed U.S. prostate cancer is found in men older than 65. Ethnicity has also shown to be a factor in prostate cancer occurrences, as African-American men are about 2.4 times more likely to die of prostate cancer than Caucasian men.

Source: American Cancer Society, Prostate Cancer Foundation

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Food Safety Gives You Power of Protection



The Center for Disease Control and Prevention estimates that 48,000,000 get sick, 128,000 are hospitalized and 3,000 die from foodborne diseases each year in the United States. National Food Safety Month was created in 1994 as a tool for heightened awareness of the science and education behind the food we consume every day. This year's celebration has four areas of focus:

Week 1: What is Food Safety
 Week 2: Handwashing
 Week 3: Role of Food Safety Training
 Week 4: Time & Temperature Control
 A number of resources and suggested activities are available online at www.servsafe.com.

Source: ServSafe, CDC

Preparedness Takes Center Stage in September

Throughout September health units in the state and more than 3000 organizations nationwide will support emergency preparedness efforts and encourage all Americans to take action. This year's theme, "Disasters Don't Plan Ahead. You Can." emphasizes the change we can effect in our homes, places of work and communities.

National Preparedness Month provides a number of ways for individuals to be informed about various ways to become better prepared in the case of an emergency. During the month there will be four aspects to the national campaign, with one distributed each week. Each aspect will focus on one of four preparedness areas: Ready, Steady, Show or Go!

Ready: *Build a kit. Make a plan. Be informed.*

Many emergencies may happen with limited or no advanced warning. Subsequently, the steps you take ahead of time may make the difference between in case you do not have access to food, water, and/or electricity for several days. It is also important to create an emergency plan for your family, including how you will contact each other in the event of a disaster.

Steady: *Review your plans, update your kit.*

Review the plans you have created and have drills with all members of your family. Be sure to review the contents of your preparedness kits every 6 months and replace contents as needed. Key items that may need to be replaced are food, water, medicine and/or batteries.

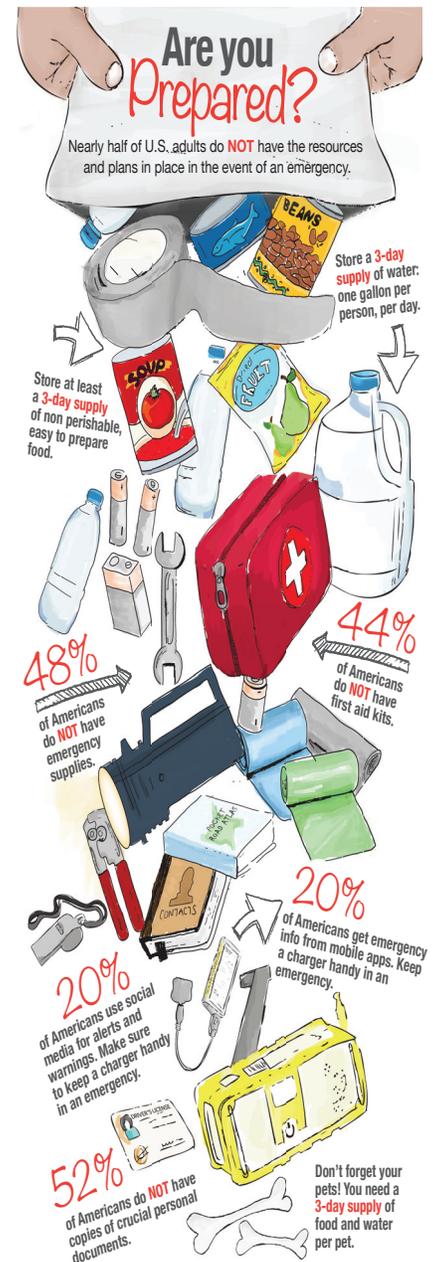
Show: *Inspire others to prepare.*

Talking about preparedness increases the potential for other individuals/families/organizations to get prepared. Whether through taking a CPR class, by sharing social media of your preparedness kits, or talking with friends/neighbors about what prompted you to become interested in preparedness, your active approach may help family and friends, as well as yourself.

Go! *Take immediate action to save lives.*

It is important to be familiar with terms such as Shelter in Place, or what to do in the event of a mandatory evacuation. Know when to stay/go, where to stay/go and what to do during an emergency prior to it happening.

Source: CDC



Prepare supplies for home, work, and vehicles.
 Emergencies can happen anywhere.