

Highlight on Health

An Emmons County Public Health Publication

Important Dates

March 3 - Wear blue clothing in support of colorectal cancer awareness.

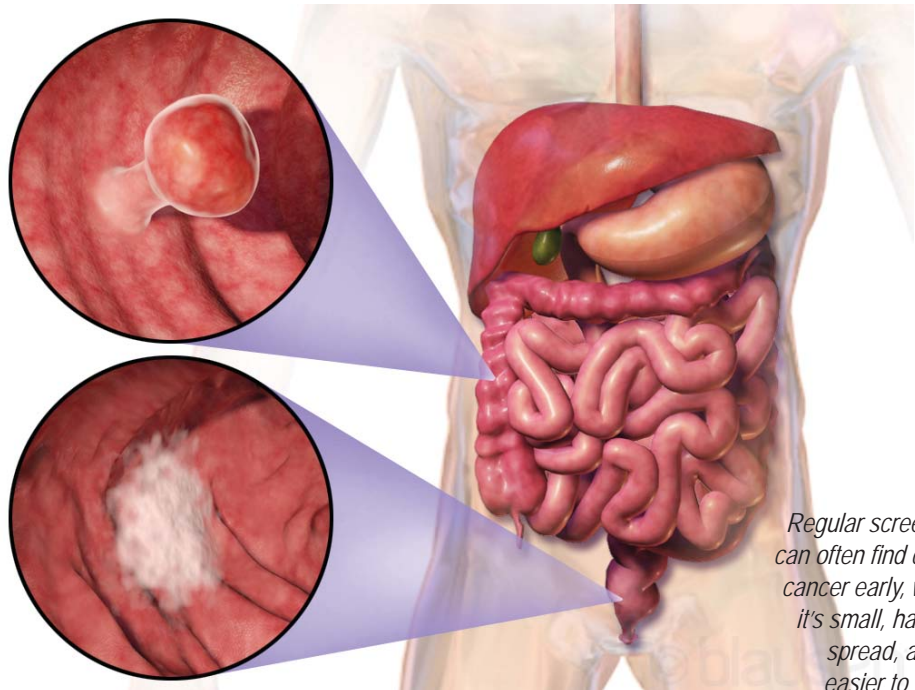
March 15 - Kick Butts Day; A day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco.

March 22 - World Water Day; Focus on the importance of fresh water and advocates for the sustainable management of fresh-water resources.

March 24 - World TB Day; Build public awareness about the global epidemic of tuberculosis.

March 28 - American Diabetes Association Alert Day; Day that informs the American public of the seriousness of diabetes.

April 10 - First Stepping On-Fall Prevention class in 7-week workshop; 9:30-11:30 a.m.; Linton Senior Center; Must pre-register.



Early Detection Key for Colorectal Cancer

Regular screening can often find colon cancer early, when it's small, has not spread, and is easier to treat. For many people, having these tests can help prevent colorectal cancer altogether. This is because some polyps, or growths, can be found and removed before they turn into cancer. Preventing colorectal cancer, or finding it early, doesn't have to be expensive, either. Some tests are simple, affordable, and done at home.

6 Tests for colorectal cancer include:

- Guaiac-based fecal occult blood test (gFOBT) and the fecal

immunochemical test (FIT):

Samples of stool are checked for blood, which might be a sign of a polyp or cancer.

- Stool DNA test (sDNA): A stool sample is checked for certain abnormal sections of DNA (genetic material) from cancer or polyp cells
- Sigmoidoscopy: A flexible, lighted tube is put into the rectum and lower colon to look for polyps and cancer.
- Colonoscopy: A longer, flexible tube is used to look at the entire colon and rectum.

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Healthy Clinic Reduces SIDS Risks

Sudden Infant Death Syndrome, or SIDS, is the leading cause of infant death for babies one month to one year old.

To help reduce the risk for SIDS, parents are encouraged to:

- Breastfeed your child.
- Provide a clean, smoke-free living environment.
- Do not smoke, drink alcohol or use drugs while pregnant or while caring for your child.
- Have your newborn share the bedroom with you, but not the bed. Have your child sleep on his/her back, on a firm mattress.
- Have the child sleep in light sleep clothing to help prevent overheating.



New parents are encouraged to attend the Healthy Baby Clinic, held each second Monday of the month at Emmons County Public Health. The Clinic runs from 3-6 p.m. Emmons County Public Health provides height and weight checks, car seat safety, breast feeding support, formula, health education, and referrals, if needed. Immunizations are also available.

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- Double-contrast barium enema: This is an x-ray test of the colon and rectum.
- CT colonography (virtual colonoscopy): This is a type of CT scan of the colon and rectum.

For more information about these tests and the steps you can take to help prevent colorectal cancer, visit cancer.org/colon or call the American Cancer Society® at 1-800-227-2345. We're there when you need us – 24 hours a day, 7 days a week.

(Source: American Cancer Society)

Fall Prevention Workshop Set for April

Stepping On is a 7-week workshop designed to help older adults learn ways to keep from falling. It helps participants identify why they fall and offers different ways to prevent falling, including strength and balance exercises, home safety check suggestions and a medication review.

The workshop is for people who have fallen and those who have a fear of falling. Participants will leave with more strength and better balance, and experience a feeling of confidence and independence as a result of learning the various exercises and information covered in the classes.

The program was developed by Lindy Clemson of Sydney, Australia to help older adults learn ways to prevent falls. Research has shown that people who complete the workshop have a 31% reduced rate of falling. The class is sponsored by Emmons County Public Health and NDSU Extension, Emmons County and facilitated by staff from these offices.



According to the U.S. Centers for Disease Control and Prevention, every 11 seconds an older adult is treated in an emergency room for a fall, while every 19 minutes, an older adult dies from a fall.

Several guest speakers, including a physical therapist, optometrist, pharmacist, and law enforcement also provide education at various classes.

The first class is scheduled for

Monday, April 10th, 2017 at 9:30-11:30 am at the Linton Senior Center. The cost of the class is \$20.00. Call Emmons County Public Health at 701-254-4027 to register for the class or for more information.