

Highlight on Health

An Emmons County Public Health Publication

Important Dates

October 3 - National Depression Screening Day.

October 6-12 - Fire Prevention Week.

October 6-12 - Mental Illness Awareness Week.

October 9 - Health Cares About Domestic Violence Day

October 9 - Stop America's Violence Everywhere Today.

October 11 - World Arthritis Day.

October 13-19 - International Infection Prevention Week.

October 20-26 - National Respiratory Care Week.

October 22 - International Stuttering Awareness Day.

October 23 - Lock Your Meds Day.

October 23-31 - Red Ribbon Week.

October 31 - Halloween.



Women's Way Helps Promote Breast, Cervical Cancer Detection

The American Cancer Society estimates that 590 cases of breast cancer will be identified throughout North Dakota in 2019, the highest estimated total of any cancer type. The next closest cancer type, lung and bronchus, is estimated to produce 430 new cases in 2019.

Cancer is a group of diseases, characterized by the uncontrolled growth and spread of abnormal cells. This growth often results in death if not controlled. An estimated 1 in 8 American women will get breast cancer at some point in their lives. However, if breast cancer is identified and treated in its early stages, most individuals will survive.

Women's Way is a breast and cervical cancer early-detection program that can provide a way to pay for most breast cancer and cervical cancer screenings for eligible women. You may be eligible if you are a woman who meets the following guidelines:

- Is a resident of North Dakota.
- Is age 40 through 64.
- Meets income guidelines (visit <http://www.ndhealth.gov/womensway/get-started/who-is-eligible/> for more information)
- Has insurance that doesn't cover Pap tests and/or mammograms or can't afford to pay her deductible or copayments or doesn't have insurance.
- Is not enrolled in or eligible for Medicaid or Medicare Part B.
- Is 65 or older and is not eligible for Medicare or cannot afford Medicare Part B.
- Is age 21 through 39, has breast symptoms (lump) or is due for a Pap test or needs breast or cervical diagnostic procedures.

Contact Emmons County Public Health at (701) 254-4027 for more information about Women's Way.

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www.emmonsnd.com/public-health.html
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Many Addictions Due to Shared, Stolen Meds

Prescription drugs are found in every home. These drugs are important foundations in helping treat illness and relieving pain for many individuals. However, they can also serve as a source of addiction, for the individuals who were originally prescribed the drugs, as well as other children and young adults in the house.

The 2015 National Survey on Drug Use and Health showed that 19 million people were abusing prescription drugs, an increase from 3.8 million in 2000. They estimated 1 in 7 boys and 1 in 5 girls had shared or borrowed a prescription drug. Nearly 1 in 10 high school seniors admitted to abusing pain relievers. Overall, 1 in 4 teens abused prescription drugs. And about 53% of individuals ages 12 and up had obtained these drugs from a friend or relative.

The following tips can help you, and individuals in your household, avoid prescription drug abuse:

She gets her hair from her mom.

Her eyes from her dad.

And her drugs from her parents' kitchen cabinet.

53% of people who misuse prescription drugs get them from family or friends. Prevent your children, friends and relatives from misusing your own medication by securing your meds in places they cannot access.

BE AWARE. DON'T SHARE. LOCK YOUR MEDS.

www.lockyourmeds.org

- Remove drugs from your medicine cabinet and hide them, lock them up, or take them out of your house.
- Safeguard all medicines that have to remain at home by monitoring quantities and controlling access.
- Take inventory by writing down the names and amounts of medications you currently have and regularly check to see if anything is missing.

- If your child is on prescribed medication, monitor the dosages and refills. Set clear rules, such as not sharing and always following proper dosages.
- Warn your youngsters that taking prescription or OTC drugs without a doctor's supervision can be just as dangerous and potentially lethal as taking street drugs.
- Supervise your child's Internet use. Many pharmacy sites are not regulated and will sell your child medications without prescriptions.
- Properly dispose of old, expired or unused medicines in the trash. Hide or mix them with cat litter or coffee grounds before throwing them away in an empty can or bag. Do not flush medications down the drain or toilet, unless the label indicates it is safe to do so.

Source:
www.lockyourmeds.org

Why You Need a Flu Shot

1. Flu shots can save your life.
2. If you get flu, effects are usually more mild.
3. Your vaccination may help protect people around you.



Public Health
Prevent. Promote. Protect.

