

# Healthy Living Update



4 year old Blake Nelson gets ready for his flu vaccine. He chose the nasal spray in 2011.

## BBPH Flu Clinic Schedule:

October 10  
10am-6pm

October 22  
10am-6pm

October 26  
10am-4pm

October 29  
1pm-6pm

November 7  
10am-6pm

November 14  
10am-6pm

November 21  
1pm-4pm

November 28  
10am-6pm

### Cost of Vaccines:

Flu shots \$30.00

Flu mist \$35.00

High Dose \$40.00

**All flu clinics are walk in clinics – no appointment is necessary.**

## It's Flu Shot Time!

While many people believe that influenza is the “stomach flu”, it is actually a serious disease that can lead to hospitalization, and even death. The Centers for Disease Control and Prevention (CDC) recommends everyone six months and older get the influenza vaccine. Flu seasons are often unpredictable, and can begin as early as October. That means **now** is the best time to get your immunization.

Each year, experts from FDA, WHO, CDC and other institutions study virus samples collected from around the world to identify the influenza viruses that are the most likely to cause illness during the upcoming flu season so that people can be protected against them through vaccination.

The Northern Hemisphere's 2012-2013 seasonal influenza vaccine contains the following three vaccine viruses:

- an A/California/7/2009 (H1N1)pdm09-like virus
- an A/Victoria/361/2011 (H3N2)-like virus
- a B/Wisconsin/1/2010-like virus

There are some choices for influenza immunization:

- Regular flu shot for ages 6 months and older
- High-dose flu shot for people 65 and older
- Intradermal flu shot for ages 18-64
- Nasal-spray for healthy people ages 2-49 who are not pregnant

For more information, and to schedule your flu shot, visit one of our websites:

[www.bismarck.org/publichealth](http://www.bismarck.org/publichealth)  
[www.burleighco.com/departments/ph](http://www.burleighco.com/departments/ph)

**See page 4 for immunization clinics, OPOP and cholesterol screenings schedule.**

## Costs of Premature Birth

There comes a time in every woman's pregnancy when she just wants to be "done". But as anxious as expectant moms are to meet their new little ones (and to not be pregnant anymore!) research shows just how high the costs of premature birth actually are. Check out these numbers:

- The cost per preterm infant is almost 11 times as high as the cost per full-term infant born with no complications (March of Dimes, 2008)
- During the first year of life, costs of late preterm infants were approximately 3 times the cost of infants born at term (McLaurin, Hall, Jackson, Owens, Mahadevia, 2009).
- The estimated cost per preterm infant is \$51,600.

But the costs aren't just financial. They are also physical, emotional, psychological and social. They affect the mother, the baby, the family, the community and society in general. Babies born too early may have more health problems at birth and later in life than babies born later. Being pregnant 39 weeks gives your baby's body all the time it needs to grow.

So as tempting as it may be to ask your doctor to induce labor, remember babies aren't fully developed until at least 39 weeks in the womb. Important development of their brains, lungs and eyes occurs in the last few weeks of pregnancy. If your pregnancy is healthy, wait for labor to begin on its own. And remember, healthy babies are worth the wait!

For more information, visit our websites:

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### Car Seat Round-up 2012

The annual Car Seat Round Up was held in the BBPH Parking Lot on September 5, 2012. Forty car seats were turned in and were added to those that had been collected at the other two roundups and from car seat checkups – a total of 231 car seats were prepared for recycling. People who brought in old car seats were given a gift card to a local business.

If you'd like more information on car seats, we'd be happy to help. Call our office at 355.1540 or visit one of our websites:

[www.bismarck.org/publichealth](http://www.bismarck.org/publichealth)  
[www.burleighco.com/departments/ph](http://www.burleighco.com/departments/ph)



All these car seats were collected at the round-up!

## Breast Cancer Awareness

October is Breast Cancer Awareness Month and at BBPH we can't wait to start celebrating, and raising awareness about this very serious disease. We've got a lot of super fun (and super pink) events scheduled for the month of October. Here's a rundown of what we've got planned:

- **October 3<sup>rd</sup>** –Bismarck State College hosts the annual Pink Night for Women's Way Volleyball Match. BSC takes on Dawson at 7pm. The team will be wearing pink jerseys and there will be lots of prizes given away.
- **October 12<sup>th</sup>** – Sanford Women's Health Center will host the Run/Walk for Breast Cancer. The event includes an 8K competitive run and walk, a 4K non-competitive walk and an education forum featuring wellness screenings and information about breast cancer prevention and treatment. Each participant receives a long-sleeved performance T-shirt and refreshments.

- **October 24<sup>th</sup>** – Runnings will hold Ladies Pink Night from 5-8pm. There will be prizes and a bag sale with a portion of proceeds going to the resource fund.

We are excited about all of these events and hope to see you at all or some of them. If you can't make it, be sure to visit our Facebook page for pictures of all the Pink Events!



### Did you know?

- Although all women are at risk, a woman's risk of developing breast cancer increases with age. Women age 50 and over are at greatest risk.
- Despite rumors, there have been **NO** studies to prove that antiperspirants, underwire bras, cell phones or breast implants increase the risk of, much less cause, breast cancer.
- The American Cancer Society recommends that women schedule an annual mammogram beginning at age 40.
- The best way a woman can protect herself is to exercise regularly, minimize alcohol use, maintain a healthy weight, and get regular screening exams.

Women's Way is committed to helping women get the regular screenings and other help they need. Women's Way helps women between the ages of 40 and 64 receive low-or-no cost mammograms and pap tests. The program uses age, income, and insurance guidelines to determine eligibility. Please call our office at 701.355.1577 or toll free 1.800.449.6636 for more information and to see if you might qualify.

## This Month at BBPH:

### Immunization Clinics:

- October 1  
1:00-6:00pm
- October 12  
1:00-5:00pm
- October 18  
1:00-6:00pm
- October 23  
1:00-6:00pm

### OPOP:

- October 8
- October 9
- October 15
- October 16

### Cholesterol Clinics:

- October 12
- October 30

## Healthy Halloween

Halloween is coming.... and that means scary costumes, parties, and lots and lots of candy. Enjoy a safe and happy Halloween by following these guidelines from FDA, the Consumer Product Safety Commission, and the Centers for Disease Control and Prevention:

1. Wear costumes made of fire-retardant materials; look for “flame resistant” on the label. If you make your costume, use flame-resistant fabrics such as polyester or nylon.
2. Wear bright, reflective costumes or add strips of reflective tape so you’ll be more visible; make sure the costumes aren’t so long that you’re in danger of tripping.
3. Wear makeup and hats rather than masks that can obscure your vision.
4. Test the makeup you plan to use by putting a small amount on the arm of the person who will be wearing it a couple of days in advance. If a rash, redness, swelling, or other signs of irritation develop where the makeup was applied, it is a sign of a possible allergy.
5. Don’t wear decorative contact lenses unless you have seen an eye care professional and gotten a proper lens fitting and instructions for using the lenses.
6. Don’t eat candy until it has been inspected at home.
7. Trick-or-treaters should eat a snack before heading out, so they won’t be tempted to nibble on treats that haven’t been inspected.
8. Tell children not to accept—or eat—anything that isn’t commercially wrapped. Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.

For more Halloween safety tips, visit one of our websites:

[www.bismarck.org/publichealth](http://www.bismarck.org/publichealth)  
[www.burleighco.com/departments/ph](http://www.burleighco.com/departments/ph)



## October 2012 ~ Days to Remember

We’ve already talked about a couple of health awareness days this month. Here are some more:

- Children’s Health Month
- Domestic Violence Awareness Month
- Healthy Babies Month
- Healthy Lung Month
- National Depression and Mental Health Screening Month
- National Sudden Infant Death Syndrome (SIDS) Awareness Month
- International Walk-to-School Day (October 3)
- World Osteoporosis Day (October 20)
- National Health Education Week (October 21-27)

And just for fun, mark these days on your calendar too:

- National Golf Day (October 4)
- Do Something Nice Day (October 5)
- Columbus Day (October 8)
- Fire Prevention Day (October 9)
- Emergency Nurses Day (October 10)
- National Dessert Day (October 14)
- Make a Difference Day (October 27)
- Mother-In-Law Day (October 28)
- Carve a Pumpkin Day (October 31)
- Halloween (October 31)



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“Like” us today!

[www.facebook.com/bbhph](http://www.facebook.com/bbhph)