



**Public Health**  
Prevent. Promote. Protect.

# Healthy Living Update

Bismarck-Burleigh Public Health



## Halloween Health and Safety Tips

### Going trick-or-treating?

- S** Swords, knives, and other accessories should be short, soft, and flexible.
- A** Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- F** Fasten reflective tape to costumes and bags to help drivers see you.
- E** Examine treats for tampering before eating. Limit the amount of treats you eat.
- H** Hold a flashlight to help you see and others see you. Always WALK from house to house.
- A** Always test make-up in a small area first. Remove it before bedtime to prevent possible irritation.
- L** Look both ways before crossing the street. Use established crosswalks wherever possible.
- L** Lower your risk for serious eye injury by not wearing decorative contact lenses.
- O** Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic.
- W** Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- E** Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.
- E** Enter homes only with a trusted adult. Don't stop at dark houses. Never accept rides from strangers.
- N** Never walk near lit candles. Be sure to wear flame-resistant costumes.

### This Month at Public Health:

#### Immunization Clinics:

- October 6 – 1:00-6:00 pm
- October 16 – 1:00-6:00 pm
- October 28 – 1:00-6:00 pm

#### OPOP:

- October 13
- October 14
- October 20

#### Cholesterol Screenings:

- October 10
- October 28



## October BBPH Flu Clinic Dates

**October 8 & 15 from 10 am to 6 pm...for general public** (No appointment needed)

**October 22 from 10 am to 2 pm...for general public** (No appointment needed)

**October 29 from 10 am to 6 pm...for general public** (No appointment needed)



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# October Means Flu Shots!



## Who should get a flu shot?

Almost everyone who is 6 months of age and older

## Who should not get a flu shot?

Anyone who has had a serious allergic reaction to the vaccine in the past

## When should you get a flu shot?

Now is a good time to get it, it takes 2 weeks for the vaccine to become effective

## What kind of side effects are there?

Mild tenderness is common; some people may have a low grade fever

## Do I have to get "a shot"?

If you are between the ages of 2 years and 49 years, you may be able to get the Flumist

# October is Breast Cancer Awareness Month

What are the risk factors for breast cancer?

### Risk Factors you cannot change:

- Gender- Simply being a woman is the main risk for developing breast cancer
- Aging- Your risk of developing breast cancer increases as you get older. A woman has a one in eight chance of developing breast cancer in her lifetime.
- Genetics- About 5-10% of cases are thought to be hereditary
- BRCA1 and BRCA2- Most common cause of hereditary breast cancer
- Family history of breast cancer- Risk is higher among women whose close blood relatives have this disease
- Personal history of breast cancer- 3 to 4 fold increased risk of developing a new cancer in another part of same breast or in other breast
- Race and ethnicity- White women are more likely to develop breast cancer than African-American women, but African-American women are more likely to die of this disease
- Dense breast tissue— As seen on a mammogram. Breasts are made up of fatty tissue, fibrous tissue, and glandular tissue. Dense breast tissue means this is more glandular and fibrous tissue and less fatty tissue.



### Lifestyle-related factors:

- Having children- Women who have had no children or who had their first child after age 30 have a slightly higher risk
- Birth control- some studies have found that women using oral contraceptives have a slightly greater risk. Risk seems to return to normal over time once pills are stopped
- Combined hormone therapy (estrogen and progesterone) after menopause— has been shown to increase risk
- Breastfeeding- some studies suggest this may slightly lower the risk
- Drinking alcohol— consuming 1 drink a day slightly increases risk. 2 to 5 drinks a day increases the risk about 1 1/2 times
- Physical activity- evidence is growing that physical activity can reduce risk
- Being overweight or obese- after menopause increases risk



Having a risk factor, or even several, does not mean that you will get the disease. Most women who have one or more risk factors never develop breast cancer, while many women with breast cancer have no apparent risk factors (other than being a woman and growing older).

For information on breast cancer screening assistance call Women's Way at 1.800.44WOMEN