

Highlight on Health

A Bismarck-Burleigh Public Health Publication

Important Dates

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

March 8 - Car Seat Check-Up at Puklich Chevrolet; 3-6 p.m.

March 9 - Baby's First Ride; St. Alexius Meeting Room 1 and 2; 7-8 p.m.

March 15 - Kick Butts Day

March 24 - World TB Day

March 28 - American Diabetes Alert Day

Public Health

Note: All dates listed are for the month of March.

OPOP - 6, 7, 20, 21

Immunization Clinic - 2, 6, 9, 13, 16, 20, 23, 27, 30

Car Seat Distribution - 1, 24

Well Baby Clinic - 3

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.

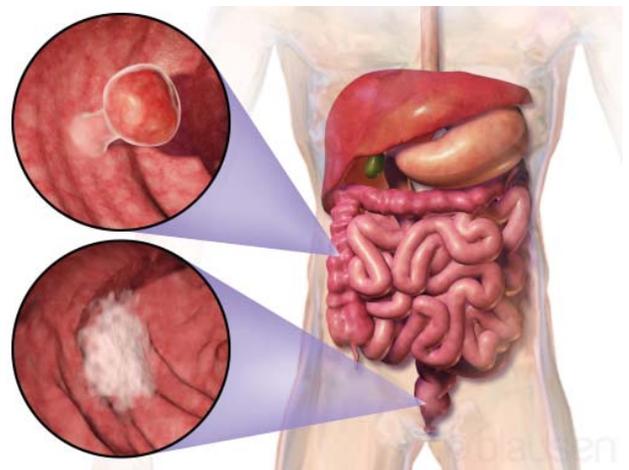
Tests for colorectal cancer include:

- **Guaiaac-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.
- **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)

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Public Health
Prevent. Promote. Protect.

Bismarck-Burleigh Public Health

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From the Director's Desk

Renae Moch, MBA, FACMPE



My name is Renae Moch and I am the Director of Bismarck-Burleigh Public Health. This "Highlight on Health" issue is the first edition of our monthly newsletter for 2017, formerly known as "Healthy Living Update".

We are kicking off the year with a fresh new look for this publication. You will notice a new design, layout, title and a more streamlined approach

to our monthly newsletter. The public education committee at BBPH meets monthly to organize educational materials and looks forward to providing you with useful information on health and wellness each month.

The "Director's Desk" will be a regular section of the newsletter and is intended to provide you with timely information relating to the work we are doing at BBPH. It will also serve as a way to recognize the efforts of BBPH staff which otherwise may go unnoticed.

March is an exciting month for us at BBPH! March is Colorectal Cancer Awareness Month and we plan to participate in the "Turn ND Blue" event on Friday, March 3rd in collaboration with the Bismarck Police Department. This event raises awareness on the importance of preventive screenings for colorectal cancer. Public education on this topic will be provided in various avenues, including radio and social media, throughout the month of March.

On March 9, 2017, I will be a speaker panel member for Community Services and Healthcare at the Bismarck Mayor's Livability Summit here in Bismarck. I look forward to this opportunity to present information about public health services and the challenges we face and learning from attendees about the needs in our community through the question and answer portion of the presentation.

This is a short summary of a few of the public health events for March. We look forward to serving you in Bismarck and Burleigh County. Please stay connected with us throughout the month by following our newly launched Facebook page for the latest events and information.

Until next time!



Learn About Tobacco's Toll on Kick Butts Day

On Wednesday March 15th Bismarck youth will celebrate Kick Butts Day. Kick Butts Day is a national tobacco free holiday started to empower youth to become advocates by standing up and speaking out against Big Tobacco companies. It provides an opportunity for youth to educate their peers and community leaders on the toll of tobacco.

The Facts

- Big Tobacco companies spend about \$37.3 million dollars on marketing their products each year in North Dakota.
- Each year 300 kids in our state will become new daily smokers.
- According to the 2015 Youth Risk Behavior Survey, the high school smoking rate has dropped from 19% in 2013 to 11.7% in 2015.
- Though we have seen a large decrease in rate of cigarette use, the use rate of e-cigarettes among youth has skyrocketed to 22.3% in North Dakota.

By working together as a community, we can encourage the next generation to be confident and share their voice. On days like Kick Butts Day, youth join together to show us that they will be the generation to end tobacco use. For more information on Kick Butts Day visit www.kickbuttsday.org.

Source: Campaign for Tobacco Free Kids



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