

# Highlight on Health

*A Bismarck-Burleigh Public Health Publication*

## Public Health

*Note: All dates listed are for the month of October.*

**Car Seat Distribution** - 6, 27

**Flu Clinics** - 2, 6, 13, 10, 20, 30

**Immunization Clinic** - 2, 5, 9, 12, 16, 19, 23, 26, 30

**OPOP** - 6

**Well Baby Clinic** - 6

## Important Dates

**Oct. 2** - National Child Health Day

**Oct. 4** - National Walk to School Day

**Oct. 11** - Tobacco Youth Summit

**Oct. 16** - Boss's Day

**Oct. 18** - Medical Assistants Recognition Day

**Oct. 20** - National Mammography Day

**Oct. 31** - Halloween

## Screenings Vital Vs. Cancer

Breast cancer affects the lives of many North Dakota women. In fact, a woman's lifetime risk of developing breast cancer is approximately one in eight. The majority of us know someone that has been affected by the disease in some way. That's why it's important to start conversations with our family members, friends and co-workers to emphasize that breast cancer screening, along with a woman's awareness of what is normal for her, is the best protection in early detection of the disease. It is important women are informed and take an active role in the decision-making process with a healthcare provider regarding screening.

### Three things can help guide the decision-making process:

- Identifying your cancer risks
- Knowing what breast cancer screenings are available
- Developing a list of questions to bring to your healthcare provider about breast cancer screening

### Tests for Breast Cancer:

- Mammogram
- Clinical breast exam
- Other tests may be recommended based on your health history

Each woman should discuss with a healthcare provider what test(s) should be done, how often they occur, and what age she should begin.



### Breast Cancer Risk Factors You Cannot Change:

- Being female
- Increasing age
- A personal history of breast cancer.
- A family history of breast cancer.
- Inherited genes that increase cancer risk.
- Radiation exposure.
- Beginning your period at a younger age.
- Beginning menopause at an older age.
- Dense breast tissue.

### Lifestyle Related Factors That Increase Your Risk:

- Having your first child after 35
- Having never been pregnant
- Postmenopausal hormone therapy
- Being overweight or obese
- Drinking more than 2 alcoholic beverages a day

Source: NDCC



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

Bismarck-Burleigh Public Health

Bismarck-Burleigh Public Health  
500 East Front Avenue, Bismarck ND 58504  
P: 701.355.1540

[bismarcknd.gov/publichealth](http://bismarcknd.gov/publichealth)  
[facebook.com/BBPH.gov](https://facebook.com/BBPH.gov)

## From the Director's Desk

*Rena Moch, MBA, FACMPE*

The month of October is here and the staff at Bismarck-Burleigh Public Health are diligently preparing for another flu season. We will be hosting both walk-in and appointment flu clinics throughout the month of October. In addition to receiving a flu vaccine, there are other ways you can prevent the flu.



- **Avoid close contact with people who are sick.** When you are sick, keep your distance from others to prevent them from getting sick too.
- **Cover your mouth and nose when coughing or sneezing.** Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- **Wash your hands.** Washing your hands with soap and water for at least 20 seconds will prevent the transmission of germs.
- **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches a surface or object contaminated with germs and then touching your eyes, nose or mouth.
- **Clean and disinfect surfaces.** Cleaning and disinfecting surfaces at home, school and work can slow the spread of influenza.

Following these protocols can help keep you and your family healthy this flu season. For more information about flu immunizations through Bismarck-Burleigh Public Health, visit us online at <http://www.bismarcknd.gov/1526/Flu-Immunizations>.

## Start of New Flu Season Just Around the Corner

Protect yourself and your family this season with an annual flu vaccine for everyone in your family who is 6 months of age and older. While the timing of flu season is unpredictable, seasonal flu activity can begin as early as October and last as late as May. CDC recommends that people get vaccinated by the end of October, if possible. It takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection. Flu activity most commonly peaks in the United States between December and March.

In addition to getting a seasonal flu vaccine, you can take every day actions like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading flu to others. In addition, there are prescription medications called antiviral drugs that can be used to treat influenza illness.

Getting a flu vaccine is the first and best way to protect you and your family from flu. A few things to note for this flu season:

- Flu vaccines have been updated to better match circulating flu viruses.
- For the second year, only injectable flu vaccines (flu shots) are recommended. LAIV, a nasal spray vaccine, is not recommended for use.
- There are some new flu vaccines on the market this season.
- The flu vaccine recommendations for people with egg allergies have changed.

Please visit <https://www.cdc.gov/flu/about/season/flu-season-2017-2018.htm> for more information about influenza and the upcoming flu season.

## Parents Key in Preventing Teen Drinking

Teens who experiment with alcohol, tobacco, and drugs begin before leaving the 9th grade. To counteract this, parents talking to their teens need to emphasize family values. A portion of prevention efforts during these years should be spent reinforcing your child's motivation to avoid alcohol and drugs, and guiding them in decisions of whom to spend time with.

Parents need to set clear rules regarding alcohol use and provide positive examples to influence their teens. Consequences need to be enforced and set in stone – say what you mean and mean what you say. By sending consistent messages, you're helping your teens make better decisions until they're making them all on their own. **Source:** [www.parentslead.org](http://www.parentslead.org)