

Northeastern Montana Wellness Partnership

Serving Daniels, Roosevelt, Sheridan, Valley Counties and Fort Peck Tribes

MT CANCER CONTROL PROGRAM • MT TOBACCO USE PREVENTION PROGRAM • MT ARTHRITIS PROGRAM • CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

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Upcoming Events

Daniels County—

SAIL exercise class – Tues & Thurs @ 10 am
(Senior Center)
Foot Clinic - 7/26, 9/27 (12-2 pm) @ Senior
Center)
Daniels County Fair – Aug 1-4

Roosevelt County—

Roosevelt County Fair – Aug 6-9

Sheridan County—

Sheridan County Fair – July 25-27

Valley County—

Northeast MT Fair – Aug 6-10

Are you current on your cancer screenings?

Montana Cancer Control Program provides free breast & cervical cancer screenings to those who qualify.

Call (406) 487-5560 for more information.

Skin Cancer

Skin cancer is the most common type of cancer in the U.S. & more than 2 people die of skin cancer every hour. 1 in 5 Americans develop skin cancer by the age of 70 and about 9,500 Americans are diagnosed daily with some form of skin cancer. Some people are at higher risk of getting skin cancer than others, but anyone can get it. The most preventable cause of skin cancer is overexposure to ultraviolet light (sun, sun lamps, or tanning beds). Basal cell & squamous cell carcinomas, the two most common types of skin cancer, are highly treatable if detected early & treated properly.






Melanoma is the least common type of skin cancer (5th most common cancer diagnosed in the U.S.), but the most deadly. In Montana, melanoma is the 3rd leading cause of cancer among teens & young adults (aged 15-39), accounting for 12% of all cancers in this age group. Your risk for melanoma doubles if you've had more than 5 sunburns. Melanoma arises from pigmented cells called melanocytes, and it most often occurs in melanocytes in the skin or in moles. Less often, melanomas form in other parts of the body, such as the eyes and mouth. Melanomas develop when unrepaired DNA damage to skin cells (most often caused by UV radiation from sunshine or tanning beds) triggers mutations (genetic defects) that lead the skin cells to multiply rapidly and form malignant tumors.

Key things to know:

- Early detection is critical -- melanoma is almost always curable when found early, but can become increasingly deadly if allowed to spread and grow deeper into the skin.
- Practicing sun safe habits can help prevent melanoma -- exposure to ultraviolet rays, from the sun or tanning beds, is a main cause of melanoma.
- Your eyes can be your best tool – keep an eye out for any new moles or blemishes that have popped up, check if a mole or spot on your skin is changing in appearance (size, shape, coloration), as this is a key indicator for skin cancer, and look for spots that are unusual in outline or continuously itch, hurt, crust, or bleed.

What is the "ABCDE" rule?

The "ABCDE" rule describes the features of early melanoma. These features are:

-  **Asymmetry** - The shape of one half does not match the other half.
-  **Border** that is irregular - The edges are often ragged, notched, or blurred in outline. The pigment may spread into the surrounding skin.
-  **Color** that is uneven - Shades of black, brown, and tan may be present. Areas of white, gray, red, pink, or blue may also be seen.
-  **Diameter** - There is a change in size, usually an increase. Melanomas can be tiny, but most are larger than 6 millimeters wide (about 1/4 inch wide).
-  **Evolving** - The mole has changed over the past few weeks or months.

Ref:
American
Cancer
Society;

cdc.gov;
MTDPHHS
Call
487-5560
for more
info



Cancer Library

Every County in our region has a Cancer Library with a variety of books, CD's and cassettes. Whether you are looking for information or inspiration, check out the library in your area.

Daniels County
Courthouse
213 Main St.
Scobey, MT
First Floor Hallway

Roosevelt County
Trinity Hospital
315 Knapp
Wolf Point, MT
"Chemo Room"

Sheridan County
Courthouse
100 West Laurel Ave.
Plentywood, MT
Health Department

Valley County
Senior Cit-
zens Center
328 Fourth St. South
Glasgow, MT

Tobacco

Is the Chemical Residue from Electronic Cigarettes Different than the Chemical Residue from Traditional Cigarettes?

A recent study compared the effects of chemical residue from using electronically heated tobacco products to chemical residue from smoking on lung cells. It turns out that both kinds of chemical residue can damage lungs. Researchers at Acibadem University in Istanbul, Turkey sought to better understand the chemical residue that remains on fabrics after people smoke or use electronically heated tobacco products. To explore this question, they first exposed terrycloth to smoke from cigarettes and vapor from electronically heated tobacco products. Following 30 seconds of exposure, the researchers removed the chemical residue from the terrycloth and combined the chemicals with lung cells. For both types of residue, what remained in the terrycloth contained quantities of toxic chemicals at levels high enough to harm lung cells. Specifically, the remaining chemicals would increase lung inflammation and decrease the lung's ability to repair itself. Further, the researchers found that the higher the dose of smoke or vapor, the greater the damage would be to lungs.

This study shows that electronically heated tobacco products, like traditional cigarettes, leave behind a toxic chemical residue. Exposure to either chemical residue can harm lung cells. To stay healthy, people should avoid spaces and products that might be contaminated with a chemical residue from any tobacco product. If you find yourself in a place where people have used electronically heated tobacco products or smoked cigarettes, take a shower and wash your clothes to remove the chemical residue that clings to your skin, hair, and clothes.

For questions, call your local Tobacco Education Specialists:

A.J. Allen, Roosevelt & Daniels Counties at (406) 653-6212,

Mykael Krebs (Valley Co) at (406)228-6263,

Cherie Duncan (Sheridan Co) at 406-765-3410.

For more information on breaking the cycle of tobacco & nicotine addiction among Montana kids, visit www.mtreact.com.



MONTANA
TOBACCO USE
PREVENTION PROGRAM



Communicable Disease | Rabies

Rabies is a fatal, but preventable, disease. The rabies virus is carried in the saliva of infected warm-blooded mammals and is usually transmitted to people and other animals through a bite. Post-exposure prophylaxis, a series of injections administered after exposure, has a 100% success rate in preventing rabies infection.

Human and animal exposures to bats and skunks are considered high risk for rabies transmission. In 2023, 25 animals submitted for testing to the Montana Department of Livestock (DOL) tested positive for rabies, including 23 bats and two skunks. While not completely without risk, bites from domestic animals that are owned and vaccinated are lower risk exposure.

The use of post-exposure prophylaxis has dropped the human rabies death rate dramatically since the turn of the century. Human rabies deaths in the U.S. are rare, according to the Centers for Disease Control and Prevention (CDC), and average approximately one to two deaths per year since the 1990's. The last human death in Montana attributed to rabies occurred in 1997. According to preliminary data, post-exposure prophylaxis was recommended or administered to 238 Montana residents in 2023.

DPHHS reminds everyone to follow these tips to reduce the risk of rabies exposure:

- Do not feed or handle wild animals, especially bats. Bats are a substantial rabies concern in MT because a bite may not be noticeable. Teach children never to touch wild animals or handle bats, even dead ones. Ask children to tell an adult if they see or find a bat.
- Avoid animal bites from domestic or feral animals. Teach children to never approach an unfamiliar animal and to always ask an owner's permission prior to petting an animal.
- Vaccinate dogs and cats against rabies. Rabies vaccination of animals can prevent rabies transmission to humans.
- Bat-proof your house. Bats must not be allowed in living areas of your home. Put screens on all windows, doors, and chimneys to prevent bats from entering. You can prevent bats from roosting in attics or buildings by covering outside entry points with loosely hanging clear plastic sheeting or bird netting. Bats can crawl out and leave the house but cannot re-enter. To avoid trapping any young bats who will die or try to make their way into your rooms, seal the openings permanently in the fall after bats have left for the season.
- Watch for abnormal animal behavior. Most wild animals avoid humans and seeing skunks and bats during the daytime is rare. If you see an animal acting strangely, leave it alone and contact law enforcement or animal control agency.

For additional information on rabies, visit [Rabies \(mt.gov\)](http://Rabies(mt.gov)) or contact your local health department. Ref: MT DPHHS

Immunizations

Immunizations - As your child enters school age & interacts with more kids, help protect them from diseases by staying up to date on vaccinations. At 4-6 years of age, your child should receive vaccines to protect them from the following diseases: Chickenpox (Varicella), Diphtheria, tetanus, and whooping cough (pertussis) (DTaP),- Measles, Mumps, and Rubella (MMR), Polio (IPV), Influenza (Flu).

For more information: [Vaccines for Children 4 to 6 Years | CDCS](#) [SchoolVaccineRequirements.pdf \(mt.gov\)](#)

Vaccines Required for School Attendance, Preschool -12th Grade



VACCINE	PRESCHOOL ¹	KINDERGARTEN - 12 TH GRADE
Haemophilus influenza Type B (Hib)	1 dose (given on or after the 1 st birthday, unless child is older than 59 months) ²	None Needed
Diphtheria, Tetanus, and Pertussis (DTaP, Tdap)	4 doses	4 doses (one dose must be given on or after 4 th birthday) ^{3,4} Plus 1 dose of Tdap (prior to entering 7 th grade) ⁶
Polio (IPV or OPV)	3 doses	3 doses (one dose must be given on or after 4 th birthday) ³
Measles, Mumps, and Rubella (MMR)	1 dose (dose must be given on or after 1 st birthday)	2 doses (first dose must be given on or after 1 st birthday, and spacing between doses is 4 weeks)
Varicella "chickenpox" (Var)	1 dose (dose must be given on or after 1 st birthday) ⁶	2 doses (first dose must be given on or after 1 st birthday, spacing between doses is 12 weeks for children under 13 years, and 4 weeks for those older than 13 years) ^{5,6}

Nutrition & Physical Activity

Falling Is Not A Normal Part Of Aging

Falls are the leading cause of both fatal and nonfatal injuries for adults aged 65+. One out of four older people falls each year. Over 95% of hip fractures are caused from falling. Falling one time doubles your chances of falling again.

The risk of falling, as well as sustaining an injury due to a fall, increases with age. Unintentional falls are the 3rd most common cause of injury-related death in Montana (nearly 1 in 3 Montanans aged 65+ fall each year). In 2020, over a quarter of Montana adults aged 45+ years reported falling at least once in the last 12 months.

Falling is not a normal part of aging. Falls can often be prevented. Some things that can be done to keep yourself from falling include:

- Talk to your doctor to evaluate your risk for falling and review your medications to see if any might make you dizzy or sleepy. Some medications, such as anticoagulants, may put you at a higher risk for injury.
- Do strength and balance exercises that make your legs stronger and improve your balance.
- Have your eyes checked by an eye doctor at least once a year and be sure to update your eyeglasses as needed.
- Make your home safer. Be aware of and remove tripping hazards. Make sure your home has adequate light by adding more or brighter light bulbs. Consider adding grab bars inside and outside your tub or shower and next to the toilet.

The Montana Department of Public Health and Human Services (DPHHS) Falls Prevention Program is dedicated to reducing falls and fall related injuries among older Montana adults. The Falls Prevention Program currently supports two evidence-based falls prevention programs: Stepping On and Stay Active & Independent for Life (SAIL• Stay Active & Independent for Life (SAIL): 12-week community-based strength and balance fitness class designed for older adults. All the exercises can be done seated or standing to accommodate all fitness levels. Every class focuses on improving balance & mobility, building strength, and stretching exercises.

Call (406)487-5560 for more information on classes being held



Daniels County Health Department along with DC Tobacco Specialist helped with Screen Free Week Round Robin at Scobey Schools.



Regional Services

Daniels, Valley, Roosevelt & Sheridan Counties

Daniels County

Cancer Screening Program, Community Garden, Emergency Preparedness, Connect Electronic Referral Program, SAIL classes, & foot clinic call 406-487-5560

Routine Immunizations call Daniels Memorial Immunization Office 406-487-2313

Daniels County Transportation 406-783-7110

Strong Women - Call 487-2861

Connect Electronic Referral Program - Call 487-5560

Valley County

Valley Co Health Dept - Reg hrs: Mon-Thurs 7:30am - 6pm; Call 406-228-6261 to schedule immunizations

Reproductive Health Services/ Family Planning - Confidential Title X nurse visits, telehealth with physician, or in person w/ FNP for birth control, implants, STI testing, & well-person exams.

Strong Women - Call 228-6241

Cancer Screening Program - 487-5560

Valley CARE Coalition meetings 1st Monday of each month - follow us on Facebook

Roosevelt County

RCHD Immunization Hours: Tues-Thurs Walk In 9-11 am & 1-4 pm; COVID-19 vac for adults & kids 6 months-11: Please call ahead of time (406 653-6223); STI Testing & Treatment from 1-3 pm daily

Emergency Preparedness - 653-6269

Cancer Screening Program - 487-5560

Sheridan County

Sheridan County Aging Programs: call Angie Manley, 765-3412
Information on Congregate & Home Delivered Meals in Sheridan County communities; Respite Care (In-home, Overnight, or Day Care Services); Senior Center information; Medicare Counseling; Information & Referral Services)

Sheridan Co Public Health: call 765-3410 (Immunizations for all ages, including Vaccines for Children Program)

Sheridan-Daniels WIC Program: (Nutrition education & supplemental foods for Women, Infants, & Children) 765-3473

Cancer Screening Program 406-487-5560

Quality Transit, 406-765-1018

Free rides within Sheridan County borders; reasonable charges to Scobey, Sidney, or Williston for medical appointments.



MONTANA SUICIDE PREVENTION/
MENTAL HEALTH CRISIS LIFELINE

988 SUICIDE & CRISIS
LIFELINE

CALL 988 OR TEXT MT TO 741-741
FOR FREE 24/7 HELP