

Prairie Health

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

Sean R. Heavey
seanrheavey.com

Upcoming Events

Daniels County

Arthritis Exercise Class - Call 487-5560
2 p.m. Tues. & Thurs. DMHC Atrium

Strong Women - Call 487-2861

Diabetic Empowerment Education
Call 487-2861

Boo-Bingo- Oct. 13th, 1:00 pm to 3:00

Red Ribbon Week, Oct. 23rd - 31st

Great American Smoke Out, Nov. 15th

Sheridan County

Arthritis Exercise Class - Call 765-3406

Diabetic Empowerment Education
Call 765-3406

Living Life Well Workshop
Call 487-5560 or 765-3410

Roosevelt County

Diabetic Empowerment Education
Call 487-5560

Living Life Well - Call 487-5560

Red Ribbon Week, Oct. 23rd - 31st

Great American Smoke Out, Nov. 15th

Valley County

Arthritis Exercise Class - Call 228-6241

Strong Women - Call 228-6241

Valley County Health Fair - Oct. 27
Civic Center, Glasgow Call 228-6261 for more

Red Ribbon Week, Oct. 23rd - 31st

Great American Smoke Out, Nov. 15th

Cancer

Breast Cancer

What Can I Do to Reduce My Risk?

You can help lower your risk of breast cancer by taking care of your health.

- Keep a healthy weight.
- Exercise regularly (at least four hours a week).
- Increase your hours of nighttime sleep.
- Don't drink alcohol, or limit to no more than one drink per day.
- Avoid exposure to chemicals that can cause cancer (carcinogens) and chemicals that interfere with the normal function of the body.
- Limit exposure to radiation from medical imaging tests like X-rays, CT scans, and PET scans if not medically necessary.
- If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.
- Breastfeed any children you may have, if possible.

If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, you may be at high risk for getting breast cancer.

Talk to your doctor about more ways to lower your risk.

Staying healthy throughout your life will lower your risk of developing cancer, and improve your chances of surviving cancer if it occurs.

Call 487-5560 for more information - Reference: CDC.gov

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 Citizens Center
328 Fourth St. South
Glasgow, MT
Main Lobby



Tobacco

Electronic Cigarettes Is Big Tobacco Making It Too Easy?

According to the Youth Behavioral Risk Survey (YBRS), electronic cigarettes were the most commonly used tobacco product among U.S. middle and high school students in 2016. The U.S. Surgeon General concluded that e-cigarettes contain harmful constituents including nicotine, propylene glycol, glycerin, and other flavorings. Nicotine exposure during adolescence can cause addiction and harm the developing adolescent brain.

Nicotine affects the adolescent brain differently than an adult brain. Before age 25, the brain is still “under construction,” making it more sensitive to the potent chemicals contained in cigarettes. When young people smoke, their growing brains change in response to the presence of nicotine by quickly increasing the number of nicotine receptors in key regions of the brain. Evidence shows that nicotine can interfere with cognitive development, executive functioning and inhibitory control. These effects are strongest when smoking begins in the early teen years

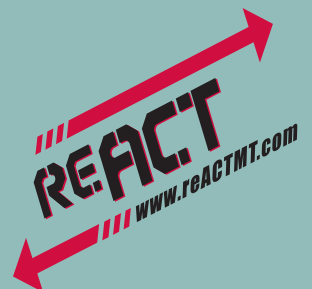
The good news? Tobacco is the only drug for which teen usage has decreased dramatically. Between 2000 and 2016, the percentage of high school students who smoke dropped from 27.9% to 8%. This drop is due, in large part, to successful advertising campaigns funded by the tobacco settlements. Unfortunately, e-cigarettes are quickly taking the place of traditional cigarettes among middle and high school students. “E-cigs” are battery operated devices that contain a cartridge filled with nicotine and other chemicals, which become an aerosol vapor that is inhaled by the user. The most popular e-cig among teens currently on the market is JUUL, which resembles a USB drive and can be easily concealed.



According to the 2016 National Youth Tobacco Survey, student respondents that reported using e-cigarettes said that the most commonly selected reasons for use were: E-cigs are “used by a friend or family member”; “available in flavors such as mint, candy, fruit, or chocolate”; and due to the belief that “they are less harmful than other forms of tobacco such as cigarettes”. The least common reasons: E-cigs “are easier to get than other tobacco products”; “cost less than other tobacco products”; and “famous people on TV or in movies use them”.

E-cigs aren’t currently regulated by the FDA and are marketed using the same tactics Big Tobacco utilized in the 1950s: Unique flavors, free samples and aggressive marketing to youth. Efforts to prevent youth initiation of e-cig use should include the regulation of manufacturing, distribution, and marketing of all tobacco products by the FDA, along with sustained implementation of comprehensive tobacco control and prevention strategies. These prevention methods could drastically reduce e-cigarette use among middle and high school students.

As the FDA considers regulatory measures for e-cigarettes, start talking to your kids now about nicotine and brain development.



Questions? Call your local Tobacco Prevention Specialists.

Brittany Archambeault, Tobacco Prevention Specialist for Valley County, at 406-228-6261 or

A.J. Allen, Tobacco Prevention Specialist for Roosevelt and Daniels Counties, at 406-653-6212

For more info on how to break the cycle of tobacco addiction in Montana kids visit www.reactMT.com

Nutrition & Physical Activity

Fruit and Vegetable Safety



Eating a diet with plenty of fruits and vegetables provides important health benefits, but it's important that you select and prepare them safely.

Fruits and vegetables add nutrients to your diet that help protect you from heart disease, stroke, and some cancers. In addition, choosing vegetables, fruits, nuts, and other produce over high calorie foods can help you manage your weight. But sometimes raw fruits and vegetables contain harmful germs, such as Salmonella, E. coli, and Listeria, that can make you and your family sick. In the United States, nearly half of foodborne illnesses are caused by germs on fresh produce. The safest produce is cooked; the next safest is washed. Enjoy uncooked fruits and vegetables while taking steps to avoid foodborne illness, also known as food poisoning.

- Choose produce that isn't bruised or damaged.
- Keep precut fruits and vegetables cold by choosing produce that is refrigerated or kept on ice.
- Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.
- Wash your hands, kitchen utensils, and food preparation surfaces, including chopping boards and countertops, before and after preparing fruits and vegetables.
- Clean fruits and vegetables before eating, cutting, or cooking, unless the package says the contents have been washed.
- Wash or scrub fruits and vegetables under running water—even if you do not plan to eat the peel—so dirt and germs on the surface do not get inside when you cut.
- Cut away any damaged or bruised areas before preparing or eating.
- Dry fruit or vegetables with a clean paper towel.
- Keep fruits and vegetables separate from raw foods from animals, such as meat, poultry, and seafood.
- Refrigerate fruits and vegetables you have cut, peeled, or cooked within 2 hours (or 1 hour if the outside temperature is 90° or warmer). Chill them at 40°F or colder in a clean container.

Anyone can get a foodborne illness, but people in certain groups are more likely to get sick and to have a more serious illness. These groups are:

- Young children
- Pregnant women
- Adults aged 65 and older
- People with weakened immune systems

If you or someone you care for has a greater chance of foodborne illness, it's very important to take steps to prevent it.

Live Well

DEEP : Diabetic Empowerment Education Program

Do you have diabetes or pre-diabetes (high blood sugar)? Would you like to learn how you can take charge of your health and get control of your diabetes?

In this series of six classes, participants will learn about:

- How diabetes affects people—both physically and emotionally
- How to find healthy eating habits while still enjoying food
- How to be safely active all year
- How to develop skills and action plans for staying healthy
- How to be an effective member of their health care team with their doctors, health care providers, and diabetes educators

Take charge of your health and control diabetes! Play these fun and educational activities to learn more about healthy eating, diabetes, and your body

Regional Service

Daniels, Valley, Roosevelt & Sheridan Counties

Daniels County

Immunization 406-487-2313
Cancer Screening Program 406-487-5560
Community Garden 406-487-5560
Emergency Preparedness 406-487-5560

Valley County

VCHD Immunizations, Mondays 2pm-5:45pm
Tues-Thurs by appointment. Call 406-228-6261

VCHD Family Planning Clinic, April 25th
Call 406-228-6205 to schedule an appointment

Roosevelt County

Immunization and WIC measurements call 653-6223

Clinic hours: Tues. 1-4 pm • Wed. 9-11am & 1-4 pm
Thurs 1-4 pm (by appointment)
Friday 9-11 am (by appointment)

Family Planning hours:

Tues. 9-11 am • Thurs. 9-11 am & 2-4 pm

Home Visiting

If you know of a family who could use assistance in understanding how to parent based on their child's developmental needs and how to help their child get ready for school, please call or have them call 653-6269. We work with families during pregnancy and all the way up to age 5.

Sheridan County

Region 18 WIC Program, serving Sheridan & Daniels Counties.
Call 406-765-3473 for an appointment or for more information.

Sheridan Memorial Vaccines for Children Program.
406-765-3735 • Wednesdays, 10:00 a.m. – 2:00 p.m.

Sheridan County Council on Aging 406-765-3412

Congregate Meals; Home Delivered Meals; Respite Care; Senior Commodities; State Health Insurance Assistance Program (information on Medicare); limited Legal Assistance for seniors and their families; Information & Assistance for referrals to other programs.

Quality Transit, 406-765-1018

Free public transportation within Sheridan County, including weekly trips between Plentywood and Westby, Medicine Lake. Out of county trips can be scheduled for a charge to Scobey, Sidney, or Williston for medical appointments.

Are you current on your cancer screening?

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

Call 406-487-5560 for more information.

DO YOU KNOW THE WARNING SIGNS OF SUICIDE?

The following signs may mean someone is at risk for suicide.

If you or someone you know exhibits any of these signs, seek help as soon as possible by calling the Lifeline at **1-800-273-TALK (8255)**.

- Talking about wanting to die or to kill themselves
- Searching online for ways to kill themselves; or buying a gun
- Talking about feelings of hopelessness or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge

Communicable Disease

COLD vs. FLU



COLD vs. FLU

KNOW THE DIFFERENCE

Cold and flu season is here. Are you coming down with a cold? Or is it the flu?



COLD	SYMPTOMS	INFLUENZA (FLU)
Rare	Fever	Common: 100° F or higher
Uncommon	Chills	Common
Uncommon	Headache	Common
Uncommon or mild	Body aches	Common
Common	Sore throat	Sometimes
Common	Sneezing/congestion	Sometimes
Common: mild/moderate	Cough	Common: lasting 2-3 weeks
Mild	Weakness	Can be severe

1-3 days of discomfort



POTENTIAL COMPLICATIONS



bronchitis, pneumonia, hospitalization

HELP PREVENT THE SPREAD OF COLD AND FLU:



Get a flu shot



Stay home if you are sick



Wash your hands



Cover your cough

