

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

Upcoming Events

Red Ribbon Week Oct 23-31
Great American Smoke Out Nov 16

Daniels County

Boo Bingo – Oct 14 (Scobey Lutheran Center)
12-1:30
Foot Clinic, Senior Center – Oct 30 (4th Wed
of the month) at 1pm
SAIL (falls prevention class) starting Mon,
Oct 23 @ 10 am- Senior Center
DCHD Drive thru Mobile Flu Clinic at
PRO Co-op east of Scobey Nov 13, 10 -1

Roosevelt County

RCHD Flu Clinic at Wolf Pt Oct 17, 1-4 pm
Mobile Flu Clinics- County Community
Oct-Nov - Call 653-6223 for
dates & locations

Sheridan County

Flu Shots available @ SCHD
Mobile Flu Clinics - County Communities
Call 765-3410 for appts, walk-in dates, &
times/locations

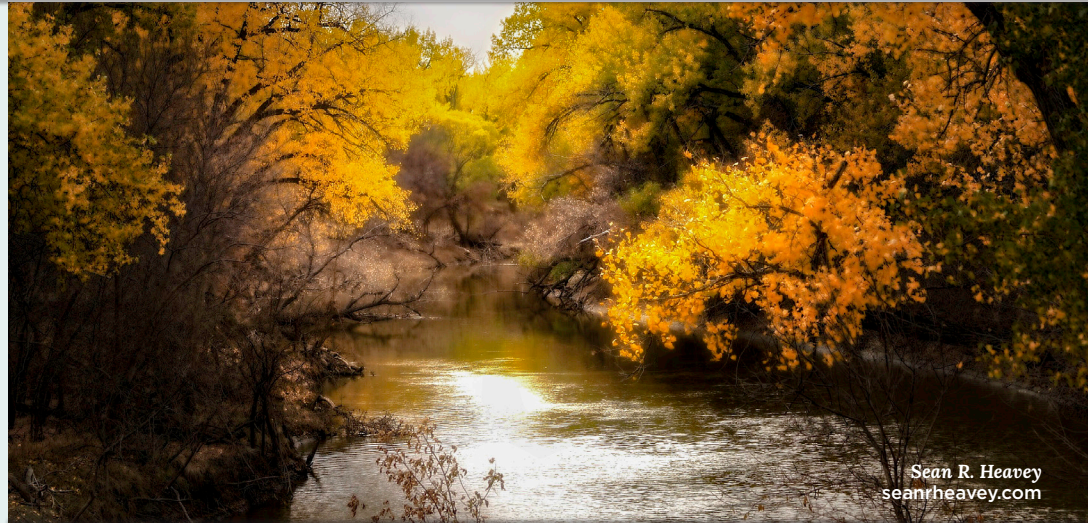
Valley County

Flu Clinics – starting at County
Communities - Call 228-6261 for more
info

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.**



Sean R. Heavey
seanrheavey.com

Breast cancer screening and treatment:
One size doesn't fit all.

LEARN MORE: WWW.CDC.GOV/CANCER/BREAST



Breast Cancer Statistics

More women in the U.S. are diagnosed with breast cancer than any other type of cancer, besides skin cancer. The disease accounts for 1 in 3 of new female cancers annually.

In 2023, an estimated 297,790 women in the United States will be diagnosed with invasive breast cancer, and 55,720 women will be diagnosed with non-invasive breast cancer. From the mid-2000s, invasive breast cancer in women has increased by approximately half a percent each year. This is likely caused by an increase in excess body weight in women overall, as well as a drop in fertility rates & rising age for first births. An estimated 2,800 men in the U.S. will be diagnosed with invasive breast cancer in 2023. A man's lifetime risk of breast cancer is about 1 in 833.

It is estimated that 43,700 deaths (43,170 women and 530 men) from breast cancer will occur in the U.S in 2023. Breast cancer is the second most common cause of death from cancer in women in the U.S. after lung cancer. The number of women who have died of breast cancer has decreased by 43% since 2020 due to early detection, treatment improvements, and greater breast cancer awareness. As a result, more than 460,000 breast cancer deaths were prevented during that period.

A woman's risk of breast cancer nearly doubles if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer. Approximately 15% of women who get breast cancer have a family member diagnosed with it. About 5% to 10% of breast cancers can be linked to known gene mutations inherited from one's mother or father. Mutations in the BRCA1 and BRCA2 genes are the most common. Breast cancer that is positive for the BRCA1 or BRCA2 mutations tends to develop more often in younger women.

Breast cancer was the most common cancer diagnosed among Montana women, accounting for 31% of new cancers. 4,588 women in Montana were diagnosed with invasive breast cancer between 2016- 2020, for an average of 920 women each year. 685 women died of breast cancer in Montana between 2016-2020 for an average of 140 women each year.

References: Breastcancer.org, dphhs.mt.gov, & Cancer.net
Call 487-5560 for more information

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



Tobacco

Vaping & Nicotine Addiction



MONTANA
TOBACCO USE
PREVENTION PROGRAM

Electronic cigarettes containing nicotine are called electronic nicotine delivery systems (ENDS) or vapes. Nicotine is the highly addictive chemical found in cigarettes, e-cigarettes or vapes, smokeless tobacco (chew), and alternative nicotine products. Its sole purpose is to addict people, especially teens to these products. Most of the newer, popular brands of vapes contain extremely high levels of nicotine.

It can be hard to tell if someone is using any type of tobacco or nicotine product. This is especially true of vapes since the vapor does not travel or disperse like cigarette smoke. Plus, most vapes today look like common, everyday items such as flash drives, pens, highlighters, or lipstick, just to name a few. While it can be hard to detect if someone is vaping, there are signs to look for to detect vaping or nicotine addiction.

Signs of Vaping

- New behaviors, such as secrecy or anger
- Change in school performance
- Dry cough or increased wheezing

Symptoms of Nicotine Addiction

- Need to vape immediately after waking up in the morning
- Feeling anxious or irritable due to cravings
- Vaping without thinking about it
- Trouble concentrating or sleeping
- Vaping after learning the health risks

Helping young people quit any type of tobacco or nicotine use including vaping is the best way to help them quit their nicotine addiction. Quitting nicotine helps to alleviate feelings of anxiety or stress. Resources available to help young people quit include: My Life My Quit Teen Tobacco Quit Line 1-855-891-9989 or text 36072 to "Start My Quit", Smokefreeteen.gov, Truth Initiative's This is Quitting

For questions, call your local Tobacco Education Specialists:

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

Teri Meche (Valley Co) at (406) 228-6261,

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.



Communicable Disease

What is Influenza (Flu)?



Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year.

How Flu Spreads: Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze, or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching a surface or object that has the flu virus on it and then touching their own mouth, nose or possibly their eyes.

Period of Contagiousness:

You may be able to spread flu to someone else before you know you are sick, as well as when you are sick with symptoms.

• People with flu are most contagious in the first 3-4 days after their illness begins.

• Some otherwise healthy adults may be able to infect others beginning one day before symptoms develop and up to five to seven days after becoming sick.

• Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time

Nutrition & Physical Activity

Breastfeeding

Breastfeeding provides many health benefits for infants, mothers, and even the community. It is an important first step to a healthy life and can establish a natural and lasting bond between the parent and child. A recent study found that breastfeeding initiation reduced the risk of post-perinatal infant deaths (between 7-364 days) by 26 percent.

Infants who receive breastmilk have a lower risk of asthma, obesity, Type 1 diabetes, respiratory disease, ear infections, sudden infant death syndrome, gastrointestinal infections, and necrotizing enterocolitis for preterm infants. For postpartum individuals, breastfeeding can improve health and healing following childbirth. Women who breastfeed reduce their risk of breast and ovarian cancer, Type 2 diabetes, and high blood pressure. It also allows mothers to feed their babies on-the-go without the worry of mixing formula or preparing bottles.

Breastfeeding also plays a key strategy in supporting food security and safety, particularly during emergencies. Due to infant formula recall and supply chain issues in 2022, many U.S. families had to navigate how to keep their babies safely fed.

Research shows that low rates of exclusive breastfeeding and breastfeeding cessation have adverse short- and long-term health outcomes for infants, birthing persons, and the community, resulting in higher healthcare costs and increased health inequities. Hence, it is a public health priority to promote, protect, and support breastfeeding equitably.

Check out the new Breastfeeding in Montana Story Map to learn about trends, barriers, and support systems at <https://bit.ly/BreastfeedingMT>. – Reference: MT Dept of Public Health & Human Services.



Regional Services

Daniels, Valley, Roosevelt & Sheridan Counties

Daniels County

Routine Immunizations & Covid19 Vaccinations;

call Daniels Memorial Immunization Office 406-487-2313

Cancer Screening Program 406-487-5560

Community Garden 406-487-5560

Emergency Preparedness 406-487-5560

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 & Walk-in dates

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: Tuesday Walk-in 1-4 pm;

Wed Walk-in, 9-11 am & 1-4 pm;

Thurs by Appt 9-11 am & 1-4 pm

STI Testing and Treatment 1-3 p.m. daily

Narcan available on request

Emergency Preparedness - 653-6269

Cancer Screening Program - 487-5560

QPR Training: by appointment only. Contact Frederick Lee at (406) 942-2064

FPCC Diabetes Prevention & Heart Health Program - FB page, 653-3920 & 768-6300

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)

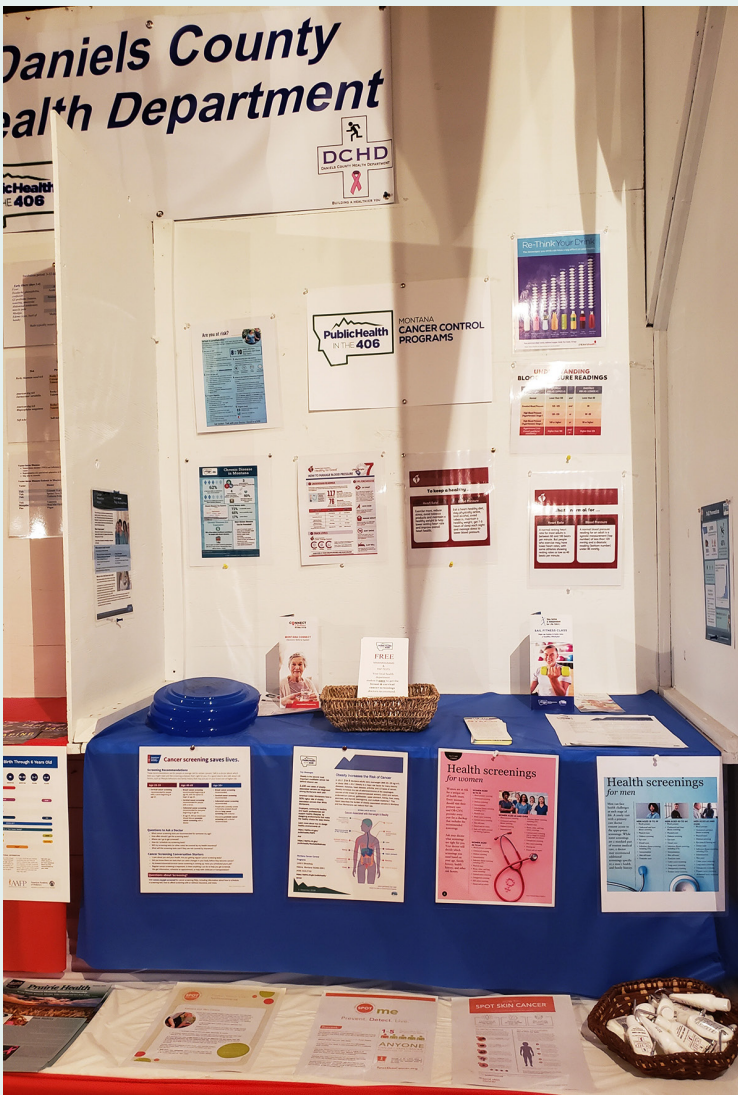
Sheridan Co Public Health: call 765-3410 (Immunizations for all ages, including Vaccines for Children Program)

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.



Above: DCHD Booth for Daniels Co Fair

Below: Roosevelt TES mini-health fair during the Roos Co. Fair.

