

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

Screen Free Week – May 1-5 (Scobey School)
Child Find – April 13th; 8:30a.m.-4p.m.
(Scobey Lutheran Center)

Roosevelt County

World No Tobacco Day May 31

Valley County

Mental Health Awareness Walk
June 8th 5:30pm (Valley Event Center)

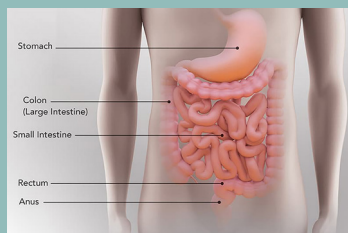
Are you current on your cancer screenings?

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

Call (406) 487-5560 for more

Colorectal Cancer

What Are the Risk Factors for Colorectal Cancer?



Your risk of getting colorectal cancer increases as you get older, but getting regular physical activity and keeping a healthy weight may help lower your risk. Other risk factors include having—

- Inflammatory bowel disease such as Crohn's disease or ulcerative colitis.
- A personal or family history of colorectal cancer or colorectal polyps.

- A genetic syndrome such as familial adenomatous polyposis (FAP) external icon or hereditary non-polyposis colorectal cancer (Lynch syndrome).

Colorectal cancer is the second leading cancer killer in the U.S. among cancers that affect both men & women. Regular screening, beginning at age 45, is the key to preventing colorectal cancer and finding it early. The U.S. Preventive Services Task Force (Task Force) recommends that adults age 45 to 75 be screened for colorectal cancer. However, you may need to be tested earlier than 45, or more often if you have any of the risk factors listed above. It is recommended that adults age 76 to 85 or those that think they may be at increased risk, talk to their doctor about screening. The Task Force recommends several colorectal cancer screening strategies, including stool tests, flexible sigmoidoscopy, colonoscopy, and CT colonography (virtual colonoscopy).

Lifestyle factors that may contribute to an increased risk of colorectal cancer include—

- Lack of regular physical activity.
- A diet low in fruit and vegetables.
- A low-fiber and high-fat diet, or a diet high in processed meats.
- Overweight and obesity.
- Alcohol consumption.
- Tobacco use.

Call 487-5560 for more information

–Ref: 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



Tobacco

Pregnant and smoking? Quit Now Pregnancy Program



MONTANA
TOBACCO USE
PREVENTION PROGRAM

Pregnant women who smoke are doing potentially fatal damage to their unborn child. Everything that enters a mother's body can affect the womb, including the harmful chemicals in cigarettes and e-cigarettes, or vaping products. Women who smoke or vape during and after pregnancy are more likely to have: miscarriages, problems with the placenta, babies born prematurely or with low birth weight, babies born with birth defects (such as cleft lip or cleft palate), babies who have more colds, ear infections and asthma attacks, and babies who are at a higher risk of Sudden Infant Death Syndrome (SIDS).

For women who are pregnant and wish to quit using tobacco or nicotine in any form, the Montana Tobacco Quit Line has a specialized program in place. In addition to other available Tobacco Quit Line services, the Quit Now Montana Pregnancy Program also offers all pregnant and postpartum callers a personal female quit coach, nine confidential coaching calls with up to \$220 in cash incentives if all coaching calls are completed, as well as 6 weeks of free Nicotine Replacement Therapy (NRT) during pregnancy and 6 additional weeks of NRT postpartum. The Montana Tobacco Quit Line is now offering Varenicline, the generic form of Chantix. Bupropion is also available with no co-pay. Bupropion is a medication used to help treat individuals with anxiety or depression. Anyone that engages the Montana Tobacco Quit line is available for either Varenicline or Bupropion for three months FREE. Be sure to identify yourself as a pregnant woman when calling to enroll with the Montana Tobacco Quit Line's cessation services at 1-800-QUIT-NOW (1-800-784-8669). More information can be found at quitnowmontana.com.

Questions? Call your local Tobacco Education Specialists.

Roosevelt and Daniels Counties - **A.J. Allen**, at 406-653-6212 or

Valley County - **Teri Meche**, at 406-228-6261



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

Communicable Disease

Hantavirus Pulmonary Syndrome (HPS)

Hantavirus Pulmonary Syndrome (HPS) is a rare but severe, sometimes fatal, respiratory disease in humans caused by infection with hantavirus. In Montana, the deer mouse is the reservoir for hantavirus. The virus is found in the droppings, urine, and saliva of infected mice.

How do people get HPS?

People can get HPS when they are exposed to infected rodents. Exposures may include:

- Breathing in the virus when it is aerosolized (rodent urine & droppings containing hantavirus are stirred up into the air).
- Touching eyes, nose, or mouth after touching rodent droppings, urine, or nesting materials that contain the virus.
- A bite from an infected rodent.

Symptoms of HPS typically begin between 1 & 5 weeks following exposure to rodent droppings, urine, or saliva.

Early symptoms include fatigue, fever, muscle aches (especially in the large muscle groups -thighs, hips, back & sometimes shoulders), headaches, dizziness, chills, & abdominal pain.

Late symptoms (4-10 days after the initial phase) include coughing & shortness of breath.

The best way to **prevent** HPS is to reduce contact with rodents and their excreta.

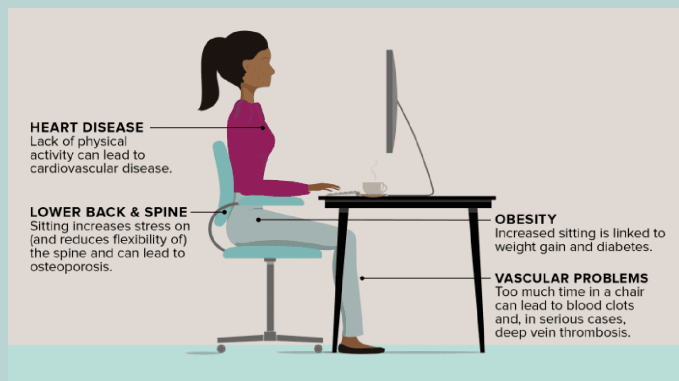
- **Seal up:** Seal up holes inside and outside the home to keep rodents out.
- **Trap up:** Trap rodents around the home using snap traps to reduce the population
- **Clean up:** Take precautions while cleaning rodent-infested areas:
 - Wear rubber or plastic gloves
 - Thoroughly spray/soak area with a disinfectant or mixture of bleach and water to reduce dust
 - Wipe/mop area with a sponge or paper towel
 - Wash hands thoroughly

Avoid sweeping or vacuuming up areas with rodent droppings!

Ref: cdc.gov/hantavirus, (mt.gov)

Nutrition & Physical Activity

How Sitting Can Be Detrimental to Your Health



When you sit, you use less energy than when you stand or move. Research has linked sitting for long periods of time with a number of health concerns. They include obesity and a cluster of conditions — increased blood pressure, high blood sugar, excess body fat around the waist and unhealthy cholesterol levels — that make up metabolic syndrome. Too much sitting overall and prolonged periods of sitting also seem to increase the risk of death from cardiovascular disease and cancer. Any extended sitting as at a desk, behind a wheel or in front of a screen – can be harmful.

Also, recent research has shown that even sitting still for as little as 30 minutes can even have detrimental effects on the body. It may cause the beginning of a cascade of events throughout the body, a chain reaction that includes poor circulation, inflammation, and endothelial dysfunction (dysfunction of the lining of the blood vessels). This translates, in the longer run, into higher rates of cardiovascular disease, overweight & obesity, and possibly even cancer.

If you have a desk job, you may be most at risk, so be sure to evaluate your work station and work environment. Everyone should look for ways to stay in motion throughout the day. Encourage movement of any type!

Here are some ideas for doing so:

- Stand up and stretch your legs every 20 minutes at the very least, even if it is just for a minute or so. Setting a timer can help.
- Take calls standing up.
- Walk around your office whenever you can—if not every 20 minutes, then at least every hour.
- Always take the stairs.
- Get or make a standing desk.
- Take the stairs whenever possible.
- Eat at your desk while working, so you can walk or exercise during lunch.
- Keep small weights or resistance bands at your desk and use while on the phone or during stretch breaks.
- While attending on-line meetings or phone calls, use your cell phone & wireless headset and walk or exercise.
- Walk to meetings that are close by instead of driving (within 1 mile).
- Hold walking meetings or move/walk for informal discussions and brainstorming meetings with your colleagues. (Use a voice memo app on your phone to capture notes as you may find you're more creative on your feet!)

It's important to encourage employees to move their bodies often throughout the day. Exercise, along with regular breaks, can keep them feeling refreshed and ready to tackle workloads. Alternate sitting and standing throughout the day, with lots of walking and stretching breaks.

Ref: verywellhealth.com & mayoclinic.org





Dr. Jesse Cole

February was National Children's Dental Health Month. Daniels County Health Department partnered with Scobey Dental To Visit Scobey Kindergarten and 1st Grade Classes to teach students the importance of dental hygiene and checked students mouths and teeth.



Dr. Kyle Schwartz, Jade Benson and Dr. Cole with 1st Grade



Hygienist Jade Benson teaching proper brushing techniques

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 & Weekly-Walk-in Wed 4-5:30 pm for Covid & Flu vaccine only.
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

RDCH 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
COVID-19 vaccinations for adults and children aged 5-11:
Walk-in Thursdays; STI Testing and Treatment 1-3 p.m. daily
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 - diabetesprevention@fpcc.edu or call (406)414-6863. FB page, "FPCC Diabetes & Heart Health Program"

Sheridan County

Sheridan County Aging Programs: call Vicki Ruby, 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)
COVID19 Vaccinations: call Sheridan County Public Health (406.765.3410); Sheridan Memorial Clinic (765-3718); or Plentywood Rexall Drug (765-1810).
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.