



Healthy Living Update



January is Cervical Health Awareness Month

In the United States, six out of ten cervical cancers occur in women who have never received a Pap test or have not been tested in the past five years. Cervical cancer is highly curable when found early. Human Papillomavirus (HPV) is a common virus that can affect the genital area including the cervix. 99.7% of all cervical cancers are caused by the HPV.

Tests for Cervical Cancer

- The Pap test (or Pap smear) checks the cells of the cervix (the opening of the uterus) for changes that can lead to cervical cancer.
- A Pap test can find abnormal cells that can be treated before the cells turn into cancer.
- The HPV test identifies the high-risk HPV types that can cause cervical cell changes.

Reduce your risk

- Females and males ages 9 through 26 should get the HPV vaccine.
- Limit your number of sexual partners.
- Use condoms during sex.
- See your healthcare provider regularly for a Pap test, and follow up if the results are not normal.
- Don't smoke.
- If you are not in a mutually monogamous relationship, get tested at least annually for chlamydia and HIV.

For additional information contact BBPH to schedule an appointment for HPV vaccine and/or chlamydia and HIV testing, and assistance to quit tobacco.

This Month at Public Health:

Immunization Clinics:

- January 3 – 1:00-6:00 pm
- January 7 – 1:00-6:00 pm
- January 11 – 1:00-5:00 pm
- January 17 – 1:00-6:00 pm
- January 24 – 1:00-6:00 pm
- January 29 – 1:00-6:00 pm

OPOP:

- January 7
- January 8
- January 14
- January 15

Cholesterol Screenings:

- January 11
- January 29

Holiday Closings:

- January 1 – New Year's Day
- January 21 – Martin Luther King, Jr. Day

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Have you had your “Whooping Cough” Vaccination?

If not for yourself, do it for them...



Pertussis or “whooping cough” has returned with a vengeance in parts of the United States. We have had several cases in North Dakota, too.

For adults, pertussis causes a cough that can last for several weeks. Other symptoms of pertussis can be runny nose, sneezing, and mild fever. It starts out like the common cold. Most adults don't realize they have pertussis and are spreading it wherever they go.

Infants are very susceptible to pertussis because they have not been completely vaccinated and are not considered adequately vaccinated until after they have received their 4th DTaP at age 12 months to 15 months. Infants become very sick and can die from pertussis. It is of utmost importance that all adults receive a dose of Tetanus-Diphtheria-Pertussis vaccine, or Tdap, at their next doctor visit.

The Tdap vaccine is required of all adolescents when they enter middle school. For those students who did not receive a Tdap for Middle School, get one now. We must protect the babies who have no protection against pertussis, or whooping cough.

January 2013 is...

- National Birth Defects Prevention Month
- National Glaucoma Awareness Month
- National Radon Action Month
- National Thyroid Awareness Month
- January 6-12 is National Folic Acid Awareness Week

January Fun Facts:

- January is named for Janus, the god of the doorway because it is the “doorway” to the new year.
- The flower of January is the carnation.
- The birthstone of the month is the garnet.
- The Zodiac signs are Capricorn and Aquarius.
- On January 3, 1938 Franklin D. Roosevelt is established The March of Dimes.
- On January 8, 1790, George Washington delivered his first State of the Union address in New York, New York.
- On January 11, 1935, Amelia Earhardt became the first person to fly solo from Hawaii to California.
- On January 31, 1930, 3M started marketing Scotch tape.

(January Fun Facts Courtesy of Wikipedia)

FLU or INFLUENZA?

Stomach Flu or Influenza?

Comparing Symptoms:

Gastroenteritis (Stomach Flu)

Symptoms:

- Diarrhea
- Abdominal pain
- Vomiting
- Headache
- Fever and chills

Influenza Symptoms:

- Fever – 100 degrees or higher
- Cough and/or sore throat
- A runny or stuffy nose
- Headache and/or body aches
- Chills
- Fatigue (tired, exhausted)
- Nausea, vomiting and/or diarrhea (most common in children)

Have you ever had the "stomach flu"? What you probably had was gastroenteritis - not a type of flu at all.

Gastroenteritis is an inflammation of the lining of the intestines caused by a virus, bacteria or parasites. Viral gastroenteritis is the second most common illness in the U.S. It spreads through contaminated food or water, and contact with an infected person. The best prevention is frequent hand washing. Most people recover with no treatment. Dehydration is the biggest problem with gastroenteritis.

Symptoms of gastroenteritis include:

- Diarrhea
- Abdominal pain
- Vomiting
- Headache
- Fever and chills

We are in the middle of flu season---**Influenza**
Influenza symptoms come on much faster and are more intense than symptoms of the common cold.

Symptoms of Influenza include:

- Fever – 100 degrees or higher
- Cough and/or sore throat
- A runny or stuffy nose
- Headache and/or body aches
- Chills
- Fatigue (tired, exhausted)
- Nausea, vomiting and/or diarrhea (most common in children)

The best way to prevent Influenza is to be vaccinated. Flu season lasts through May—so it is not too late to receive vaccine. Call BBPH to schedule an appointment.



Shingles, Are You Protected?



Anyone who had chickenpox as a child or as an adult is at risk of developing Zoster or “Shingles” sometime later in life. The virus that causes chickenpox lays dormant in our nerve endings for years. For often unknown reasons, the virus reactivates in a localized group of nerve endings causing severe pain and blisters. Common areas for shingles to develop are on the face, including around the eyes, back, and rib cage. The blistering can leave scars, and in severe cases blindness in an involved eye. The pain can last for years even after the blisters have healed.

The best protection against Shingles is

vaccination. The vaccination is currently recommended for those 60 years of age and older. Those 50 – 60 years are also suggested to receive the vaccination. The vaccination is given once in a life time. There are those who cannot receive the shingles vaccination: cancer treatments, high dose steroid medications, current shingles infection, and any immunosuppressing disease. Even if you have had shingles in the past, consider getting the vaccination. A person can get shingles disease more than once.

Talk with your doctor about receiving the shingles vaccination at your next visit.

2013 is Your Year to THRIVE with These 13 Healthy Habits!

1. Eat more fruits and vegetables – add 3 more servings to your diet each day!
2. Move more – every step counts – every day!
3. Get cooking – cook at least more meals this week than eating out – you will save money and calories too!
4. Go for more grains – make sure your grains are all whole grains!
5. Eat breakfast daily – make it a healthy one too!
6. Get stronger – add strength training to your regimen, at least 2 sessions per week!
7. Eat healthy fats – eliminate saturated fats like whole milk products (cheese, sour cream, ice cream) and eat healthy fats (peanut butter, nuts and seeds)!
8. Go vegetarian at least once a week – expand the number of all-vegetable dishes that you eat by making one dinner meatless!
9. Eat more fish – cook fish or seafood for dinner twice weekly!
10. Ease up on salt – cut back on processed foods and read labels!
11. Be portion aware – cut your portion sizes of high calorie foods at least once per meal!
12. Break the sugar habit – use less sugar in recipes and try sugar free products!

Eat mindfully, be thankful – find joy in life and share that joy with others!