

# Healthy Living Update

## With the advent of fall, comes the need to get your seasonal flu shot!

The best way to prevent getting influenza is with the yearly vaccination. The flu shot protects against 3 different strains each year. This year's vaccine contains 2 new strains from last year along with the H1N1, or "swine flu" strain.

There are certain groups of people who are at high risk of developing serious illness from influenza. These groups should be certain to receive a flu shot early in the season. These groups include pregnant women, children 6 months of age and older, any person who has a chronic disease of the heart, lungs, kidneys, diabetes, etc. Infants less than 6 months of age cannot get the flu vaccine; therefore it is very important for all parents, grandparents, and caregivers of these children be vaccinated. It is also a proven fact that the immune system of adults greater than 65 years of age is not as strong as those less than 65 years of age. These adults should receive the "High Dose" influenza vaccine as it has more of the disease fighting antibodies in it than the regular vaccine. This "extra" boost offers more protection against influenza.

A new method of receiving the flu vaccine is via the "intradermal" shot. This shot is given in the same way as other flu shots except the needle is less than 1/16<sup>th</sup> of an inch long. This "intradermal" flu shot is only for adults, 18 years of age through 64 years of age. New this year is that the "Flumist" will contain 4 strains of influenza instead of the usual 3. There is injectable Quadrivalent vaccine as well that some clinics may offer.

There are those who are not able to get a flu vaccine for medical reasons. To protect them, you must stay home from work, school or play if you are sick. Cover your cough and sneeze with tissues or in your elbow, and wash your hands frequently.



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## This Month at Public Health:

### Immunization Clinics:

- October 7 – 1:00-6:00 pm
- October 11 – 1:00-5:00 pm
- October 17 – 1:00-6:00 pm
- October 29 – 1:00-6:00 pm

### OPOP:

- October 14
- October 15
- October 21

### Cholesterol Screenings:

- October 11
- October 29

### Flu Clinics:

- October 10 – 1:00-6:00 pm
- October 11 – 8:30-11:30 am
- October 28 – 10 am-6:00 pm
- October 31 – 10 am-5:00 pm

## Spotlight on Diversity

People may be said to resemble not the bricks of which a house is built, but the pieces of a picture puzzle, each differing in shape, but matching the rest, and thus bringing out the picture.

--Felix Adler

# 🎀 October is Breast Cancer Awareness Month 🎀

Early detection is your best protection:

- ❖ Breast cancer is the number one cancer diagnosed and the second leading cause of cancer deaths in women
- ❖ A woman has a one in eight chance of developing breast cancer sometime during her life
- ❖ When breast cancer is found and treated early, the five-year survival rate is 98%

What are the risk factors for breast cancer? Risk factors increase the chances that you may get breast cancer

- ❖ Being a woman
- ❖ Being older than 50
- ❖ Having a personal or family history of breast cancer. However, eight out of ten breast cancers occur in women who have no family history of breast cancer
- ❖ Genetic mutation of the genes BRCA 1 and 2
- ❖ Taking hormone replacement therapy for more than five years
- ❖ Although breast cancer is more common in older women, younger women and men also can get breast cancer

**Women's Way may provide a way to pay for breast and cervical cancer screenings.**

**Call 1.800.44WOMEN to see if you are eligible.**



  
OCTOBER 24, 2013



**Food Day** is a nationwide celebration of healthy, affordable, and sustainably produced food and a grassroots campaign for better food policies. It builds all year long and culminates on October 24.

Food Day aims to help people Eat Real—cutting back on sugary drinks, salty packaged foods, and fatty meats in favor of vegetables, fruits, whole grains and lean protein. Food Day envisions shorter lines at fast-food drive-through's—and bigger crowds at farmers markets. With Food Day, we can celebrate our food system when it works and fix it when it's broken.

## Why Food Day?

The typical American diet is contributing to obesity, diabetes, heart disease, and other health problems. Those problems cost Americans more than \$150 billion per year. Eating Real can save your own health and put our food system on a more sustainable path. With America's resources, there's no excuse for hunger, low wages for food and farm workers, or inhumane conditions for farm animals.

## Join the Movement

The most important ingredient in Food Day is you! Use October 24 to start—or celebrate—eating a healthier diet and putting your family's diet on track. Food Day is not just a day; it's a year-long catalyst for healthier diets and a better food system. Let's use this energy to make a meaningful and long-lasting difference!