

This Month at Public Health:

Immunization Clinics

May 7, 1:00-6:00pm
 May 14, 1:00-6:00pm
 May 21, 1:00-6:00pm
 May 28, 1:00-6:00pm

OPOP

May 11
 May 12
 May 18

Cholesterol Screenings

May 8
 May 26

Holiday Closings

May 25, Memorial Day

Bismarck-Burleigh Public Health

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www.bismarcknd.gov/publichealth



Public Health
 Prevent. Promote. Protect.

Bismarck-Burleigh Public Health

BreatheND

Saving lives, saving money. The voice of the people.

Healthy Living Update

Skin Cancer: Are You at Risk?



Skin cancer is the most common form of cancer in the United States. People with certain risk factors are more likely than others to develop skin cancer. General risk factors include:

- Lighter natural skin color.
- Family/personal history of skin cancer.
- Excessive sun exposure (ultraviolet rays, UV) through work or play.
- A history of sunburns early in life.
- Multiple or atypical moles.

Choose Your Cover

Skin cancer can be prevented! The best way to lower your skin cancer risk is to:



Seek Shade from UV rays, especially during midday.



Cover Up to protect exposed skin.



Wear a Hat with a wide brim.



Grab shades that block both UVA and UVB rays.



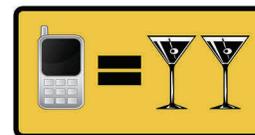
Rub on Sunscreen of at least SPF 30 or higher and both UVA and UVB protection. Reapply sunscreen every two hours.

Source: <http://www.ndcancercoalition.org>

Global Road Safety Day: May 5, 2015

500 Children Die Every Day on the World's Roadways. You Can Make a Difference.

- Don't text and drive.
- Don't be a distracted pedestrian.
- When driving a motor vehicle, respect the rights of cyclists.
- Set safety rules for your children.
- Go on bike rides with your kids so you can show them what safe cycling looks like.
- Wear a helmet every time and everywhere you bike, skate, or scooter.
- Attend a car seat check to make sure your car seat is working and installed properly. Call Bismarck-Burleigh Public Health at 355-1540 to schedule an appointment.



* **Tuesday, May 12 from 4-7pm bring the kids to the free Annual Bis-Man Safety Council Bike Rodeo at the Target parking lot.**



Source: Safe Kids Grand Forks

Spotlight on Diversity

Everyone in the world smiles in the same language.

- Mexican-American Proverb



Know the Facts about High Blood Pressure

If you have high blood pressure, there are steps you can take to get it under control, including—

- **Ask your doctor what your blood pressure should be.** Set a goal to lower your pressure with your doctor and then discuss how you can reach your goal.
- **Take your blood pressure medication as directed.** If you are having trouble, ask your doctor what you can do to make it easier. For example, you may want to discuss your medication schedule with your doctor if you are taking multiple drugs at different times of the day.
- **Quit smoking—and if you don't smoke, don't start.** You can find tips and resources at www.ndhealth.gov/ndquits.
- **Reduce sodium.** Most Americans consume too much sodium, and it raises blood pressure.



Source: www.cdc.gov