

This Month at Public Health:

Immunization Clinics

June 4, 1:00-6:00pm

June 11, 1:00-6:00pm

June 17, 1:00-6:00pm

June 25, 1:00-6:00pm

OPOP

June 1

June 15

June 16

Cholesterol Screenings

June 23

Holiday Closings

None

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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

Wildfire Smoke and Your Health



Wildfire smoke can harm you in multiple ways. Smoke can hurt your eyes, irritate your respiratory system, and worsen chronic heart and lung diseases.

What is Wildfire Smoke and Can it Make Me Sick?

Wildfire smoke is a mix of gases and fine particles from burning vegetation, building materials, and other materials. Wildfire smoke can make anyone sick. Even someone who is healthy can get sick if there is enough smoke in the air. Breathing in smoke can have immediate health effects, including:

- Coughing
- Trouble breathing normally
- Stinging eyes
- A scratchy throat
- Runny nose
- Irritated sinuses
- Wheezing and shortness of breath
- Chest pain
- Headaches
- An asthma attack

Older adults, pregnant women, children, and people with preexisting respiratory and heart conditions may be more likely to get sick if they breathe in wildfire smoke.

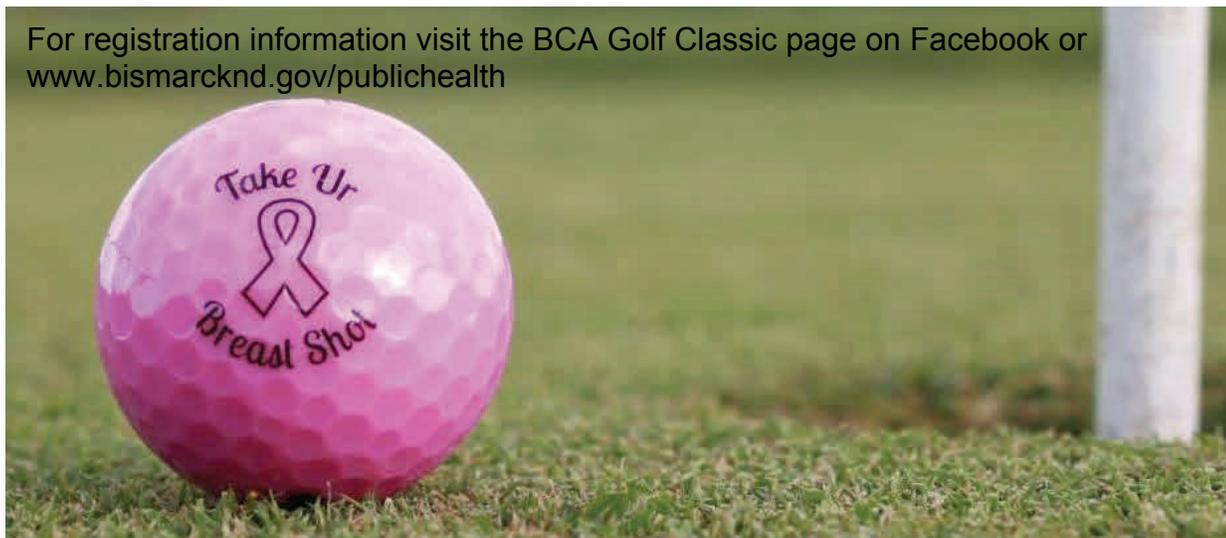
Staying indoors and away from the smoke plume is advisable for those who suffer from respiratory problems. If a person finds themselves reacting to wildfire smoke to the extent that it is affecting their breathing, they should seek immediate help from a medical provider.

Source: www.cdc.gov and North Dakota Department of Health

Register for the June 18 BCA Golf Classic

Join Women's Way and KX News for an afternoon of fun, sun and prizes at the 13th Annual BCA Golf Classic. This year's event will be held Thursday, June 18 at Apple Creek Country Club in Bismarck. The fun starts with registration and a box lunch at 10:30, a shotgun start at noon, and a delicious dinner at 6:00pm. Proceeds from the event go to Women's Way to promote early detection of breast and cervical cancer.

For registration information visit the BCA Golf Classic page on Facebook or www.bismarcknd.gov/publichealth



Spotlight on Diversity

We all have idols. Play like anyone you care about but try to be yourself while you're doing so.

- B.B. King, 1925-2015



June is Men's Health Month



Want to see these stats change?

- On average, men live about 5 years less than their female counterparts
- Men have a higher death rate for most of the leading causes of death, including cancer, heart disease, diabetes and suicide
- 1 in 2 men will develop cancer in their lifetime
- Men make ½ as many physician visits for prevention as women

Schedule a checkup today!

Do it for yourself and for those who count on you.