

This Month at Public Health:

Immunization Clinics

Thursday, October 1
 Monday, October 5
 Thursday, October 8
 Monday, October 12
 Monday, October 19
 Thursday, October 22

Optimal Pregnancy Outcome

Program - a free service
 Monday, October 5
 Tuesday, October 13
 Monday, October 19
 Tuesday, October 20

Cholesterol Screenings

Friday, October 9
 Tuesday, October 27

Holiday Closings

None

Call to make an appointment.

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

October is Breast Cancer Awareness Month

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that if found and treated early, the five-year survival rate is 98%. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat.



SIGNS AND SYMPTOMS

- Changes in skin color and/or texture such as redness, rash or orange peel appearance.
- Changes in size or shape of breast including swelling, dimpling or puckering.
- Change in the appearance of nipple.
- Spontaneous nipple discharge.
- Lump or thickening in or near breast or in the underarm area.

BREAST CANCER RISK FACTORS



- Being a woman
- Being older than 50. The risk of breast cancer increases with age
- Having a personal and/or family history of breast cancer
- Genetic mutation of the genes BRCA 1 and 2.
- Taking hormone replacement therapy for more than five years.

Try the Breast Cancer Risk Assessment Tool at www.cancer.gov

RECOMMENDED SCREENINGS

- **Clinical Breast Exam:** Your health-care provider looks for and feels for any changes or areas of concern in your breast.
- **Mammogram:** A mammogram is an X-ray of the breast. Doctors use a mammogram to look for early signs of breast cancer. It can detect breast cancer two to three years before a lump can be felt. The American Cancer Society recommends that women age 40 and older should have a mammogram every year and should continue to do so for as long as they are in good health.

For more information on breast cancer screening assistance call Women's Way at 1-800-449-6636.



Get the Shot, Not the Flu...Get Vaccinated

It is that time of the year for the flu to begin circulating in our communities. Now is the best time to get your influenza vaccination. Even though flu season does not typically peak until February, don't wait until then to get your flu shot. With rare exceptions, everyone 6 months of age and older is recommended to receive the annual influenza vaccine. Vaccination continues to be the best way to prevent influenza. It takes about 2 weeks for the vaccine to become fully effective so call your private physician or local public health for an appointment today.

Bismarck-Burleigh Public Health offers 3 different options for your influenza vaccination:

- **Flu mist** is a nasal spray vaccine for healthy children and adults **ages 2 through 49**.
- A **traditional shot** for those **6 months of age and older**.
- A **high-dose shot**, which is recommended for adults **65 years of age and older**.



Flu season is also a good time to get your Pneumonia vaccination if you are 65 years of age and older. There is a "new" pneumococcal vaccine that may be recommended for you. Be sure and ask about it with your health care provider.

Bismarck-Burleigh Public Health Flu Clinic Dates 2015

Monday, October 12	8:30am-12:00pm	Thursday, October 15	8:30am-6:00pm
Monday, October 26	8:30am-12:00pm	Thursday, October 29	1:00pm-6:00pm

Are You a Property Owner or Landlord?

Smoke Free Housing Bismarck...A Smart Investment

- Lower your cleaning costs by going smoke free.
- Reduce your risk of fire damage.
- 76% of Bismarck renters would prefer to live in a smoke-free building.

Contact us for free information on how you can adopt a smoke-free policy for your apartments, condominiums, and other multi-housing buildings.

Bismarck-Burleigh Public Health
Phone: 701-355-1597
Website: SmokefreehousingND.com

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