

This Month at Public Health:

Immunization Clinics

Thursday, October 6
 Monday, October 10
 Thursday, October 13
 Monday, October 17
 Thursday, October 20
 Monday, October 24
 Thursday, October 27
 Monday, October 31

Optimal Pregnancy Outcome Program - a free service

Monday, October 10
 Tuesday, October 11
 Monday, October 17
 Tuesday, October 18

Cholesterol Screenings

Friday, October 14
 Tuesday, October 25

Holiday Closings

None

Bismarck-Burleigh Public Health

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www.bismarcknd.gov/publichealth



Public Health
 Prevent. Promote. Protect.

Bismarck-Burleigh Public Health



Bismarck-Burleigh Public Health's Healthy Living Update

Get the Shot, Not the Flu

It is that time of the year for influenza to begin circulating in our communities. Now is the best time to get your flu vaccination. Flu season typically peaks in February or March, but don't wait until then to get your flu shot.

Almost everyone 6 months of age and older is recommended by the CDC to receive the flu 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 kinds of influenza vaccine:

- the traditional injection for those 6 months of age and older
- the [intradermal injection](#) which has a needle that is less than ¼ inch for those 18 through 64 years of age
- the high dose which is recommended for adults 65 years of age and older

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

This year, live attenuated influenza vaccine (LAIV), also known as nasal spray or Flumist®, is not recommended. This was determined after data showed poor or relatively low effectiveness of LAIV from 2013 through 2016. Everyone is recommended to receive the flu shot over the nasal mist.

Walk-in Flu Clinic Dates 2016

Wednesday, October 12	3:00pm-6:30pm
Monday, October 17	3:00pm-6:30pm
Monday, October 24	3:00pm-6:30pm

***Flu shots also available by appointment. Call 355-1540.**

Breast Cancer Screening Saves Lives



OCTOBER IS BREAST CANCER AWARENESS MONTH

Breast cancer remains the second most common type of cancer in women. Tumors in the breast tend to grow slowly although some tumors are aggressive and grow much faster. In 2016, it is estimated that there will be 246,660 new cases of invasive breast cancer in women in the United States and 40,450 breast cancer deaths.

But there is good news, breast cancer rates have decreased by 37% since 1990 due to improved breast cancer treatment and early detection. As mammography screening rates have increased, more cases of breast cancer have been found at earlier stages, when chances of survival are highest.

Regular mammogram screening and talking with your provider about breast cancer is key to early detection. Here are some questions you may want to ask your health care provider:

- Am I at a higher risk of breast cancer?
- When should I begin mammography screening?
- What should I do to prepare for a mammogram?
- How often should I get a mammogram?
- Is my facility an FDA-certified mammography center? (Search the list at www.fda.gov)
- Does the radiologist specialize in mammography?

For information on breast cancer screening assistance in North Dakota call *Women's Way* at 1-800-449-6636.



Smoke Free Housing in Bismarck...A Smart Investment

Are You a Property Owner or Landlord?

- 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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