

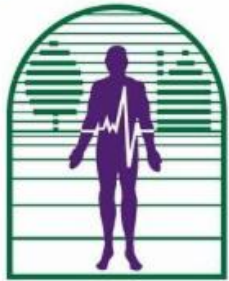
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October 2016



Cerro Gordo County Department of Public Health

Communicator

Pumpkins and Apples and Squash; Oh My!

Many people love the season of Fall. Their only gripe: it doesn't last long enough! Pumpkins, apples, squash, and many other yummy recipes fill our homes with warmth. Looking for a recipe to roast pumpkin seeds? [Click Here!](#)

Throughout October and November, the Health Department encourages you to get your flu vaccine early. Influenza is at the peak of activity from September - May. It takes two weeks for your system to respond to the full effect of the flu shot. Get protected early!

Upcoming Happenings:

- October is National Breast Cancer Awareness Month
- October 16-22: International Infection Prevention Week
- October 17-22: National Healthcare Quality Week

Department Quick Links



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- October 17-21: National Health Education Week
- October 23-31: Red Ribbon Week
- October 23-29: Lead Poisoning Prevention Week
- November is American Diabetes Month
- November is Lung Cancer Awareness Month
- November is National Family Caregivers Month
- November is National Home Care Month
- November 19: Great American Smoke Out

Like us on Facebook or follow us on Twitter to stay up-to-date on all CGC Department of Public Health information. Make sure to check out the right side of our newsletter, which features our Quick Response (QR) Code. Scan with your smartphone to get directly to our website.

For more information about our services, visit our website at www.cghealth.com.

Take care,



Kara Ruge
Marketing & Public Information Officer
Cerro Gordo County Department of Public Health

October Brings a Reminder to THINK PINK!

By: Karen Crimmings, RN

October is breast cancer awareness month! According to the American Cancer Society, 1 in 8 women will develop invasive breast cancer in their lifetime. Less than 15% of these women will have a family history of breast cancer. It is estimated that approximately 40,000 women will die from breast cancer in 2016. As startling as these statistics are, our current mammogram rates in North Iowa are less than 40%! Meaning less than 40% of women who should have an annual mammogram, actually complete the screening.



Yearly mammograms have helped reduce the breast cancer mortality



Scan this QR code with your smartphone for a direct link to our website.

Senior Health & Blood Pressure Clinics

The Health Department offers Senior Health Clinics to county residents aged 55 and older. There is no charge; however, contributions are accepted.

**The clinic is an annual health screening and does not replace a physician's care.*

To make an appointment, call the Health Department at 641-421-9316. Below is the schedule of upcoming Senior Health Clinics.

SENIOR HEALTH CLINICS

OCTOBER 24 - Mason City @ Mason City Senior Center

OCTOBER 31 - Clear Lake @ United Methodist Church

NOVEMBER 2 - Rockwell @ Rockwell Community Center

rate in the U.S. by nearly 1/3 since 1990. The earlier breast cancer cases are caught, the better the woman's survival rate. This is why its vital women begin their annual mammograms at the age of 40.

Many women have expressed reasons as to why they haven't scheduled and received their annual mammogram. Below are 5 popular myths that I would like to "debunk"!

- ***I'm too busy.***
Don't put yourself last. This is your health and you can't help others if you're not healthy. Typically mammogram appointments take around 30 minutes or less.
- ***I have no family history, so I don't need to get a mammogram.***
85% of women diagnosed with breast cancer have no family history.
- ***I can't afford it.***
Most insurance plans pay for preventive (screening) mammograms every 12 months. If you have no insurance or your insurance will not cover your mammogram, financial help is available by contacting the Cerro Gordo County Department of Public Health's Care for Yourself program at 641-421-9315.
- ***I exercise, eat right and live a healthy lifestyle. I won't get breast cancer.***
That's great! A healthy lifestyle may lower your risk of breast cancer (and many other diseases), but it doesn't eliminate your risk. You still need to get checked. (Routine screenings belong on your list of healthy habits.)
- ***I can't feel any lumps during a self-exam.***
Breast cancer can start long before a tumor is big enough to feel. Mammograms can show lumps or specks that may be from cancer, precancerous cells, or other conditions that would require further testing.

Breast cancer is no longer a rare occurrence. Most of us know someone who has been affected by breast cancer. The woman may be a relative, friend, neighbor, loved one, co-worker, or spouse of someone you know. Receiving your annual mammogram beginning at the age of 40 is very important to your health, your family, and your future. This potentially life-saving exam is simple and quick! Early detection is **key!!!**

If you are a woman 40 years or older, talk with your medical provider or contact the Forest Park Imaging Center today to schedule your mammogram. If you are without health insurance, contact the Cerro Gordo County Department of Public Health at 641-421-9315 or visit our [website](#) for information about financial assistance through the Care for Yourself program.

**NOVEMBER 14 - Mason City
@ St. John's Episcopal
Church**

**NOVEMBER 21 - Clear Lake
@ First Congregational
Church**

**NOVEMBER 30 - Mason City
@ Mason City Senior Center**

BLOOD PRESSURE CLINICS

**OCTOBER 17 - (11:15AM-
Noon) @ Rockwell
Community Center, 114 3rd
St N, Rockwell**

**OCTOBER 18 - (9:15-10AM)
@ Plymouth City Hall, 616
Broad St, Plymouth**

**OCTOBER 25 - (10:30-
11:30AM) @ Clear Lake
Senior Center, 105 S 4th St,
Clear Lake**

**NOVEMBER 8 - (8:15-9AM)
@ First Citizens National
Bank Heritage Club Movie,
Cinema West, 4710 4th St.
SW, Mason City**

**NOVEMBER 10 - (10:30-
11:30AM) @ Mason City
Senior Center, 326 4th St NE,
Mason City**

**RED RIBBON
WEEK
OCT. 23-31**



LEAD POISONING PREVENTION WEEK

October 23-29, 2016

Childhood lead poisoning is one of the most highly preventable environmental health related diseases among our children. The Centers for Disease Control and Prevention (CDC) estimate that nearly half a million children living in the United States have elevated blood lead levels that may cause significant damage to their health. The estimate is based on children with a blood lead level of 5 micrograms per deciliter or higher. Lowered by the CDC in 2012, five micrograms is the new reference level that indicates when public health should take action. No safe lead level in children has been identified.



Lead is a highly toxic metal used for many years in products found in and around our homes (particularly paint). Lead may cause a range of health problems - from behavioral problems and learning disabilities, to seizures and death. Lead exposure has the ability to affect nearly every system in the body. Children age six and younger are at highest risk, because their bodies are growing quickly. Major sources of lead exposure to U.S. children include deteriorating lead-based paint, and lead-contaminated dust in deteriorating buildings. Children can also be exposed to lead from additional sources including contaminated drinking water, take-home exposures from a workplace, and lead in soil.

"Many homes in Cerro Gordo County were built before 1978 and may have lead-based paint. If you are unsure if you have lead in your pre-1978 home, the best thing you can do is take the preventative measure of testing your home, especially if you have young children living or visiting the home," said Jenna Willems, Health Homes Program Coordinator, Cerro Gordo County Department of Public Health. Prevention of lead is crucial as lead impacts children permanently. There are usually no symptoms of lead poisoning until permanent damage is done. Willems adds, "If you are planning on remodeling or renovating your home in the future, get your home tested prior, whether or not there is chipping or peeling paint".

To increase awareness of childhood lead poisoning prevention, the Cerro Gordo County Department of Public Health, along with the CDC, the U.S. Environmental Protection Agency, and the U.S. Department of Housing and Urban Development, is participating in National Lead Poisoning Prevention Week (LPPW) October 23-29.

Public Health recommends that EVERY CHILD BE TESTED! All children regardless of race, economic background, or location of home should be tested for lead poisoning starting at 12 months. The testing is then recommended at different intervals for different children with regards to risk of lead exposure.

Nearly nine percent of United States youth ages 12 to 17 use illicit drugs, and nearly eight percent use tobacco products according to the National Survey of Drug Use Health's Summary of National Findings. The same study showed that substance use by adolescents could be prevented through early interventions, including parental involvement. In fact, 96 percent of youths who perceived strong parental disapproval for trying marijuana once or twice remained drug free.

In a recent CDC study, more than a quarter million youth who had never smoked a cigarette used an electronic cigarette in 2013, a threefold increase from 2011. Over 43 percent of these youth said they intend to smoke conventional cigarettes within the next year, compared to 21.5 percent of those who had never used e-cigarettes. Nicotine is a highly addictive drug and can harm the adolescent brain, causing lasting deficits in cognitive function. About three out of every four teen smokers become adult smokers, even if they intend to quit in a few years.

Red Ribbon Week was created to show a commitment to raise awareness of the damage drugs can have to a person and their life. This awareness week is recognized in most schools and communities as an

Parents can reduce a child's exposure to lead in many ways. Here are some simple things you can do to help protect your family:

1. **Get your Home Tested.** Before you buy an older home, ask for a lead inspection. The Cerro Gordo County Department of Public Health can test your home for you.
2. **Get your Child Tested.** Even if your young children seem healthy, ask your doctor to test them for lead.
3. **Get the Facts!** The Cerro Gordo County Department of Public Health can provide you with helpful information about preventing childhood lead poisoning.

The Cerro Gordo County Department of Public Health has recently received Housing & Urban Development (HUD) grant funds that can allow qualified low-income families with children to remediate lead hazards in their home or rental home. Anyone interested should call 641-421-9339 or visit www.cghealth.com/topics/HUD/ for more information.

For more information, contact the Cerro Gordo County Department of Public Health at 641-421-9339 or visit our [website](#).

opportunity to teach youth about the effects and consequences of drug use.

For more information on the Cerro Gordo County Department of Public Health's tobacco cessation services, visit our [website](#).

Flu Season is Here!



WELLNESS CORNER

Bone Health: Gluten and Dairy

Gluten

As was mentioned in last month's article, inflammation is a significant factor leading to the development of osteoporosis, and whenever we eat foods that we have a strong immune response to, we are increasing the overall inflammatory state of our bodies. For people with celiac disease and confirmed gluten intolerance, every time they eat gluten they are stimulating an immune response leading to systemic inflammation.



So it should come as no surprise that a decrease in bone density is one of the first symptoms of celiac disease, even in otherwise asymptomatic patients. And the good news is that those who have reduced bone mineral density from previously undiagnosed and untreated celiac disease can significantly improve their bone strength simply by following a gluten-free diet.

Dairy As Tolerated

Like calcium, dairy is another hotly contested topic when it comes to promoting bone health. Our government recommends three servings of dairy per day for adequate calcium intake, while many plant-based diet advocates suggest that a high dairy intake actually causes osteoporosis. These two recommendations couldn't be

What is the flu?

Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

How serious is the flu?

Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children of any age who have certain long-

more polar opposite, and it's no wonder people are confused about the role of dairy in a healthy, bone building diet.

The majority of the evidence suggests that dairy is generally positive when it comes to its effects on bone health. As discussed in earlier parts to this series on bone health, you certainly don't need dairy to get adequate calcium and vitamin D to build healthy bones, but some amount of full fat, organic dairy intake can potentially make your bones stronger. That said, much like gluten, there are many people whose bodies mount an immune response to the proteins in dairy like whey and casein. I've seen many people in my dietetics practice who have tested positive for immunogenic activity against dairy proteins, and these people should definitely avoid dairy for better bone health.

term health conditions, and weakened immune systems due to disease or medication.

How can I protect my child against the flu?

To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child. Vaccination is recommended for everyone 6 months and older.

Stop by our walk-in immunization clinic today to get your flu shot! Get protected NOW! For more information visit our [website](#).

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Have them click the "Join Our Mailing List" button!**

Our Mission Statement:

The Cerro Gordo County Department of Public Health works to optimize the health of all people in Cerro Gordo County.

Our Vision Statement:

We will be the leader in making Cerro Gordo County the healthiest county in Iowa.

Our Value Statement:

We believe in human dignity, respect for individual choices, promotion for wellness and personal safety, protection of the environment, prevention of disease and access to quality health services.



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, IA 50401

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