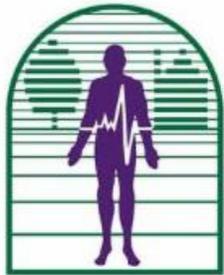


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Cerro Gordo County Department of Public Health

# Communicator

## ***A Fresh Start!***

Welcome to 2016! The beginning of a new year, brings a chance to start fresh; make a change for the better. Why not start with your health? The Cerro Gordo County Department of Public Health offers over 50 programs and services to our county residents. Below are just a few you can take advantage of to better your health in 2016:

- [Freedom From Smoking course](#) - FREE
- [Radon testing](#) - \$6
- [Immunizations/vaccines](#) - varies
- [Well water testing](#) - FREE
- [Breast health screenings](#) through the Komen project - FREE for those eligible
- [Diabetes Prevention Program](#) - FREE for those eligible
- [STI/HIV testing](#) - varies
- [Senior Health Clinics](#) - FREE
- [Home care aides / Public Health Nurses](#) - varies
- And MUCH, MUCH, more!

## ***Upcoming Happenings:***

## Department Quick Links



Visit us on  
Facebook!



Follow us  
on  
Twitter!

- January is National Radon Action Month
- January is Cervical Health Awareness Month
- February is American Heart Month
- Teen Dating Violence Awareness Month
- February 4: World Cancer Day
- February 5: National Wear Red Day

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](http://www.cghealth.com).

Take care,



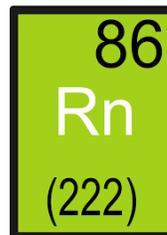
Kara Ruge  
Marketing & Public Information Officer  
Cerro Gordo County Department of Public Health

## January is Radon Action Month - test your home TODAY!

The Cerro Gordo County Department of Public Health joins the Iowa Department of Public Health, the American Lung Association of Iowa, and the U.S. Environmental Protection Agency in encouraging Iowans to test their homes for radon and take action to reduce elevated radon levels. Many Iowa homeowners and renters are not aware of the presence of radon gas in their home, despite it being a deadly carcinogen.

Radon is a cancer-causing, radioactive gas that is invisible (colorless, odorless, and tasteless), and is the second-leading cause of lung cancer. Everyone living in Iowa should know the following about radon:

1. Elevated radon levels in a home is more common in Iowa than any other state in the U.S. An estimated 5 out of every 7 homes in Iowa have elevated radon levels.



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

**JANUARY 20** - Clear Lake @ Zion Lutheran Church

**JANUARY 25** - Mason City @ Mason City Senior Center

**FEBRUARY 10** - Mason City @ Trinity Lutheran Church

**FEBRUARY 22** - Mason City @

2. Any home can have elevated radon levels. This means old homes, new homes, drafty homes, insulated homes, homes with basements, and homes without basements are all at risk.
3. Smokers who live with radon in their homes are 8-9 times more likely to develop lung cancer from radon than non-smokers.
4. Technically, there is no 'safe' level of radon as it is a carcinogen, but a level under 4.0 picocuries/liter of air (the radon action level) minimizes your exposure to radon, lowering the risk of radon-induced lung cancer significantly.

Scientifically-based evidence over the last 50 years confirms again and again the health risks of radon exposure. The U.S. Surgeon General has declared radon a problem through a national health advisory report against radon stating, "Indoor radon is the second-leading cause of lung cancer in the United States, and breathing it over prolonged periods can present a significant health risk to families all over the country. It's important to know that this threat is completely preventable. Radon can be detected with a simple test and fixed through well-established venting techniques."

Take the first step in prevention and get your home tested for radon today. The Cerro Gordo County Department of Public Health sells test kits for \$6. For more information on radon visit our [website](#) or call 641-421-9339. Iowans can also call the Iowa Radon Hotline at: 1-800-383-5992

## January is Cervical Health Awareness Month

No woman should die of cervical cancer. The most important thing you can do to help prevent cervical cancer is to get screened regularly starting at age 21.

Cervical cancer is highly preventable with regular screening tests and appropriate follow-up care. It can also be cured when found early and treated. Cervical cancer is almost always caused by the human papillomavirus (HPV). Vaccines are available to protect against the types of HPV that most often cause cervical cancer.



### Screening Tests

Two tests can help prevent cervical cancer or find it early:

- The **Pap test (or Pap smear)** looks for precancers, which are cell changes on the cervix that might become cervical cancer if they are not treated appropriately.
- The **HPV test** looks for the virus that can cause these cell changes.

Mason City Senior Center

FEBRUARY 29 - Clear Lake @  
Evangelical Free Church

### BLOOD PRESSURE CLINICS

JANUARY 18 - (11:15AM-  
Noon) @ Rockwell  
Community Center (114 3rd  
St. N, Rockwell)

JANUARY 19 - (9:15-  
10:00AM) @ Plymouth City  
Hall (616 Broad St., Plymouth)

JANUARY 26 - (10:30-  
11:30AM) @ Clear Lake Senior  
Center (105 S 4th St, Clear  
Lake)

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

## We need your help!



We have collected health data from many sources and created reports for Cerro Gordo County. Please take the time to review these and give us feedback. What do you think the biggest health concerns are for Cerro Gordo County residents? [Click Here!](#) for the report.

The Pap test is recommended for women between ages 21 and 65, and can be done in a doctor's office or clinic. Women should start getting Pap tests regularly at age 21. If your Pap test results are normal, your doctor may say you can wait three years until your next Pap test. If you are 30 years old or older, you may choose to have an HPV test along with the Pap test. Both tests can be performed by your doctor at the same time. If your test results are normal, your chance of getting cervical cancer in the next few years is very low. Your doctor may then say you can wait as long as five years for your next screening.

If you have a low income or do not have health insurance, you may be able to get a free or low-cost Pap test through the Health Department's Care for Yourself Program. [Click Here!](#) for more information!

Boys and girls should get all three doses of HPV vaccine when they are 11 or 12 years old. If a teen or young adult (through age 26) has not started or finished the series of three HPV vaccine shots, it's not too late! Make an appointment or stop by our walk-in immunization clinic today to get your child or yourself vaccinated. If you don't have insurance, or your insurance does not cover vaccines, the Vaccines for Children program may be able to help. [Click Here!](#) more details on HPV, or call us at 641-421-9321.

\* *Cervical Cancer Awareness*. (2016). Centers for Disease Control and Prevention website. Retrieved January 15, 2016, from <http://www.cdc.gov/cancer/dcpc/resources/features/cervicalcancer/>

## WELLNESS CORNER

### Body Composition Mistakes

More muscles and less fat = improved body composition. Everyone wants it, yet not many get it. Those who don't are often missing the big picture, focusing on little inconsequential things like making some big fat mistakes. Are you doing the right things to become lean?



#### Mistake #1: Not Training Enough

If you want to look like someone who lifts weights, you need to lift weights. The more often you ask your body to adapt to a stress, the faster it's going to change. Training two or three times a week can maintain or sometimes increase your strength levels, but from a body composition standpoint, your ability to build muscle and lose fat will be limited.

This doesn't mean you need to start training every day of the week, you slowly have to build up your training frequency over time. Perhaps have an arm day, a leg day, or a focus on a weak body part

## Winter weather preparedness Items for your vehicle



Minimize travel, but if travel is necessary, keep the following in your vehicle:

Cell phone, portable charger, and extra batteries

Shovel

Windshield scraper

Battery-powered radio with extra batteries

Flashlight with extra batteries

Water

Snack food

Extra hats, coats, and mittens

Blankets

for 20 minutes. More weight training means more muscle, less fat. But allow REST too!

### **Mistake #2 Doing Excess Cardio**

Cardio, particularly steady-state cardio, is important in body re-composition. Doing it in moderation in comparison to your weight training is far better than getting crazy with cardio overload. Steady-state cardio is easily adapted by the body. Overtime, you are going to look like someone who does a lot of steady-state cardio (think "runner"). If you don't want to look like a jogger, keep the steady state cardio to a few times a week for 30 minutes a shot. Focus more on your diet, where the big gains are made. If you "Have To" do tons of cardio to stay lean, then your diet is terrible. Period.

### **Mistake #3 Disregarding the Importance of Sleep**

Lack of sleep makes you fatter and even leads to muscle loss, regardless of diet. While you may be able to "function just fine" on a few hours of sleep, your body demands 8.5 hours a night to fully benefit from your training efforts. Sleep is when our body recovers. Consider a baby, after they are born they eat and sleep...a lot. Why? Because to grow, our body requires a tremendous amount of rest. Also make sure your body can relax at night. Sleep in a dark room, at regular time intervals.

### **Mistake #4 Not Knowing How Much You're Eating**

It's easy to over or underestimate calorie needs. The best weight loss and weight maintenance programs have one thing in common...TRACKING! Track calories and major nutrients (i.e. Fat, Carbs, Protein) until you are better at eye-balling portion sizes.

### **Mistake #5 Not Drinking Enough Water**

Even mild dehydration kills gym performance. Drinking ice-cold water boosts metabolism. Water is that "one simple trick" that can play a huge role in fat loss. An easy rule of thumb: Drink one ounce per pound of body weight a day.

## **Chains or rope**

### **Tire chains**

### **Canned compressed air with sealant for emergency tire repair**

### **Road salt and sand**

### **Booster cables**

### **Emergency flares**

### **Bright colored flag or help signs**

### **First aid kit**

### **Tool kit**

### **Road maps**

### **Compass**

### **Waterproof matches and a can to melt snow for water**

### **Paper towels**

*\*Winter Weather Checklists. (2015). Centers for Disease Control and Prevention website. Retrieved January 15, 2016, from <http://emergency.cdc.gov/disasters/winter/beforestorm/supplylists.asp>*

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# Help Us Promote Public Health Services

Forward this electronic newsletter to your friends, family, co-workers, and associates.  
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.



22 N. Georgia Ave., Suite 300, Mason City, IA 50401

Phone: 641-421-9300 [www.cghealth.com](http://www.cghealth.com)

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