

The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

June Issue

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June 14– Flag Day

June 19– Father’s Day

June 20– First day of Summer

“Summertime is always the best of what might be.”

— Charles Bowden

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For more health information contact:
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Men’s Health Week June 13–19

Men’s Health Week is celebrated each year as the week leading up to and including Father’s Day. The purpose of Men’s Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This week gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

Six ways to do less of some things or quit others to improve your health.

Decrease alcohol use.

Excessive alcohol use increases your risk of injury and cancer, can interfere with male hormone production and sexual function, and can result in hospitalizations, and death.

Quit using tobacco.

Smoking harms nearly every organ in the body and causes most lung cancer. It also causes other cancers as well as heart and respiratory diseases. In 2014, 26% of men used tobacco products every day or some days. If you are ready to quit, call 1-800-QUIT-NOW (1-800-784-8669).

Avoid drowsy driving.

Up to 6,000 fatal crashes each year may be caused by drowsy drivers. Prevent drowsy driving. Get enough sleep to prevent drowsing driving—7 or 8 hours each night is recommended.

Reduce number of sex partners.

Reducing your number of sex partners can decrease your risk for sexually transmitted diseases. Be sexually active with only one person who has agreed to be sexually active only with you.

Avoid prolonged exposure to the sun.

Most cases of melanoma, are caused by exposure to ultraviolet light. In 2011, more than 38,000 men in the United States were diagnosed with melanomas of the skin.

Reduce stress

Physical or emotional tension are often signs of stress. They can be reactions to a situation that causes you to feel threatened or anxious. Ways to manage stress include finding support, eating healthy, exercising regularly, and avoiding drugs and alcohol.

Daily Sun Safety Tips

Monday: Insect Repellants reduce sunscreen's SPF by up to 1/3. When using a combination, use a sunscreen with a higher SPF!

Tuesday: Over exposure to the sun's harmful rays can result in sunburns which increase your risk of developing skin cancer. Therefore, check your local UV Index which provides important information to help you plan your outdoor activities in ways that prevent over exposure to the sun.

Wednesday: Seek the shade whenever possible! The sun's UV rays are strongest between 10 a.m. and 4 p.m. so remember the shadow rule when in the sun: If your shadow is short it's time to abort and seek the shade!

Thursday: Don't be deceived by color or cost of Sunglasses! The ability to block UV light is not dependent on the darkness of the lens or the price tag. While both plastic and glass lenses absorb some UV light, UV absorption is improved by adding certain chemicals to the lens material during manufacturing or by applying special lens coatings. Always choose sunglasses that are labeled as blocking 99-100% of UV rays. Some manufacturers' labels will say "UV absorption up to 400nm." This is the same thing as 100% UV absorption. Look before you choose!

Friday: Sunburn doesn't only happen during the summer! Protect yourself year round by using sunscreen with protection from both UVA and UVB rays, and an SPF of 15 or greater. Wear protective clothing, such as long-sleeved shirts, pants, a wide-brimmed hat, sunglasses, and sunscreen on the exposed areas of your skin whenever possible!



Easy Crafts with Kids

If you are looking for something fun to do with the kids, try making this easy homemade playdough, using just two common household ingredients. The result is a super soft play dough you can mold and no cooking is required!

Directions: Mix one cup of conditioner with two cups of cornstarch in a larger bowl. (It doesn't matter what kind of conditioner you use. You can pick a bottle of it up at the dollar store.) Add a few drops of food coloring to the mixture to make it different colors . Store play dough in a Ziploc bag when finished.

Need a Mammogram?

The James Mammography mobile van will be at the Noble County Health Department on August 24, 2016. To schedule an appointment, call Tammy at 732-4958.

The Hard Facts about Bike Safety

There are so many great reasons to ride your bike: It offers fun, freedom and exercise, and it's good for the environment. We want kids and families to ride their bikes as much as possible. Here are a few tips so that you'll be safe while you do so.



Top Tips

- Wear a properly-fitted helmet. Properly-fitted helmets can reduce the risk of head injuries by at least 45 percent – yet less than half of children 14 and under usually wear a bike helmet. It is the best way to prevent head injuries and death.
- Ride on the sidewalk when you can. If not, ride in the same direction as traffic as far on the right-hand side as possible.
- Use hand signals and follow the rules of the road. Be predictable by making sure you ride in a straight line and don't swerve between cars.
- Wear bright colors and use lights, especially when riding at night and in the morning. Reflectors on your clothes and bike will help you be seen.
- Ride with your children. Stick together until you are comfortable that your kids are ready to ride on their own.

Have an upcoming event?

If you would like it in the monthly health monitor please contact Samantha Hesson at 740-732-4958 or Samantha.Hesson@noblecohd.org.