

The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

NOVEMBER IS NATIONAL HOME CARE MONTH

During November the home care and hospice community honors the millions of nurses, home care aides, therapists and social workers who make a remarkable difference for the patients and families they serve. These heroic caregivers play a central role in our health care system and in homes across the nation. To recognize their efforts, the National Association of Home Care (NAHC) asks us to join with them to commemorate the power of caring, both at the home and in their local communities by celebrating November as National Home Care & Hospice Month. NAHC President, Val Halamandaris once stated, "It is highly appropriate in November that we celebrate the nurses, therapists, aides and other providers who choose to use their lives to serve our country's aged, disabled and dying. No work is nobler, and no group is more deserving of our respect and admiration."



The Noble County Health Department wants to remind our community that our Home Health Agency has a very caring, compassionate and knowledgeable staff that has been serving them for over 50 years. We are very proud and privileged to continue providing the highest quality of patient

care to our community. For more information call the Noble County Home Health Agency at 740-732-4958.

Interesting Fact

Children born between September and November are more likely to live to be 100 than those born at other times of year, according to a University of Chicago study of 1,500 centenarians.

Four Steps to Food Safety

With the holiday season upon us and mass amounts of food being prepared practice these steps to keep everyone healthy.

Clean: Wash your hands and preparation/cooking surfaces often

Separate: Don't cross contaminate

Cook: To the right temperature

Chill: Refrigerate properly.

For more information check out [Foodsafety.gov](http://foodsafety.gov)

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November 4–
Daylight Savings
Time Ends
November 6th–
Election Day
November 11–
Veterans Day
November 22–
Thanksgiving

November is the month to remind us to be thankful for the many positive things happening in our life.

-Unknown

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For more health
information contact:
**NOBLE COUNTY
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740-732-4958
www.noblecohd.org

ODH 2017 Ohio Drug Overdose Report

Prescription opioid-related overdose deaths have reached an eight-year low and heroin-related overdose deaths are at a four-year low, according to a new report released by the Ohio Department of Health (ODH). Illegally produced fentanyl which is being mixed and used with other street drugs such as cocaine, heroin and psychostimulants like methamphetamine is now driving Ohio's unintentional overdose deaths – 4,854 in 2017. The report also revealed that the number of overdose deaths declined during the second half of 2017 by 23 percent.

“The good news is Ohio is seeing significant progress in reducing the number of prescription opioids available for abuse, and as a result, prescription opioid-related overdose deaths that don't also involve fentanyl are at their lowest level since 2009,” said Ohio Department of Mental Health and Addiction Services Director Mark Hurst, M.D. “This progress is significant because prescription opioid abuse is frequently a gateway to heroin and fentanyl use.” “While data shows us that Ohio's efforts to curb prescription opioid abuse are working, the driving force today in Ohio's ever-changing opioid epidemic is deadly fentanyl being used with other street drugs like cocaine and methamphetamine,” said ODH Director Lance Himes.

For more information go to

www.odh.ohio.gov/health/vipp/drug/dpoison.aspx

Leaf Turkey Craft

Materials Needed: Leaves, Glue, Scissors, Googly eyes, Orange, Red, White and Brown Paper

1. Collect different color leaves
2. Glue a few leaves onto a piece of white paper for the turkey's feathers.
3. Cut out a turkey body (brown paper) feet and beak (orange paper) gobble (red paper)
4. Assemble and paste pieces to form a turkey body and add googly eyes



Acute Flaccid Myelitis in U.S. Children

Parents may be hearing about children in the United States who suddenly became weak in their arms or legs from a condition called acute flaccid myelitis, or AFM. This condition is not new, but the increase in cases we saw starting in 2014 is new. AFM affects the nervous system, specifically the spinal cord, which can cause the muscles and reflexes in the body not to work normally.

At a Glance

From August 2014 through September 2018, CDC has received information on a total of 386 confirmed cases of AFM across the US; most of the cases have occurred in children. Even with an increase in cases since 2014, AFM remains a very rare condition. Less than one in a million people in the United States get AFM each year. While the CDC doesn't know the cause of most of the AFM cases, it's always important to practice disease prevention steps, such as staying up-to-date on vaccines, washing your hands, and protecting yourself from mosquito bites.

Symptoms of AFM

AFM is rare, but it can lead to serious neurologic problems. You should seek medical care right away if you or your child develops any of these symptoms:

- Weakness and loss of muscle tone and reflexes in the arms or legs
- Facial droop or weakness
- Difficulty moving the eyes
- Difficulty swallowing
- Slurred speech

Need a Mammogram?

If you are worried about the cost or don't have health insurance, the Breast and Cervical Cancer Project which is housed out of the Noble County Health Department and serves 19 surrounding counties, may be able to help. To see if you qualify call 1-800-236-6253. The James Mammography mobile van will be at the Health Department on Wednesday, November 19, 2018. To schedule an appointment, call Tammy at 740-732-4958.

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.