

The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

Cervical Cancer Awareness

Cervical cancer is the easiest gynecological cancer to prevent with regular screenings and follow-up. It is also highly curable when found and treated early. Although cervical cancer occurs most often in women over the age of 30, all women are at risk for cervical cancer.

What puts a woman at greater risk for cervical cancer?

The main cause of cervical cancer is the human papillomavirus (HPV), a common virus that can be passed from one person to another during sex. Many people will have an HPV infection at some time in their lives, but HPV usually goes away on its own. When the body can't clear HPV on its own it can linger over time and cause cervical cancer. Some types of HPV have also been linked to cancer of the vulva, vagina, penis, and anus. Other factors that may affect your risk of developing cervical cancer include: smoking, having HIV, weakened immune system, using birth control pill for a long time, and/or having given birth to three or more children.

What are the symptoms of cervical cancer?

Early on, cervical cancer may not cause any signs or symptoms. Advanced cervical cancer may cause bleeding or discharge from the vagina that is not normal for you, such as bleeding after sex. The symptoms can be caused by something else, but the only way to know is to be checked.

How can a woman prevent or lower the risk of cervical cancer?

There are many ways to prevent or reduce your risk for cervical cancer including getting the HPV vaccination and start/continue pap test screenings regularly at age 21. If you are 30 years or older there are 3 options- 1) continue pap test only, if normal repeat every 3 years, 2) have HPV test only, if normal repeat in 5 years, 3) or have pap & HPV together, if normal repeat in 5 years. Always follow-up if pap test or HPV results are not normal, do not smoke, use condoms during sex, and limit the number of sexual partners.

The Southeastern Ohio Breast & Cervical Cancer Project (BCCP) is a grant funded program that provides free pelvic exams and pap test for those who qualify. Women must meet insurance, income, & age guidelines. Please call our toll-free number at 1-800-236-6253 if you would like to be enrolled into the BCCP program to fund this very important screening.

The Best Prevention is Early Detection!

January 2022

January 1st–
New Year's Day

January 17th–
Martin Luther King Jr.
Day

*Winter is a season
of preparation
and recovery.*

- Paul Theroux

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

National Popcorn Day

On January 19th, National Popcorn Day pops onto the scene with a crunch we all love to enjoy! This time-honored snack can be sweet or savory, caramelized, buttered or plain, molded into a candied ball, or tossed with nuts and chocolate. It wasn't until Charles Cretors, a candy-store owner, developed a machine for popping corn with steam that the tasty treat became more abundantly poppable. By 1900 he had horse-drawn popcorn wagons going through the streets of Chicago. At about the same time, Louise Ruckheim added peanuts and molasses to popcorn to bring Cracker Jack to the world. Today, Americans consume 13 billion quarts of popcorn a year, more than any other country in the world. A majority of the popcorn produced in the world is grown in the United States. Nebraska leads the corn belt in popcorn production.

Winter Fun

Winter time is a great time to create new and different memories with kids in your life. While the cold and snow can sometimes put a damper on activities, it can also be the time where you can only do some activities. Check out the ideas below to get you started on a fun winter day!

Sample Snow Ice Cream

Making snow ice cream after a snowfall can become one of your child's most cherished memories. It is an easy and fun way for kids to participate in a cold weather activity, with delicious results.

Recipe:

One 14-ounce can sweetened condensed milk

$\frac{3}{4}$ cup sugar

1½ teaspoons vanilla extract

1 gallon of clean snow

Mix together sweetened condensed milk, sugar and vanilla in a bowl until smooth. Slowly stir snow into the mixture and freeze until you are ready to enjoy.

Play Nature Bingo

One way to get the kids involved in a DIY project *and* get them moving outside is with a nature bingo game. Use pieces of cardboard to make bingo cards for the number of people participating. Fill in the squares with pictures or words of natural elements that you can find in Ohio. Ideas include woodpeckers or other birds, deer, squirrels and types of trees. Head to a local park and walk on one of the trails to play the game.

COVID Vaccines Available

The Noble County Health Department currently offers all three COVID-19 vaccines (Pfizer, J&J, and Moderna). J&J brand vaccines continue to be available on a walk in basis while Pfizer and Moderna are offered during special vaccine clinic hours on Monday 10am–6pm and Thursdays from 10am–4pm, closed for lunch both days from 12–1pm. To schedule an appointment or if you have any questions about the vaccines call the Health Department 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.

National Blood Donor Month

January is the beginning of a new year and the perfect time to start the year celebrating National Blood Donor Month. Due to increased seasonal illnesses during the winter months and inclement weather conditions, donations of blood and platelets decline, and demand increases. The American Red Cross and Blood Banks of America encourage everyone can donate to continue their donations. Those who have never donated, to make an appointment. Blood donation is safer than ever before and saves lives. Millions of people including cancer patients, organ recipients, and victims of accidents; rely on blood donations from people like you and me.

Although there is no upper age limit, there is a minimum age requirement. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood.

The American Red Cross is facing a national blood crisis – its worst blood shortage in over a decade, posing a concerning risk to patient care. Doctors have been forced to make difficult decisions about who receives blood transfusions and who will need to wait until more products become available. Blood and platelet donations are critically needed to help prevent further delays in vital medical treatments. Please schedule your blood donation today. Eligible blood and platelet donors are urged to schedule a donation today by using the Red Cross Blood Donor app, redcrossblood.org or calling 1-800-REDCROSS (1-800-733-2767). Help even more people by inviting your sister, daughter or other family members, friends and colleagues to donate too.

Thyroid Awareness Month

January is National Thyroid Awareness Month. According to the American Thyroid Association, 1 in 10 people suffer from a thyroid disorder. They also found that at least 1 in 8 women will develop a thyroid disorder during her lifetime. Did you know, more than half of the people in America that suffer from a thyroid disorder are undiagnosed?

The thyroid is a small butterfly shaped gland located just above your collarbone and in front of the windpipe. This gland controls important functions such as regulating breathing, heart rate, body weight, muscle strength, cholesterol, and body temperature.

Thyroid disease refers to a number of conditions that affect how the gland functions. The thyroid can be either overactive or underactive and both conditions can lead to health problems. Two of the most common thyroid diseases are hyperthyroidism and hypothyroidism.

Diagnosing Thyroid Diseases

Thyroid conditions are all treatable. When diagnosing thyroid diseases, doctors use your medical history, a physical exam, and specialized blood tests. Some of these blood tests examine the amount of thyroid-stimulating hormone (TSH) in your blood. With these tests, a doctor can tell from your TSH levels if you have hyperthyroidism or hypothyroidism. Thyroid disorders can be treated by medications or, in some cases, surgery. Treatment will depend on the particular disease of the thyroid.

“This Institution is an Equal Opportunity Provider”

If You Test Positive for COVID-19 (Isolate)**Everyone, regardless of vaccination status**

- Stay home for 5 days
- If you have no symptoms or your symptoms are resolving after 5 days you can leave your house
- Continue to wear a well-fitting mask around others for 5 additional days

If you have a fever; continue to stay home until your fever is resolved for 24 hours

If You Were Exposed to Someone with COVID-19 (Quarantine)**If you:****Have been boosted****OR****Completed the primary series of Pfizer in the last 5 months or Moderna in the last 6 months****OR****Completed the primary series of J&J vaccine within the last 2 months**

- Wear a mask around others for 10 days from last day of exposure
- Test on day 5

If you develop symptoms, get a test immediately and stay home

If you:**Completed the primary series of Pfizer over 5 months ago or Moderna over 6 months ago and are not boosted****OR****Completed the primary series of J&J over 2 months ago and are not boosted****OR****Are unvaccinated**

- Stay home for 5 days. After that, continue to wear a mask around others for 5 additional days
- If you can't quarantine, you must wear a mask for 10 days
- Test on day 5

If you develop symptoms, get a test immediately and stay home

Further Considerations:

1. If you are unable to wear a mask, stay home for the 10 days of your isolation or quarantine
2. Avoid people who are immunocompromised, nursing homes, and other high-risk settings
3. Do NOT travel during the first 5 days of the quarantine period
4. Do NOT go places where a mask cannot be worn such as restaurants and gyms, and avoid eating around others for the duration of your quarantine or isolation masking period