

The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

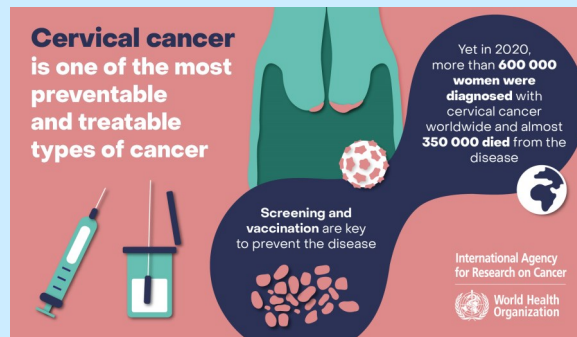
January is Cervical Cancer Awareness Month

January is Cervical Cancer Awareness Month. Did you know that each year over 12,000 women are diagnosed with cervical cancer and approximately 4,000 women die from the disease? According to the Center for Disease Control and Prevention (CDC) Cervical cancer was at one time the leading cause of death for women in the United States. Fortunately, over the past 50 years the incidence (the number of new cases each year) and mortality (the number of deaths each year) have declined 75%.

Cervical cancer, however, is highly preventable with regular screenings, and treatable when found early. Screening for cervical cancer consists of 2 tests that are easily obtained with a simple pelvic exam. The first test is the Pap test. It looks for precancerous or cell changes on the cervix that can be treated so that cervical cancer is prevented, or it can identify cervical cancer early when treatment is most effective. The second is the HPV test. It looks for HPV (human papillomavirus) - the virus that can cause precancerous cell changes and cervical cancer. It is recommended that all women have a Pap test every 3 years starting at age 21. The HPV test can be used in conjunction with the Pap test starting at age 30.

Most insurance companies will fund the Pap test as a preventive service. Women who are uninsured, low income, ages 21-64, and live in Southeastern Ohio can enroll into The Southeastern Ohio Breast and Cervical Cancer Project (SEOBCCP). The SEOBCCP can fund a pelvic exam, Pap test, and HPV test. It can fund diagnostic services if abnormal results are found. The SEOBCCP also offers Patient Navigation services that can assist all women ages 21-64 to find providers in their area and funding assistance.

For more information or to enroll into the program call the Southeastern Ohio Breast and Cervical Cancer Project (SEOBCCP) at 1-800-236-6253. SEOBCCP is a program out of the Noble County Health Department.



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Issue

January 1st– New
Year's Day

January 15th– MLK
Jr. Day

Don't sit down
and wait for
the opportunities
to come.
Get up and make
them.

-Madam C.J.
Walker

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Fresh Start

Get ready for a Fresh start and learn your 4 for more healthy habits!

Learn how to prevent, arrest, and reverse chronic lifestyle-related diseases such as heart attacks and stroke, type 2 diabetes, many common cancers, and other illnesses. This program is offered through Memorial Health Systems. Beginning the week of January 22 at the Noble County Health Department from 5:30-7. Classes are also being offered in Athens and Marietta. To learn more about this series or to register scan the QR code below, call 740-592-4229 or email livememorialwell@mhsystem.org.



Need a Mammogram?

According to the Center for Disease Control and Prevention (CDC) getting mammograms regularly can lower the risk of dying from breast cancer. Mammograms are a routine screening covered by most health insurance programs. If you are worried about the cost or don't have health insurance the Breast and Cervical Cancer Project (BCCP) may be able to help. BCCP is a grant out of the Noble County Health Department. To see if you qualify call 1-800-236-6253. The James Mammography Unit comes to the Health Department's top parking lot a couple times a year, to schedule an appointment, call the Health Department at 732-4958 and ask for BCCP.

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

Birth Defects Prevention

Not all birth defects can be prevented, but you can decrease the chance your baby having any by managing health conditions and by adopting healthy behaviors before and during pregnancy.

Here are 5 Tips for Preventing Birth Defects:

Be sure to take 400 micrograms of folic acid every day.

Folic acid can help prevent some major birth defects of the baby's brain and spine. In addition to eating foods with natural folate, you can take a vitamin that has folic acid in it daily.

Book a visit with your healthcare provider before stopping or starting any medicine.

Creating a treatment plan for your health condition *before* you are pregnant can help keep you and your developing baby healthy.

Be up-to-date with all vaccines

Get a flu shot, whooping cough vaccine, and any other routine vaccine you haven't received during your pregnancy to help protect yourself and your baby.

Before you get pregnant, try and reach a healthy weight.

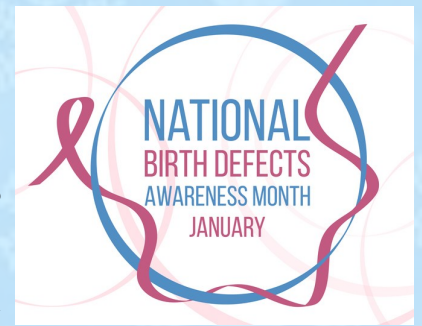
Obesity increases the risk for complications. If you are underweight or overweight, talk with your healthcare provider about ways to reach and maintain a healthy weight before getting pregnant.

Boost your health by avoiding substances that are harmful during pregnancy.

Alcohol: Alcohol can cause problems for a developing baby throughout pregnancy.

Tobacco: Smoking during pregnancy can harm the developing baby can cause birth defects.

Other Drugs: Using certain drugs during pregnancy can cause health problems for a woman and her developing baby. If you are pregnant or trying to get pregnant and can't stop using drugs, seek help.



Winter Storm Planning

Winter storms range from a moderate snow over a few hours to a massive blizzard with blinding, wind-driven snow that lasts for several days. Some winter storms are large enough to affect several states while others affect only a single community.

A few days out

If the forecast calls for winter weather, start preparing now.

- Have emergency supplies for your home and vehicle.
- Check your smoke and carbon monoxide detectors
- Replenish fuel for your vehicle and heating sources.

The day before:

Forecast accuracy continues to improve, so keep checking the latest.

- Adjust plans— you may need to allow for more time to get to your destination or cancel and reschedule if possible.
- Have multiple ways to receive warnings.
- Bring pets indoors and ensure they have water.

During & After:

Remain vigilant and stay informed. Drive only if necessary.

- Check on neighbors and family.
- Properly ventilate emergency heat sources.
- Keep generators at least 20 feet from your home.
- Take it easy when shoveling.



Blood Donor Month

The month of January is designated as National Blood Donor Month in the United States. Due to holiday celebrations, inclement weather, and cold and flu season, the winter months are often a time of reduced donations and an increased risk for blood shortages. National Blood Donor Month celebrates blood donors during this critical time and reminds people of the importance of donating blood. Help ensure that this lifesaving resource is readily available to patients during this time. The Red Cross Bloodmobile will be at the Community Center on January 17th from 11am-5pm. To find other blood drives visit redcrossblood.org/give.



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.

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