

# The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

## Better Hearing & Speech Month

May highlights the importance of being able to hear and speak clearly, these go hand-in-hand with each other. Otitis Media with Effusion (OME) Also called ear fluid, OME can affect your child's ability to hear normally. This hearing loss could affect speech and language development in some children, especially when the fluid is in both ears and lasts a long time.

### Your Child's Speech

Speech (sometimes called articulation) is the physical production of sounds in sequence to form words. Children with delayed speech may omit sounds or substitute easy sounds for harder sounds. Findings that suggest delayed speech development:

- Your child doesn't babble using consonants (particularly b, m, d, and n) by 9 months.
- Your child uses mostly vowel sounds and gestures after 18 months.
- Your child's speech is hard to understand at the age of 3 years.
- Your child frequently leaves out or adds consonants in words at the age of 3 years.
- Your child is not able to produce most sounds by the age of 5 or 6.

### Your Child's Language

Language is the meaning or message expressed back and forth through speech, writing, or even gestures. Receptive language is the ability to understand what others say. Children with delayed receptive language may have difficulty following directions or understanding the words or sentence structures used by others. Expressive language is the ability to choose the right words when communicating, and then put the words together properly for sentences and meaning.

Findings that Suggest Delayed Language Development:

- A child does not use single words by 16 to 18 months.
- A child cannot follow simple instructions, such as "Give me your shoe," or cannot point to body parts or common objects following a verbal request by 18 months.
- A child does not use 3-4 word utterances by the age of 2 years.
- A child does not communicate with complete sentences by the age of 3 years.
- A child's sentences are still short or noticeably incorrect at the age of 4 years.

### What You Can Do?

If there are delays in your child's speech or language development because of fluid, these delays usually disappear once the ear fluid goes away on its own or ear tubes are inserted. If a delay continues, your child should be referred to a speech-language pathologist for evaluation and treatment, as necessary. Reading to or with your child is also important because reading and spelling are strongly linked to speech and language development.



May 2024

May 12<sup>th</sup> -  
Mother's Day

May 27<sup>th</sup> -  
Memorial Day

You are never too old to set another goal or to dream a new dream.

-C.S. Lewis

### In this Issue:

Hearing & Speech	1
High Blood Awareness	1
ABC's of Hepatitis	2
Popsicles & Play	2
Cancer Support	2
Skin Care	3

## High Blood Pressure Awareness

High blood pressure can cause heart disease which is the leading cause of death in the United States, but there's a lot you can do to prevent it. Taking time to care for your heart can be challenging as you go about daily life. But it's easier than you think to show your heart the love it deserves each day. Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals, help your heart. Research shows that self-care can help you keep your blood pressure in a healthy range and reduce your risk of heart disease and stroke.

For more health information contact:  
**NOBLE COUNTY HEALTH DEPARTMENT**  
740-732-4958  
[www.noblecohd.org](http://www.noblecohd.org)

## Learn the ABCs of Viral Hepatitis

Hepatitis A is a disease of the liver caused by the hepatitis A virus (HAV). People who get hepatitis A may feel sick for a few weeks to several months but usually recover completely and do not have lasting liver damage. The hepatitis A virus is found in the stool and blood of people who are infected and can be spread when someone ingests the virus, usually through eating contaminated food or drink or through close personal contact with an infected person. Hepatitis A is very contagious, and people can even spread the virus before they get symptoms. However, hepatitis A is easily prevented with a safe and effective vaccine, which is recommended for all children at one year of age and for adults who may be at risk, including travelers to certain international countries. Since the hepatitis A vaccine was first recommended in 1996, cases of hepatitis A in the United States have declined dramatically. Unfortunately, adult vaccination rates remain low and in recent years the number of people infected has increased as a result of multiple outbreaks of hepatitis A across the United States.

Hepatitis B is a disease of the liver caused by an infection with the hepatitis B virus (HBV). Some people who become infected can go on to develop a chronic or lifelong infection. Over time, chronic hepatitis B can cause serious liver damage, and even liver cancer. CDC recommends all adults get tested for hepatitis B at least once in their life and pregnant women during each pregnancy. Although there is no cure for hepatitis B, treatments are available that can delay or reduce the risk of developing liver cancer. Hepatitis B is spread when blood, semen, or other body fluids from a person infected with the virus enters the body of someone who is not infected or vaccinated. Hepatitis B can be prevented with a safe and effective vaccine. Shortly after birth, babies should receive the first dose of hepatitis B vaccine. CDC recommends all adults age 18 and above get vaccinated, if they were not vaccinated as a child.

Hepatitis C is a disease of the liver caused by an infection with the hepatitis C virus (HCV). For some people, hepatitis C is a short-term illness, but for more than half of people who become infected with the hepatitis C virus, it becomes a long-term, chronic infection that can lead to liver disease and liver cancer. Hepatitis C is spread when blood from a person infected with HCV — even microscopic amounts — enters the body of someone who is not infected. People with hepatitis C often have no symptoms so testing is the only way to know if you are infected.

pop on over

AND CHILL WITH US



Popsicles & Play



Join the Noble County Wellness Coalition  
10:00am-11:00am

JUNE 7TH SUMMERFIELD PARK  
JUNE 14TH WOLF RUN CAMPGROUNDS  
JUNE 21ST DEXTER CITY PARK  
JUNE 28TH SARASVILLE PARK  
JULY 5TH FAIRGROUNDS  
JULY 12TH BATESVILLE PARK  
JULY 19TH BELLE VALLEY PARK  
JULY 26TH CALDWELL ELEM.  
AUGUST 2RD SHENANDOAH ELEM.  
AUGUST 10TH FAMILY FUN DAY- @  
CALDWELL LAKE

## Living with Cancer

Free Support Group in Noble County

*Open to anyone impacted by cancer.  
Patients, caregivers, loved ones, health professionals*

Have you, or someone you love been impacted by a cancer diagnosis?

Find your support with Cancer Support Community.

Living with Cancer is a free support group for residents of Noble County and surrounding communities.

**Snacks will be provided. All are welcome.**



**Noble County Health Dept**  
or online via Zoom  
44069 Marietta Rd, Caldwell, OH

**Click, call, or scan to register.**  
CancerSupportOhio.org/NCHD  
614.884.HOPE (4673)



*Every Third Thursday, Monthly*



## Sun Protection

The sun sustains life and feels good, but it can be your skin's worst enemy. There is added damage that can lead to cancer (as well as leathery skin, dark spots and wrinkles) each time you are outside without sun protection. Two types of UV light are proven to contribute to the risk for skin cancer: Ultraviolet A (UVA) has a longer wavelength, which is associated with skin aging. Ultraviolet B (UVB) has a shorter wavelength, which is associated with skin burning. No single method of sun defense can protect you perfectly, though. The best path to beautiful, healthy skin is to adopt as many of these steps as possible into your lifestyle, and make them daily habits everywhere you go, all year long.

### Cover It Up

Clothing can provide a great barrier against the sun's ultraviolet (UV) rays. Many new fabrics offer high-tech protection and breathability. The more skin you cover, the better, and a hat with a wide brim all the way around (three inches or more) is best. Also wear UV-blocking sunglasses to protect your eyes and the skin around them.

### Play in the Shade

When you are outside, think of shade as your refuge, especially between 10 AM and 4 PM, the peak hours of sun intensity. Shade isn't a perfect shield. Some UV rays can still reach your skin. They can pass through leaves and branches, hit your skin from the side and reflect off water, sand, glass and concrete.

### Know Your Sunscreen

Whether it's a sport spray, an easy-to-use stick or a rich moisturizer with antiaging ingredients, the best sunscreen is the one you will use every day. SPF stands for sun protection factor. The number tells you how long the sun's UVB rays would take to redden your skin when using a particular sunscreen compared with the amount of time without sunscreen. The words "broad spectrum" on a label indicate that the sunscreen contains ingredients that effectively protect against UVA rays as well as UVB. While sunscreens can't claim to be waterproof, they can be labeled water resistant for either 40 or 80 minutes. Yes, you can burn even when you're in the water, so reapplying is key! The Skin Cancer Foundation advises everyone to use a broad-spectrum sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad-spectrum sunscreen with an SPF of 30 or higher. Reapply every two hours or after swimming or sweating.

### Shield the Wee Ones

It's best in the first six months to keep infants out of the sun rather than use sunscreen on their sensitive skin. Clothing should cover baby's vulnerable arms and legs, and don't forget to use hats, sunglasses and stroller sun shades. In addition to providing a protective hat and clothing, you can apply sunscreen to children starting at six months.

### Look Out for Windows

Car windshields are treated to shield drivers from most UVA rays, but side, back and sunroof windows usually aren't. When you're in your car, protect yourself and your family with hats, clothing, sunglasses, sunscreen, whatever it takes. Another option is to have UV-protective window film applied to windows, in your car or at home.

### Early Detection Starts with You

Using sun protection consistently from an early age is the strongest defense against developing skin cancer. No person or method is perfect, though, and one in five Americans will develop skin cancer by the age of 70. The Skin Cancer Foundation



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.

"This Institution is an Equal Opportunity Provider"