

The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

June is Men's Health Month

Did you know there is a month entirely dedicated to raising awareness for issues impacting the health and wellness of men and boys? The month also coincides with Men's Health Week (June 10–16), a special awareness period created by Congress, and the #ShowUsYourBlue campaign on June 16 where men and women are encouraged to wear blue to work to show their support for the health and well-being of men and boys.

1. Early screenings! They will not only save money in the long run, but they can also save your life and/or make life easier to manage if diseases are caught early on.
2. Exercise! Help your heart and get at least 30 minutes of exercise daily.
3. Father's Day is coming up! Why not give the father figure in your life the gift of knowledge along with your gift? There are many resources at www.menshealthnetwork.org that will help educate you and your father about risks of prostate cancer and other diseases.
4. Remember that anyone can assist in the men's health movement, and help is not limited by gender. Anyone can be supportive and help men make that first step toward a better life. Everyone should be an ally!

All men should have a yearly physical exam. The Noble County Health Department offers a men's health exam. It includes a physical exam, testicular exam, sexually transmitted disease testing, lab work and referrals as needed. Call 740-732-4958 for an appointment.

Need a Mammogram?

According to the center for Disease Control (CDC) getting mammograms regularly can lower the risk of dying from breast cancer. The United States Preventive Service Task Force recommends that average risk women who are 50–74 years old should have a screening mammogram every two years. Mammograms are 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 may be able to help. To see if you qualify call 1-800-236-6253. The Ohio State University Mammography mobile van will be at the Noble County Health Department on August 22nd and September 23rd. To schedule an appointment, call Tammy at 740-732-4958.

Tips for a Healthy Summer

1. **Move More, Sit Less-** Get at least 150 minutes of aerobic physical activity each week.
2. **Wear Sunscreen & Insect Repellent-** Use shade, wide-brimmed hats, clothing that covers, and broad-spectrum sunscreen with at least SPF 15 for sun protection. Use insect repellent and wear long-sleeved shirts and long pants to prevent mosquito bites and ticks.
3. **Keep Cool in Extreme Heat-** Extreme heat can be dangerous for everyone, but it may be especially dangerous for people with chronic medical conditions.
4. **Eat Healthy Foods-** Delicious fruits and veggies make any summer meal healthier.
5. **Choose Your Drinks Wisely-** Drink water (fluoridated tap or unsweetened bottled or sparkling) instead of sugary or alcoholic drinks to reduce calories and stay safe.

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

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June 19th -
Juneteenth

June 20th -
First Day of Summer

*Every morning
is a new
beginning.*

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Juvenile Arthritis Awareness

Known as pediatric rheumatic disease, Juvenile Arthritis (JA) is an umbrella term used to describe the many autoimmune and inflammatory conditions or pediatric rheumatic diseases that can develop in children under the age of 16. JA affects nearly 300,000 children in the United States. Although the various types of JA share many common symptoms, like pain, joint swelling, redness and warmth, each type of JA is different and has its own special concerns and symptoms. JA can also involve the eyes, skin, muscles and gastrointestinal tract.

Juvenile Arthritis Causes

No known cause has been pinpointed for most forms of JA, nor is there evidence to suggest that toxins, foods or allergies cause children to develop JA. Some research points toward a genetic predisposition to JA may cause the onset of it when triggered by other factors.

Juvenile Arthritis Diagnosis

The most important step in properly treating JA is getting an accurate diagnosis. The diagnostic process can be long and detailed. There is no single blood test that confirms any type of JA. In children, the key to diagnosis is a careful physical exam, along with a thorough medical history.

Juvenile Arthritis Treatment

Early diagnosis and aggressive treatment, remission is possible. The goal of treatment is to relieve inflammation, control pain and improve the child's quality of life. Most treatment plans involve a combination of medication, physical activity, eye care and healthy eating.



How to Create a Safer Home Pool or Hot Tub

Secure Your Pool When Not in Use

- Completely surround your pool with four-sided isolation fencing with a self-closing and self-latching gate that is out of the reach of a child.
- A four-sided isolation fence (separating the pool area from the house and yard) reduces a child's risk of drowning 83% compared to three-sided property-line fencing.
- For above-ground pools, secure, lock or remove steps, ladders and anything that can be used for access (such as outdoor furniture and toys) whenever the pool is not being actively supervised by an adult.
- Install a secondary barrier, such as:
 - Door alarms and locks that are out of the reach of a child on all doors and windows with direct access to the pool
 - Lockable covers

Establish and Enforce Rules and Safe Behaviors

- Do not enter head first unless in a pool that has a safe diving area.
- Stay away from drains and other openings that cause suction.
- Swim with a buddy.
- Only swim when supervised by a water watcher.
- Swim sober.
- Supervise others sober and without distractions, such as reading or talking on or using a cell phone.

Take These Water Safety Steps

- Employ layers of protection including barriers to prevent access to water, life jackets, and close supervision of children to prevent drowning.
- Ensure every member of your family learns to swim so they at least achieve skills of water competency: able to enter the water, get a breath, stay afloat, change position, swim a distance then get out of the water safely.
- Know what to do in a water emergency – including how to help someone in trouble in the water safely, call for emergency help and CPR.



"This Institution is an Equal Opportunity Provider."

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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For more information
and a registration form,
contact:

Teiara Saling
(740) 732-2392
teiara.saling@jfs.ohio.gov

*4-18 years old

www.visiontolearn.org

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 SARAHVILLE 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

Tick Bite Prevention

A few simple measures can decrease your chances of being bitten by a harmful tick while outside:

- Know when and where to expect ticks. (Blacklegged ticks are found in the woods; dog ticks are in grassy areas and road edges.)
- Use repellents according to labels.
- Tuck your pants into your socks and boots and tuck your shirt into your pants.
- Check yourself, family and pets regularly and remove ticks immediately.
- Use anti-tick products on pets.
- Ask your veterinarian about Lyme vaccines for pets where black-legged ticks are found.
- Create a tick-safe zone in your yard.

To use tick repellent properly follow these steps:

1. Purchase an insect repellent containing permethrin.
2. Apply the permethrin to your pants and boots and allow them to dry.
3. When heading to the field/woods, tuck your pants into your boots to prevent tick access to your skin.
4. Once the permethrin is dry, it has no odor and leaves no stain. The repellent should remain effective throughout the hunting season, even with exposure to moisture or hot-water washing.

TICK REMOVAL

If you are bitten by a tick, do not panic. Carefully remove the tick, including its mouthparts, from your skin using tweezers. Monitor your health the following days. While the CDC recognizes a 36-48 hour window is needed for disease transmission, there is evidence that transmission can occur sooner.