

The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

Breast Cancer Awareness

According to the National Breast Cancer Foundation, Inc., 1 in 8 women will be diagnosed with breast cancer in her lifetime. Every woman needs to make/or find time for her breast health. Starting at age 40 and onward women should have a clinical breast exam and mammogram yearly or as advised by your healthcare provider. Regular mammograms can help find breast cancer early. The U.S. Preventive Service Task Force (USPSTF) recommends mammogram screening every two years for women ages 50-74 who are at average risk. However, women with a parent, sibling, or child with breast cancer are at higher risk for breast cancer and may benefit more than average-risk women from beginning screening in their 40s or earlier.

The Southeast Ohio Breast and Cervical Cancer Project (BCCP) offers no-cost breast and cervical cancer screenings and diagnostic testing to Qualified Women ages 21 for cervical screenings and age 40 for routine breast screenings. 21 years or older for funding of breast and/or Cervical diagnostic testing with a physician's order. Call Toll-Free 1-800-236-6253 or 740-732-4958 for more information.

BCCP is a program of the Noble County Health Department. Multiple times a year BCCP collaborates with Ohio State University Mammography to bring a mobile mammography van to Noble County. This van is available to those enrolled and to those not enrolled in BCCP. For more information about this opportunity or other BCCP questions call 740-732-4958.

October 2024

October 14–
Columbus Day

October 31–
Halloween

For every minute
you are angry,
you lose sixty
seconds of
happiness.

-Ralph Waldo
Emerson

Bone & Joint Health

If your back and joints hurt, you're not alone because bone and joint ailments are some of the most common problems facing millions of people around the world. October 12-20 is Bone and Joint Health National Action Week which promotes information on causes and prevention of musculoskeletal conditions.

What can I do to keep my bones healthy?

Include plenty of calcium in your diet. Good sources of calcium include dairy products, almonds, broccoli, kale, and soy products, such as tofu. If you find it difficult to get enough calcium from your diet, ask your doctor about supplements.

Pay attention to vitamin D. Good sources of vitamin D include oily fish, such as salmon, trout, whitefish and tuna. Additionally, mushrooms, eggs and fortified foods, such as milk and cereals, are good sources of vitamin D. Sunlight also contributes to the body's production of vitamin D. If you're worried about getting enough vitamin D, ask your doctor about supplements.

Include physical activity in your daily routine. Weight-bearing exercises, such as walking, jogging, and climbing stairs, can help you build strong bones and slow bone loss.

Avoid substance abuse. Don't smoke. If you are a woman, avoid drinking more than one alcoholic drink each day. If you are a man, avoid drinking more than two alcoholic drinks a day.

Avoid joint injuries the best you can by:

- Stretching and warming up before playing sports or working out.
- Wearing the right protective equipment and shoes to support and protect your joints.
- Cooling down and stretching after physical activity.
- Give your body time to rest and recover after intense activity.



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For more health
information contact:
Noble County
Health
Department
740-732-4958
www.noblecohd.org

Eye Safety

All year round you should protect your eyes. October is Eye Safety awareness month and here are some great tips to help protect your eyes.

In the house

- ◇ Using dangerous chemicals such as oven cleaner and bleach. Read the labels of chemicals and cleaners carefully, and don't mix products.
- ◇ Cooking foods that can splatter hot grease or oil.
- ◇ Drilling or hammering screws or nails into walls or hard surfaces like brick or cement.
- ◇ Using hot objects such as curling irons around your face.

In the yard

- ◇ Mowing the lawn. Check the lawn or the outdoor area first for sticks, rocks or other items that can fly out from under the mower.
- ◇ Using a power trimmer or edger.
- ◇ Clipping hedges and bushes.
- ◇ Playing sports.

In the garage or workshop

- ◇ Using power or hand tools. Keep your tools in good condition; damaged tools should be repaired or replaced.
- ◇ Working with solvents or other chemicals. Make sure that all spray nozzles are directed away from you.
- ◇ Doing anything that can cause fragments or dust particles to fly around in the air.
- ◇ Tying down equipment or loads with bungee cords. Bungee cords are a serious danger to eyes when they snap back.

For all of these activities, remember that people nearby also face serious risk. Bystanders should wear eye protection too or leave the area where the chore is being done. This is particularly important for children who watch their parents do chores in and around the home. Unfortunately, only about three out of 10 people wear protective eyewear during home projects that could hurt their eyes. The good news? Simply wearing protective eyewear can reduce your risk for eye injury by 90 percent! The American Academy of Ophthalmology urges every household to have at least one pair of ANSI-approved protective eyewear. "ANSI-approved" means the protective eyewear is made to meet safety standards of the American National Standards Institute.



We want to hear from you!

The Southeastern Ohio Health Improvement Collaborative (SOHIC) which includes Noble County is conducting a short (20 minute or less!) survey to better understand health needs in the community. We want to make our community a healthier place to live, work, and play!

Community Health Assessment Survey

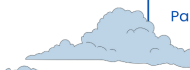
The Community Health Assessment Team invites you to become part of creating a healthier Noble County!

To Complete the Survey:

Scan the QR Code or visit:
<https://www.surveymonkey.com/r/SOHIC>



Paper copies are also available at the Health Department



Promoting wellness, disease prevention, and helping plan a healthy future for our community.

Safe Sleep

October is Sudden Infant Death Syndrome (SIDS) Awareness Month, also known as Infant Safe Sleep Month. Noble County Health Department wants to raise awareness about safe infant sleep practices and reduce the risk of SIDS. Here are some ways to promote safe sleep:

- Create a safe sleep space: Use a firm, flat surface in a crib, bassinet, or pack-n-play. Remove pillows, blankets, bumpers, and soft toys.
- Room share: Place the baby's bed in your bedroom, but don't share a bed.
- Avoid smoking: Don't smoke around your baby, and make sure others don't smoke around them either.
- Dress for sleep: Dress your baby in sleep clothing and avoid using blankets.
- Breastfeed: Breastfeeding your baby can help.
- Educate others: Talk to your health care provider and bring safe sleep brochures to your next appointment. You can also host a lunch with coworkers to help them understand the importance of safe sleep.

Black, American Indian/Alaskan Native, and low-income families are more likely to experience SIDS and sudden unexpected infant death (SUID).

"This Institution is an Equal Opportunity Provider/Employer."

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 Sudden Cardiac Arrest Awareness Month

Sudden Cardiac Arrest is a leading cause of death in the United State, taking the lives of more than 356,000 people each year, including more than 23,000 youth under age 18. Sudden Cardiac Arrest (SCA) is a life-threatening emergency that occurs when the heart suddenly stops beating. It strikes people of all ages who may seem to be healthy, even children and teens. When SCA happens, the person collapses and doesn't respond or breathe normally. They may gasp or shake as if having a seizure. SCA leads to death within minutes if the person does not get help right away. Survival depends on people nearby calling 911, or starting CPR, and using an automated external defibrillator (AED) (if available) as soon as possible. SCA is not a heart attack. A heart attack is caused by impeded blood flow through the heart. SCA is caused by a structural or electrical problem, often from an undetected heart condition, and in other instances, from an infection or severe blow to the chest. To the right there is a infographic that explains the difference between sudden cardiac arrest and a heart attack.

Maple Pumpkin Oatmeal Breakfast Bars

Oatmeal is celebrated on National Oatmeal day, which is on October 29. Oatmeal can be a versatile ingredient that is enjoyed in many ways and is especially comforting during the cold weather of fall. Try out this new recipe to celebrate oatmeal and the fall flavor of pumpkin.

Ingredients

- 2-1/2 cups old fashioned oats, divided
- 1 cup milk
- 1/2 cup pumpkin puree
- 1/2 cup pure maple syrup
- 1/4 cup coconut oil, melted
- 1 egg
- 1 teaspoon vanilla
- 2 Tablespoons chia seeds
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/3 cup pecan halves, chopped (optional)
- Preheat oven to 350 degrees then spray an 8x8" baking pan with non-stick spray.
- Add 1 cup old fashioned oats to a food processor or blender then process until oats have turned into flour. Set aside.
- Add all wet ingredients to a large bowl then whisk to combine. Add remaining 1-1/2 cups oats, oat flour, chia seeds, pumpkin pie spice, baking powder, baking soda, and salt then stir to combine. Fold in chopped pecans (optional) then pour batter into prepared baking pan.
- Bake for 35-40 minutes, or until the edges are golden brown and the center has set. Check on the bars at the 25 minute mark - if the edges are browning too quickly, place a piece of foil on top of the baking pan. Cool before slicing then store in the refrigerator, or individually wrap bars in saran wrap and freeze.

SUDDEN CARDIAC ARREST

VERSUS

HEART ATTACK



ELECTRICAL



PLUMBING

THEY ARE NOT THE SAME

Sudden Cardiac Arrest Victim

Heart Attack Victim

Electrical malfunction causes the heart to suddenly and unexpectedly stop beating

Blockage in coronary arteries interrupts blood flow to the heart

Can happen at any age, including children and teens

Happens mostly in people over age 35

Person is unresponsive and NOT breathing

Person is responsive and breathing

Person may gasp or shake, as if having a seizure

Person may experience chest, neck or left arm pain, shortness of breath, sweating or nausea

Call 911

Call 911

People nearby must start CPR immediately to triple chance of survival

Responsive victims don't need CPR/AED

The use of an AED, is the only way to restart a heart; AEDs can be used by anyone

Start CPR if person becomes unresponsive and experiences sudden cardiac arrest