

# The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

## Thyroid Awareness

January is Thyroid Awareness Month—a chance to spread the word about thyroid health. The thyroid is a small, butterfly shaped organ found in the middle of your lower neck. It helps regulate processes in your body such as: metabolism, heart function, body temperature, digestion, skin and bone maintenance, brain development and muscle function.

There are several types of thyroid diseases, but the main thyroid disorders include: Hypothyroidism, or an *underactive* thyroid, is a treatable condition where your thyroid doesn't produce enough thyroid hormones. Without adequate thyroid hormones, your body's metabolism slows down. Hyperthyroidism, or an *overactive* thyroid, is a treatable condition where the thyroid hormone levels are higher than your body's needs. It's like your thyroid's gas pedal is stuck in high rev mode. The elevated thyroid hormones increase your body's metabolism. Thyroid cancer is an uncontrolled multiplication of the cells in your thyroid. Each year, about 45,000 people—12,000 men and 33,000 women— in the United States are diagnosed with thyroid cancer, but most are successfully treated.

### Symptoms of thyroid disease

Thyroid hormones influence every part of your body function. Thus, thyroid disease can cause many symptoms, including:

- **Changes in energy levels:** If thyroid hormones are too high or too low, you may experience symptoms like tiredness, restlessness, and drowsiness.
- **Changes in mood and mental health**—such as anxiety, depression, and difficulty in concentration.
- **Unexplained weight changes**— If you gain or lose weight unexpectedly.
- **Digestion problems**—Frequent stooling or constipation that lingers for weeks.
- **Menstrual cycle changes**—A sudden change in menstrual flow, or timing.
- **More temperature sensitivity**—being unable to tolerate cold or heat.
- **Skin, hair, and nail changes**- Changes like dry skin, moist skin, brittle nails or your hair falling out these may be a sign of thyroid disease.

### How to promote your thyroid health and increase awareness

1. Eat a balanced, healthy diet rich in iodine: You can get iodine from fish, shrimp, dairy and iodine-fortified products such as salt. If you eat a balanced diet and use table salt even sparingly, you should be getting all the iodine you need.
2. Perform thyroid self-checks: Drink a glass of water in front of a mirror, examining your neck as you swallow. Any swelling or bulge may be signs of an enlarged thyroid and you should seek medical attention.
3. Encourage people with symptoms to test: Thyroid disease can be diagnosed with simple blood tests. Encourage people with possible symptoms to get tested.

Creating thyroid awareness is everyone's business. By doing self-checks, screenings and testing, you can catch thyroid disease early, get treated and continue living a healthy life.

January 2025  
Issue

January 1st– New  
Year's Day

January 20th– MLK  
Jr. Day

With the new  
day comes  
new strength  
and new  
thoughts.

-Eleanor  
Roosevelt

### In this Issue:

|                                |          |
|--------------------------------|----------|
| <b>Cervical Cancer</b>         | <b>1</b> |
| <b>Mammogram</b>               | <b>1</b> |
| <b>Stay Healthy</b>            | <b>2</b> |
| <b>CHNA</b>                    | <b>2</b> |
| <b>Bloodmobile</b>             | <b>2</b> |
| <b>Let's Make<br/>Crepes</b>   | <b>3</b> |
| <b>Winter Driving<br/>Tips</b> | <b>3</b> |

## 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 will come to the Health Department's top parking lot March 24<sup>th</sup>, June 11<sup>th</sup>, August 25<sup>th</sup> and September 29<sup>th</sup> this 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](http://www.noblecohd.org)

## Staying Healthy

January is National Staying Healthy Month. The key word is “staying.” The true benefits of healthy habits pay off when they are maintained in the long term. Consider these tips for setting yourself up for success in the new year.

**Tip #1.** Ask Yourself, “Why?” - When setting a goal of any kind, carefully consider the “why”, or motivation behind it. Why do you want to make this change, or implement this new habit? How will it improve your well-being?

**Tip #2.** Be SMART and Specific - Make Specific, Measurable, Achievable, Relevant/reward-based, and Time-Defined (SMART) statements when setting your goal.

**Tip #3.** Identify Potential Barriers: Consider the things that could potentially trip you up or make it more difficult to get there. These barriers could be things like your environment, your access to resources, your schedule, lack of support, or even the lifestyle of your friends and family. Make sure to have a strategy for how you’ll address each potential barrier.

**Tip #4.** Plan for Support - Goals are often more easily achieved with support. Plan for the types of support and support people you might need to reach your goal. There’s no shame in asking for help, accountability, or using visual aids to keep you on track.

**Tip #5.** Set Milestones - Plan milestones toward your goal to give your brain a feel good boost to keep up the hard work. Keep track of how you feel throughout the process and take time to reflect on your progress and learn from any stumbles.



## Help Us Help You!

The Noble County Health Department is conducting a Community Health Needs Assessment (CHNA) to identify the health needs of our community.

**WE NEED YOUR THOUGHTS!**

Please use the QR code below or visit

<https://www.surveymonkey.com/r/SOHIC> to

fill out a short survey. You can also pick up a paper copy at the Noble County Health Dept.

All responses will remain anonymous. With your help, we can make our community a

healthier place to live!



## 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 15th from 11am-4pm. To find other blood drives visit [redcrossblood.org](http://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](mailto:Samantha.Hesson@noblecohd.org).

“This Institution is an Equal Opportunity Provider.”

## Try Something New...Crepes!

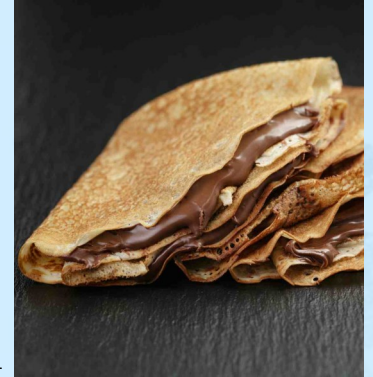
Crepes are French-style thin pancakes that might seem fancy, but they are really easy! Crepes can be customized with all your favorite toppings and can be either a sweet treat or a savory option. You can make sweet crepes by adding a cream cheese filling with your choice of fruit, whipped cream, fruit or jams, caramelized bananas with Nutella, peanut butter, lemon curd, marshmallow fluff- the fillings are endless. Not much of a sweet tooth? Try some savory options- sauteed vegetables with eggs, different combinations of meats and cheeses or pesto, chicken and mozzarella as an example. Crepes are usually served 3 different ways- folded in half like an omelet, into a triangle by folding it in half than in half again or simply rolling the crepe up. In any form the filling can be put inside or on top.

### Ingredients

3 Tablespoons unsalted butter, plus 3–4 more Tablespoons for the pan • 1 cup all-purpose flour • 1 Tablespoon granulated sugar • 1/8 teaspoon salt • 3/4 cup whole milk, at room temperature • 1/2 cup water, at room temperature • 2 large eggs, at room temperature • 1 and 1/2 teaspoons pure vanilla extract

### Instructions

1. Melt 3 Tablespoons of butter in the microwave. Cool for 5 minutes. The remaining butter is for the skillet.
2. Combine all the ingredients in a blender or large food processor. If you don't have a blender or food processor, use a large mixing bowl and whisk by hand. Blend/ mix until everything is combined and a silky-smooth texture. Cover tightly, and chill in the refrigerator for 30–60 minutes.
3. Place an 8-inch skillet over medium heat and generously grease it with some of the reserved butter before each crepe. Once the skillet is hot, pour 3–4 Tablespoons of batter into the center of the pan. Tilt/twirl the pan so the batter stretches as far as it goes, it should be a very thin layer. Cook for 1–2 minutes, then flip as soon as the bottom is set. Cook the other side for 30 seconds until set. Transfer the cooked crepe to a large plate and repeat with the remaining batter.
4. Fill the crepes. See filling suggestions above this recipe or create your own mix of a filling.



## Winter Safety for Drivers

Winter weather can create poor roadway conditions. Ohio Department of Transportation (ODOT) has some winter safety tips for drivers for this time of year.

### Prepare for your trip

1. Monitor weather conditions before you plan to leave and expect any trip to take double the normal amount of time. Leave plenty of time to reach your destination safely. Use ODOT's real-time traffic information website and mobile application, to see current traffic speeds, live traffic cameras, and current weather conditions.
2. Avoid steep upgrades and lightly traveled roads where deep snow drifts may form.
3. Remove any snow on your vehicle's windows, lights, brake lights, and signals. Make sure you can see and be seen while on the road.
4. Check your vehicle's tires, wiper blades, fluids, lights, belts, and hoses. A breakdown is bad on a good day – and dangerous on a bad weather day.

### Proceed with Caution

1. When snow and ice are present, the posted speed limit is **NOT** a safe speed. Drive an appropriate speed for the conditions you encounter.
2. It can take **3 to 10 times** farther to stop on slick pavement than on a dry road. The faster you're going, the longer it will take to stop. Allow a large space between yourself and the car ahead of you.
3. Never slam on your brakes or begin accelerating quickly in ice or snow. Slick pavement conditions can cause reduced traction and loss of control. If you have anti-lock brakes, press the pedal down firmly and hold it. If you don't have anti-lock brakes, gently pump the pedal. Either way, give yourself plenty of room to stop.
4. When driving on ice and snow, do not use cruise control and avoid abrupt steering maneuvers. When merging into traffic, take it slow. Sudden movements can cause your vehicle to slide.
5. Be aware of what's going on well ahead of you. Actions by other vehicles will alert you to problems more quickly and give you that split-second of extra time to react safely.

### Don't Crowd the Plow

1. The plow driver's field of vision is limited. As a general rule: If you can't see the plow truck's side mirrors, the truck driver can't see you. Always stay two to three car lengths behind the plow.
2. Snowplows travel well below the posted speed limit. Be patient and provide plow drivers the room they need to complete their work. Try not to pass the plow. Watch for sudden stops or turns.
3. Additional, plow trucks have a tendency to leave snow clouds as they push snow accumulations off the roadways, creating a limited visibility for drivers around them.