

The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

Men's Health Month: Why it Matters

June is Men's Health Month! It's a time to learn about how men and boys can stay healthy and strong. Taking care of your body and mind is very important, and this month helps remind men to do just that. Men can be more likely to ignore signs of illness or skip checkups. Men's Health Month helps people talk about these problems and learn how to stay healthy.

Here are some simple things men and boys can do to feel their best:

- Go to the doctor— Regular checkups can catch problems early.
- Eat healthy foods – Try to eat fruits, vegetables, whole grains, and lean proteins.
- Get moving – Exercise helps your heart, muscles, and brain. Try walking, running, or playing sports.
- Sleep well – Most people need about 7–9 hours of sleep each night.
- Talk about your feelings – Mental health is just as important as physical health. It's okay to ask for help if you feel sad or stressed.

Men can face certain health issues more than women, such as: heart disease, high blood pressure, diabetes, prostate problems and depression. Seeing a doctor and living a healthy lifestyle can help lower the chances of these problems. Even if you're young, you can help support Men's Health Month: Remind the men in your life—like dads, brothers, or uncles—to get checkups, join a walk or run for men's health and/or wear blue during June to raise awareness.

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.

Tick Bite Prevention

A few simple measures can decrease your chances of being bitten by a 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.

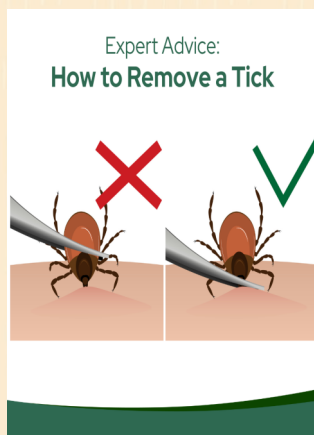
To use tick repellent properly follow these steps:

1. Purchase an insect repellent containing permethrin.
2. Apply the permethrin to your pants and boots and allow them to dry.
3. 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.



June Issue
2025

June 19th -
Juneteenth

June 20th -
First Day of Summer

*Start where you
are. Use what you
have. Do what you
can."*

*- Theodore
Roosevelt*

In this Issue:

Men's Health	1
Tick Bite Prevention	1
Brain Health	2
Headache vs Migraine	2
Mammograms	3
Safety Month	3
Strawberry Shortcake	3
Vision Van	4
Sport Physicals	4

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

Learn About Your Amazing Brain and How to Keep It Healthy

Did you know that June is Alzheimer's and Brain Awareness Month? This is a special time to learn more about our brains and how we can take care of them. It's also a time to help people who are living with a disease called Alzheimer's.

What Is Alzheimer's?

Alzheimer's disease is a sickness that affects the brain. It slowly makes it harder for people to remember things, think clearly, and take care of themselves. Most people who get Alzheimer's are older adults. They may forget names, places, or even how to do simple things like brushing their teeth. As the disease gets worse, people may not know where they are or who their family is. This can be very hard for them and for the people who love them.

Why Is the Brain So Important?

The brain is like the boss of your body. It helps you think, feel, move, and remember. It controls everything you do, from breathing to solving math problems! That's why it's so important to keep it healthy.

How Can You Keep Your Brain Healthy?

Even kids can take steps to protect their brains! Here are some easy things you can do:

- Eat healthy foods like fruits, vegetables, and whole grains. These foods help your brain stay strong.
- Get enough sleep. Your brain needs rest to stay sharp.
- Play and learn. Reading, doing puzzles, or playing games that make you think can keep your brain active.
- Move your body. Exercise is not just good for your muscles — it's good for your brain too!
- Be kind and talk to others. Being social helps keep your brain healthy.

How Can You Help?

You can show support for people with Alzheimer's by wearing purple in June, learning about the disease, and talking to your family and friends about brain health. You can even make a card or picture for someone who may be feeling sad or forgetful. Remember: your brain is amazing, and taking care of it is something you can start today!



Let's Learn About Headaches & Migraines

Did you know that June is National Migraine and Headache Awareness Month? This month is a time to learn about headaches and how they can affect people's lives.

Headache vs Migraine

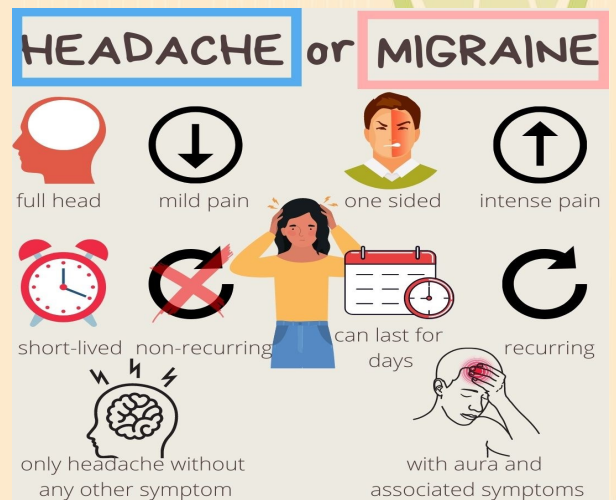
A headache is when your head hurts. Sometimes it's just a little pain, and other times it can hurt a lot. Many people get headaches now and then, and they can happen for many reasons — like not getting enough sleep, being stressed, being sick, or looking at screens too long. A migraine is a special kind of headache. It's usually stronger and lasts longer. People with migraines may: feel a pounding or throbbing pain, usually on one side of the head, feel sick to their stomach (nauseous), see flashing lights or spots before the pain starts or be sensitive to light, sound, or smells

Migraines can make it really hard for people to go to school, work, or play. Both kids and adults can get migraines, but they happen more often in adults. Some people get them once in a while, and others get them a lot. Here are a few ways to help:

- Let them rest in a quiet, dark room
- Speak softly and avoid making loud noises
- Offer water or a cool cloth if they want it
- Don't be upset if they need to cancel plans — they're not feeling well

What can you do to help avoid headaches?

- Drink plenty of water
- Get enough sleep every night
- Take breaks from screens
- Eat healthy meals
- Tell an adult if your head hurts often



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 25th and September 29th. To schedule an appointment, call Tammy at 740-732-4958.

National Safety Month

Every year in June, we celebrate National Safety Month. This is a time to learn how to stay safe at home, at school, and in our communities. Safety means protecting yourself and others from harm or danger. Why Is Safety Important? Accidents can happen anywhere — at home, on the road, or even while playing. Learning about safety helps us stop accidents before they happen. That way, we can stay healthy and happy! Each week in June, people learn about different safety topics. Here are some examples:

Week 1: Home Safety

Keep floors clean and dry to stop slips and falls.
Don't touch hot stoves or ovens.
Store cleaning supplies away from children.

Week 2: Road Safety

Always wear a seat belt in the car.
Look both ways before crossing the street.
Wear a helmet when riding your bike or scooter.

Week 3: Fire Safety

Know two ways to get out of your house in case of a fire.
Never play with matches or lighters.
Stop, drop, and roll if your clothes catch fire.

Week 4: Outdoor and Play Safety

Wear sunscreen when you play outside.
Drink water to stay cool in the heat.
Don't talk to strangers when you're alone outside.

National Safety Month reminds us that everyone — kids and adults — can help prevent accidents. When we follow safety rules, we protect ourselves and the people we care about.

"This Institution is an Equal Opportunity/Provider."

National Strawberry Shortcake Day

National Strawberry Shortcake Day on June 14, which lands during strawberry season. While we are able to get strawberries all year long now, the best strawberries are those picked from April to June. These bright red berries during this time are sweeter and more flavorful. By adding them to a shortcake biscuit or a sponge cake, makes it an easy and refreshing summertime dessert! Strawberry shortcake can be found as far back as 1588 in England. However, it wasn't until the 1800s strawberry shortcake made its way to the U.S. By the late 1850s, Americans began adding a strawberry sauce with slices of fresh strawberries to the top of their shortcakes. Today, strawberries are sliced, mixed with sugar then allowed to sit for about an hour until they have surrendered plenty of their juices. The shortcakes are then split, and the bottom is covered with a layer of the strawberries, juice and whipped cream. The top is then put back on, and more strawberries, juice and whipped cream are added to finish it off.

Try this easy shortcake recipe below!

Classic Shortcake

Ingredients

- 2 cups all-purpose flour
- 1 cup white sugar
- 4 teaspoons baking powder
- ½ teaspoon salt
- ½ cup cold butter, cubed
- ⅓ cup milk
- 1 large egg

Directions

1. Preheat the oven to 450 degrees F. Place parchment paper on a baking pan.
2. Sift flour, sugar, baking powder, and salt in a large bowl. Cut in butter with 2 knives or a pastry blender until mixture resembles coarse crumbs. Beat together milk and egg in a small bowl; stir into flour mixture until batter is just blended.
3. Form the dough into 8 large, tall mounds using a large spoon or ice cream scoop and space 2 inches apart on the prepared baking sheet (the taller the mounds of dough, the easier they will be to slice in half).
4. Bake in the preheated oven until golden, about 15 minutes. Cool on the pan for 10 minutes before removing to cool completely on a wire rack.



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

Free Eye Exams for Kids & Teens

Is your child due for an eye exam? Don't miss this opportunity! The Vision Van is coming June 20 & June 27, offering FREE eye exams for youth ages 4 to 18! There are still spots available. Call 740-732-2392 to reserve a spot. The van will be parked in the parking lot of Noble County Department of Job and Family Services.



Ohio
Optometric
Foundation



Vision To Learn
Focus on the Future



FOUNDATION FOR
APPALACHIAN OHIO
Give. Grow. Create.



Noble
county
COMMUNITY • HERITAGE • PROGRESS

Presents:

NO COST Youth* EYE EXAMS and GLASSES DAYS



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

CALDWELL SPORTS PHYSICAL CLINIC

ALL SPORTS
EVERY SEASON
FALL THRU SPRING!
GET IT NOW WHILE
IT'S FREE!

**NEW
LOCATION!**

JULY 15TH
1:00PM-6:00PM
@ CALDWELL HIGH SCHOOL

All forms must be completed and signed
before appointment.

Appointments
Required
740-732-4958

COMPLETED
OHSAA PHYSICAL FORM REQUIRED

ALL VACCINES ARE AVAILABLE DURING
THE VISIT AND BILLED AS APPROPRIATE.
IF UNDER THE AGE OF 18, WRITTEN
PARENTAL CONSENT IS REQUIRED.

 NOBLE COUNTY
HEALTH DEPARTMENT



SHENANDOAH SPORTS PHYSICAL CLINIC

ALL SPORTS
EVERY SEASON
FALL THRU SPRING!
GET IT NOW WHILE
IT'S FREE!

**NEW
LOCATION!**

JULY 16TH
12:00PM-6:00PM
@ SHENANDOAH HIGH SCHOOL

All forms must be completed and signed
before appointment.

Appointments
Required
740-732-4958

COMPLETED
OHSAA PHYSICAL FORM REQUIRED

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HEALTH DEPARTMENT



SPORTS PHYSICAL CLINIC

ALL SPORTS
EVERY SEASON
FALL THRU SPRING!
GET IT NOW WHILE
IT'S FREE!

JULY 21ST
1:00PM-6:00PM
@ NOBLE COUNTY HEALTH DEPT.

All forms must be completed and signed
before appointment.

Appointments
Required
740-732-4958

COMPLETED
OHSAA PHYSICAL FORM REQUIRED

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