

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 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.

Do you know the symptoms of breast cancer? When breast cancer starts out, it may be too small to feel or cause symptoms. If you find a lump or something unusual report this to your healthcare provider promptly.

Symptoms may include:

- A new lump in the breast
- A change in size or shape of the breast
- Pain in the breast or nipple that does not go away
- Flaky, red, or swollen skin on the breast or thickening of the skin on the breast
- Other symptoms maybe a nipple that is tender or turns inward
- Blood or any other type of fluid coming from the nipple that is not milk when nursing a baby.

Risk Factors may include:

- Breast density-harder to detect
- Over the age of 50
- Being Female
- Reproductive History- started menstrual cycle before age 12 or menopause after age 55
- First-degree relative with breast or Ovarian cancer (mother, father, sister, brother, son, daughter)
- Genetic mutations-BRCA1 and BRCA2 inherited mutations.

No matter the risk factor for development of breast cancer, if you have one or many, it is important to know that breast cancer can occur in anyone. The Southeast Ohio Breast and Cervical Cancer Project which is housed out of the Noble County Health Department 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.

Mental Illness

Mental Illness Awareness Week (MIAW) was established in the U.S. in 1990 in efforts by the National Alliance on Mental Illness (NAMI) to educate and increase awareness about mental illness. It takes place every year during the first full week of October. During this week, mental health advocates and organizations across the U.S. join to sponsor events to promote community outreach and public education concerning mental illnesses such as major depressive disorder, bipolar disorder, and schizophrenia.

Mental illness is when a person's mind doesn't feel well. Just like someone can get sick with a cold, a person can also feel sad, worried, or upset for a long time. Some common mental illnesses are depression, anxiety, and PTSD (post-traumatic stress disorder). Many people live with mental illness — even kids. But the good news is that help is available. Talking to a trusted adult, a counselor, or a doctor can make a big difference.

During this week, schools and communities talk about why mental health matters. It is also a time to remind everyone that having a mental illness is nothing to be ashamed of. We all need help sometimes, and that's okay. Being kind, listening to others, and learning more about mental health can help everyone feel safer and more understood.

For more information, visit: National Alliance on Mental Illness at www.nami.org.

October 2025

October 13—
Columbus Day

October 31—
Halloween

Don't wait until
the conditions
are perfect to
begin.
Beginnings
make the
conditions
perfect.
-Alan Cohen

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For more health
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Eye Safety

Our eyes help us see the world around us. That's why it's very important to protect them. Eye injuries can happen at home, at school, or when playing sports. But the good news is: many eye injuries can be prevented!

1. Wear Eye Protection

When playing sports like baseball, hockey, or basketball, always wear safety goggles or a face guard. These protect your eyes from getting hit. People who work with tools or chemicals should wear safety glasses too. Even when mowing the lawn or doing yard work, it's a good idea to protect your eyes. According to the American Academy of Ophthalmology, 90% of eye injuries can be prevented by using proper eye protection.

2. Be Careful with Sharp Objects

Never run with sharp things like pencils, scissors, or sticks. If you're using something sharp, always point it away from your face and eyes. Accidents can happen quickly!

3. Keep Chemicals Away from Eyes

Cleaning products and sprays should never be near your eyes. If you are using them, don't rub your eyes. If something splashes in your eyes, tell an adult right away and rinse your eyes with clean water.

4. Don't Look at the Sun

Looking straight at the sun can hurt your eyes, even during a solar eclipse. Always use special glasses made for eclipse watching. Regular sunglasses are not safe for looking at the sun.

5. Avoid Eye Rubbing

If your eye feels itchy, try not to rub it. There might be dirt or germs on your hands. Rubbing your eyes can make the problem worse. Instead, tell an adult or wash your hands and gently rinse your eye with water.

What to Do If an Eye Injury Happens

If you or someone else hurts their eye, don't touch it. Don't try to take anything out of the eye by yourself. Cover the eye with something clean and soft, like a cloth, and tell an adult to get medical help right away.

Remember: Your eyes are important. Take care of them every day by wearing protection, being careful, and telling an adult if something goes wrong.

Children's Health

Children's Health Day is celebrated on the first Monday of October every year. It is a special day to think about how to keep kids healthy and strong. Staying healthy means more than just not being sick. It means eating good foods, getting exercise, going to the doctor for check-ups, brushing your teeth, and taking care of your feelings too! Doctors and nurses use this day to remind families how important it is to keep up with shots (vaccines), get enough sleep, and have regular health check-ups. Mental health is also part of staying healthy. Talking about feelings and asking for help when you're sad or worried is very important.

Ways to Stay Healthy:

- * Eat fruits and vegetables
- * Play and exercise every day
- * Go to the doctor and dentist
- * Wash your hands often
- * Talk about your feelings with someone you trust



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).

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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