



Public Health
Prevent. Promote. Protect.

Lake Region District Health Unit

LAKE REGION DISTRICT HEALTH UNIT (LRDHU)

524 4th Avenue NE Unit 9, Devils Lake, ND 58301-2490

(701) 662-7035

Health Happenings

Fall 2013
Quarterly Newsletter

Benson County * 330 C Avenue * Minnewaukan (701) 473-5444

Eddy County * 24 8th Street N * New Rockford (701) 947-5311

Pierce County * 240 2nd Street SE, Suite 1 * Rugby (701) 776-6783

Don't Let the Flu Get You

Everyone 6 months and older should get an annual flu vaccine.

It takes about 2 weeks after vaccination for your body to develop an immune response. Influenza (flu) is a contagious respiratory disease that can cause fever, chills, cough, sore throat, runny or stuffy nose. Headaches, fatigue and muscle or body aches can also be symptoms of the flu.

You may be able to pass on the flu to others before you even know you are sick. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick.

Flu is spread from person to person when a person with flu coughs, sneezes or talks, spreading the droplets through the air.

The best way to prevent the spread of flu is to get vaccinated every year. Additional ways to help reduce the spread of flu are to wash your hands frequently, avoid close contact with those who have not been vaccinated or are ill, cover your coughs and sneezes, and throw your tissues in the trash.

By getting a flu vaccine for yourself and your entire family every year, you can help prevent flu-related illness, missed school, and missed work.



~ Upcoming: Calendar of Events ~

October—

1-31st Breast Cancer Awareness Month
24th Carseat Check; Lake Chevy 3-6 pm

November—

1-30th Osteoporosis Month
1-30th American Diabetes Month
1-30th Healthy Skin Month
1-30th Lung Cancer Awareness Month
21st Great American Smokeout

December—

1-7th Hand Washing Awareness Week
1-31st Safe Toys and Gifts Month

January—

5-11th Folic Acid Awareness Week
1-31st Cervical Health Awareness Month
1-31st Radon Action Awareness Month
1-31st National Eye Care Month

All offices closed: Nov 11th, 28th, 29th

December 24th (noon), 25th

January 1st, 20th

Helpful Website: www.ndhealth.gov

“LIKE” Lake Region District Health Unit on FACEBOOK

Lake Region Family Planning Program (LRFPP)



We are thrilled to announce Tobey Schall as our new Family Planning Nurse Practitioner. Tobey has graciously agreed to join our cause to provide affordable women's health care and supplies.

The goal of our family planning clinic is to provide education and services to better equip you to make decisions that could affect you, your partner and your family for the rest of your life. Clients are charged for services according to their household income and family size. Private pay, insurance, Medicaid and donations are accepted.

For more information call LRFPP at (701) 662-7046

Tobey is a provider at Altru Clinic-Lake Region in Urgent Care.

Tobey Schall, NP



E CIGS Enticing to Young People

Young adults view e-cigarettes positively, and half say they would try them if offered by a friend, particularly because they come in flavors such as bubble gum, cherry and chocolate flavors. There's a danger e-cigarettes could lure in kids who might not otherwise smoke.

The FDA, after finding trace amounts of toxic and carcinogenic ingredients in several samples, sought to regulate e-cigarettes as drug-delivery devices. A federal judge ruled in 2010 that it lacked such authority, so the FDA is moving to regulate them as tobacco products.



Many people use them as a bridge product to avoid smoke-free laws — and as a result, they delay or avoid quitting. A study in a public health journal found 70% of Americans believe e-cigarettes are less harmful than regular cigarettes. Yet researchers found e-cigarettes caused breathing problems or "significant airway resistance" after 10 minutes of use in eight non-smokers and 11 smokers with normal lung function.

Four Steps to Food Safety

Food poisoning sickens 1 in 6 people annually. Don't spoil the holidays. Make food safety a priority.



Clean

When preparing food, wash hands and surfaces often.



Separate

Use separate plates for raw and cooked food when grilling.



Cook

Cook food to the right temperature.



Chill

Don't leave food at room temperature for longer than 2 hours.

Breast Cancer Awareness

About one in eight women in North Dakota will get breast cancer. Breast cancer is the second leading cause of cancer deaths in North Dakota. Early detection is crucial. Screening tests include a clinical breast exam and a mammogram.



Women's Way may provide a way to pay for clinical breast exams and mammograms, as well as Pap tests and pelvic exams, for eligible North Dakota women ages 40 through 64. For more information, call the toll-free number 1.800.44WOMEN (800-449-6636) or visit the Women's Way website at www.ndhealth.gov/womensway. Locally you may call Deb Quiring, RN at (701) 662-7035.

HEALTH AND DISEASES

Find The Words

ACTIVITY	FRUIT	RECOVERY
ALCOHOL	HAPPINESS	RELAXATION
BALANCE	HAZARDS	SEDENTARY
BREAD	HEALTH	SHELTER
CARBOHYDRATE	ILLNESS	SMOKING
CLEANLINESS	IMMUNITY	SOCCER
COOKING	INFECTION	STARVATION
DEPRESSION	MALNOURISH	SUGARS
DIET	MEDICINE	SYMPTOMS
DISEASE	MENTAL	VACCINATION
DISORDER	METABOLISM	VEGETABLES
EATING	MINERALS	VITAMINS
ENERGY	MOVEMENT	WALKING
EXERCISE	NUTRITION	WASHING
FAMILY	OBESITY	WATER
FEVER	PATHOLOGY	WELLBEING
FRIENDS	PROTEIN	

F E V E R X C S U S Y M P T O M S R E Z C N
M X I U H O S G E R W S G N B R R E S R O L
E N U X J F J D W L K A O X V M A L M Y O N
D S S L A R E N I M B I S H O A G A O R K S
I A W C W U O Q U S S A R H A F U X K A I D
C C I L L I M D S S E E T N I P S A I T N R
I F D E W T K E E F C A I E R N P T N N G A
N M Y A T I N R A C A E S E G M G I G E Y Z
E O X N X L P M O Y T G J E L E E O N D K A
R V N L L E I S W O L A T N E M V N L E T H
G E O I D L C A R B O H Y D R A T E E S S F
E M I N Y Y O P W M B C R L B S N E M R W S
C E T E G F T W I R E E S I O O D A P E G S
N N I S O V U I E N C T M R I H L N L S T Y
A T R S L S I A V O F M A T E N O L E A Y E
L R T Y O G D T V I U E A B O D B C R I X U
A E U T H R N E A N T N C U O E R V L E R J
B T N I T W R I M I C R T I L A O R A P F
L L U S A Y A T K C I I A N I T I C S W W X
Y E J E P Q Y T C L S N G E I O I S D I E T
S H J B H T L A E H A G S O L S N C M Q D N
K S O O I Y V S D R U W N W E E A T I N G R