

Highlight on Health

A Custer Health Publication

Public Health

Car Seat Checkups

Sept 13 - 3-6pm at

Puklich Chevrolet

Sept 23 - 9am to noon at

Puklich Chevrolet

Immunizations

Sept. 11 - 3pm to 6pm

Sept. 18 - 3pm to 5pm

Sept. 25 - 3pm to 5pm

Important Dates

Sept. 4 - Labor Day

Sept. 8 - Stand Up to
Cancer Day

Sept. 8 - World Physical
Therapy Day

Sept. 11 - Patriot Day

Sept. 22 - Fall Equinox

Sept. 22-28 - Fall
Prevention Awareness
Week

Sept. 27 - National
Women's Health and
Fitness Day

Sept. 30 - Family Health
and Fitness Day

Make a Plan for Safety, Success

September is National Preparedness Month. Custer Health, North Dakota health units and more than 3,000 organizations nationwide will support preparedness efforts. All Americans are encouraged to take action.

The National Preparedness Month is a national campaign which provides information and resources for individuals to become better prepared for an emergency. Each week will focus on one of four aspects of emergency preparedness: Ready, Steady, Show and Go.

Ready: *Build a kit. Make a plan. Be informed.*

Emergencies occur with little to no warning. Often there is limited access to food, water or electricity, which could last for a few days. It is important to create an emergency plan. The plan should include you, your family and pets. Don't forget to include how you will contact each other if you are separated.

Steady: *Review your plans, update your kit.*

Review the plans you have created. Hold practice drills with all members of your family. Review the contents of your preparedness kits every 6 months. Replace contents as



needed. Key items that may need to be replaced are food, water, medicine and/or batteries.

Show: *Inspire others to prepare.* Talk about preparedness. This increases the potential for other individuals/families/organizations to get prepared. Take a CPR class. Share social media of your preparedness kits. Talk with friends/neighbors about what prompted you to become interested in preparedness. Your active approach may help family and friends, as well as yourself.

Go! *Take immediate action to save lives.*

It is important to know when to stay/go, where to stay/go prior to an emergency happening. Familiarize yourself with terms such as Shelter in Place and mandatory evacuation. Know where your local shelters are located. In emergency preparedness, the steps you take ahead of time may make all the difference.

Source: CDC



Public Health
Prevent. Promote. Protect.



Custer Health
For a healthier way of life.

Custer Health
Offices in Mandan, Carson, Beulah and Center
custerhealth.com
facebook.com/custerhealth

Fall Means Return of Flu Season

As summer transitions to fall, it is time to think about flu season, and the various ways you can help keep yourself healthy.

Getting an annual flu vaccine is the first and best way to protect yourself and your family.

Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.

The more people who get vaccinated, the more people will be protected from flu, including older people, very young children, pregnant women and people with certain health conditions who may be more vulnerable to flu complications.

Immunizations have saved the lives of a billion people. For more information on the types of immunizations provided through Custer Health, as well as contact information about the organization's various offices, visit <http://www.custerhealth.com/immunizations>.



Cottage Foods Act Loosens Food Restrictions

The North Dakota Cottage Foods Act became effective on August 1, allowing more foods produced in a home kitchen to be approved for sale to informed end consumers.

Approved foods include baked goods, candy, coated/uncoated nuts, jams/jellies/preserves, cereal, honey, dry herbs/seasonings, vinegars, farm flock eggs, pickled vegetables, fermented foods and more.

This law only applies to human-grade foods that can be sold due to the food's high acidity (pH < 4.6 verified by a calibrated pH meter).

Foods that potentially present a health risk, are not considered approved cottage food products and subsequently can not be sold under this law include flavored oils, hummus, freezer jams, pesto, and focaccia-style or flat bread with vegetables/meat/fish/seafood/cheeses, foods that require temperature control for safety, fresh fruit dipped in candy/chocolate, juices, and more. Also, meat products are not covered by law, except for certain whole, frozen poultry products.

The full North Dakota Cottage Foods Act can be read online at <http://www.legis.nd.gov/cencode/t23c09-5.pdf#nameddest=23-09p5-02>. A fact sheet developed by the ND Department of Health can be viewed at http://www.ndhealth.gov/FoodLodging/PDF/Cottage%20Food/Cottage_Foods_Frequently_Asked_Questions_8.01.17_Final.pdf.

Symptoms Not Always Visible in Prostate Cancer

Every 3 minutes a man is diagnosed with prostate cancer, the nation's second-most common, male specific cancer. Symptoms of prostate cancer are typically not noticeable during early stages. Men who have prostate cancer may be symptom-free for years. Early symptoms may include:

- Urinating often, especially at night
- Having trouble starting or stopping urine flow
- Weak urine flow
- Blood in urine or semen
- Frequent pain/stiffness in lower back, hips or ribs

Prostate cancer is rare in men younger than 40, but rises dramatically after the age of 50. Ethnicity has also shown to be a factor in prostate cancer occurrences, as African-American men are about 2.4 times more likely to die of prostate cancer than Caucasian men.

Source: ACS, Prostate Cancer Foundation