

Highlight on Health

A Custer Health Publication

Public Health

Car Seat Checkups

June 1 - 8:30am to 11am at the Fire Station in Hazen.

June 14 - 3pm to 6pm at Bill Barth in Mandan.

Immunizations

June 5 - 3pm to 5pm

June 12 - 3pm to 6pm

June 19 - 3pm to 5pm

June 26 - 3pm to 5pm

Babysitting Classes

June 26-27 - 9:30am to 3pm (register online at www.tinyurl.com/babysit-morton)

Medical Marijuana Presentation

June 28 - 11:30am at Mandan Golden Age Club

Important Dates

June 14 - Flag Day

June 16 - Wear BLUE Day

June 20 - Summer Solstice

June 27 - National HIV Testing Day



Fireworks Season, Dangers Approaching

When using fireworks, it always necessary to be cautious, because of the potential severity of the injuries they can cause. June 1 marks the beginning of National Fireworks Safety Month, which runs through July 4.

Burns on the hand are the most common, because the hand is always closest to them. Hand

injuries can also include cuts, broken bones, torn tendons and amputation. Eye and face injuries are also common. Hearing loss is also suffered by some users.

- Children should never be allowed to handle fireworks.
- When lighting fireworks, wear safety glasses.
- Only use fireworks outside in an open area.
- Keep a bucket of water nearby at all times to soak duds with. Do not try to relight them.
- Don't light fireworks in any type of container, and never carry them in a pocket.
- Keep a first aid kit handy.

Source: *ConsumerSafety.Org*

Sports Physicals Offered in July

Custer Health will be offering Sports Physicals on July 22 from 9 a.m. to 3 p.m. There is a \$25 charge for the physical and we will be updating immunizations and submitting to insurance. Please call 667-3370 for an appointment. Go to www.mandan.k12.nd.us/athletics-9517fe7d and complete the Physical Form located under Activity Forms.

Custer Health
Offices in Mandan, Carson, Beulah and Center
custerhealth.com
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Public Health
Prevent. Promote. Protect.



Custer Health
For a healthier way of life.

Be Safe During Safety Month

Injuries are a leading cause of disability for people of all ages – and they are the leading cause of death for Americans ages 1 to 44. The good news is everyone can get involved to help prevent injuries.

During National Safety Month, Custer Health is working with community members to help reduce the risk of injuries. This June, we encourage you to learn more about important safety issues like prescription painkiller abuse, transportation safety, and slips, trips, and falls.

- **Prescription abuse:** Prescription painkiller overdoses are a growing problem in



According to the American Academy of Orthopedic Surgeons, 500,000 people are treated for ladder-related injuries each year with about 300 incidents proving to be fatal. Ladder-related injuries cost the public in excess of \$11 billion annually.

the U.S., especially among women. About 18 women die every day from a prescription painkiller overdose – more than 4 times as many as back in 1999.

- **Transportation safety:** Doing other activities while driving – like texting or eating – distracts you and increases your chance of crashing. Almost 1 in 5 crashes (17%) that injured someone involved

distracted driving.

- **Slips, trips, and falls:** 1 in 4 older adults falls each year. Many falls lead to broken bones and health problems.

You can make a difference. Find out ways to help reduce the risk of these safety issues.

For more information, call Custer Health at (701) 355-1540 or visit us online at www.custerhealth.com.

Support Men's Health by Wearing BLUE

Wrap up the 2017 Men's Health Week (June 12-18) with a Wear BLUE day at your place of work. The Friday before Father's Day serves as a day for awareness about the importance of male health and the opportunity for others to support and encourage them.

Men's health can be defined as a variety of things:

- Healthy Lifestyle Choices
- Annual Doctor Visits
- Health Education About Male-Specific Topics

These topics are important because males are more likely to be uninsured than women, and live on average about 5 fewer years. Men also have a higher mortality rate for cancer, heart disease, diabetes and suicide. One in 2 men will develop cancer, and about 30,000 men in the U.S. die each year from prostate cancer.

Wear BLUE is sponsored by Men's Health Network. Free materials is available online at www.menshealthnetwork.org/wearblue.

Control Mosquitos Outside Your Home

- Turn over, cover, or throw out any items that hold water like tires, buckets, planters, toys, pools, birdbaths, flowerpot saucers, or trash containers.
- Tightly cover water storage containers (buckets, cisterns, rain barrels).
- For containers without lids, use wire mesh with holes smaller than an adult mosquito.
- Use larvicides to treat large containers of water that will not be used for drinking and cannot be covered or dumped out.
- If you have a septic tank, repair cracks or gaps.

Source: CDC