

Highlight on Health

A Custer Health Publication

Flu Shots

Flu clinic schedules are available online. Visit custerhealth.com prior to your flu shot appointments and complete the pre-registration form.

Public Health

Car Seat Checkups

Oct. 11 - 3pm to 6pm at Bill Barth Ford

Immunizations

Oct. 2 - 3pm to 5pm

Oct. 9 - 3pm to 6pm

Oct. 16 - 3pm to 5pm

Oct. 23 - 3pm to 5pm

Oct. 30 - 3pm to 5pm

Important Dates

Oct. 2 - Child Health Day

Oct. 4 - Walk to School Day

Oct. 14 - 22nd Annual Edith Sanford Run/Walk for Breast Cancer

Oct. 16 - Boss's Day

Oct. 18 - Medical Assts. Recognition Day

Oct. 20 - National Mammography Day

Oct. 31 - Halloween

Screenings Vital Vs. Cancer

Breast cancer affects the lives of many North Dakota women. In fact, a woman's lifetime risk of developing breast cancer is approximately one in eight. The majority of us know someone that has been affected by the disease in some way. That's why it's important to start conversations with our family members, friends and co-workers to emphasize that breast cancer screening, along with a woman's awareness of what is normal for her, is the best protection in early detection of the disease.

It is important women are informed and take an active role in the decision-making process with a healthcare provider regarding screening. **Three things can help guide the decision-making process:**

- Identifying your cancer risks
- Knowing what breast cancer screenings are available
- Developing a list of questions to bring to your healthcare provider about breast cancer screening

Tests That Screen for Breast Cancer:

- Mammogram
- Clinical breast exam
- Other tests may be recommended based on your health history

Each woman should have a discussion with her healthcare provider about what test(s) should be done, how often they occur, and what age she should begin and stop screening for breast cancer.



Breast Cancer Risk Factors You Cannot Change:

- Being female
- Increasing age
- A personal history of breast cancer
- A family history of breast cancer
- Inherited genes that increase cancer risk
- Radiation exposure
- Beginning your period at a younger age
- Beginning menopause at an older age
- Dense breast tissue

Lifestyle Related Factors That Increase Your Risk:

- Having your first child after 35
- Having never been pregnant
- Postmenopausal hormone therapy
- Being overweight or obese
- Drinking more than 2 alcoholic beverages a day

Lifestyle-related factors that decrease your risk:

- Breastfeeding
- Physical Activity

Source: NDCC

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



Public Health
Prevent. Promote. Protect.



Custer Health
For a healthier way of life.

Start of Flu Season Around the Corner

Protect yourself and your family with an annual flu vaccine for everyone who is 6 months of age and older. While flu season is unpredictable, seasonal flu activity can begin in October and last until May. CDC recommends people get vaccinated by the end of October.

Also, stay away from sick people and wash your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading flu to others.

- Vaccines have been updated to match flu viruses.
- For the second year, only injectable flu vaccines are recommended.
- There are some new flu vaccines on the market this season.
- Vaccine direction for people with egg allergies have changed.

Please visit <https://www.cdc.gov/flu/about/season/flu-season-2017-2018.htm> for more info.

Parents Play Role in Preventing Teen Drinking

Young people who experiment with alcohol, tobacco, and drugs typically begin before leaving the ninth grade. Parents talking to their teens need to emphasize their family values. Another tip for a parent to remember is that when talking to teen or preteen about drugs, they should emphasize the immediate, unpleasant effects of alcohol and other drug use.

There are physical effects with underage drinking. Adolescent bodies and brains are still maturing, making them vulnerable to long-lasting impairment from alcohol. Long-term thinking and memory skills have the potential to be impacted by alcohol abuse, as do livers and reproductive organs. Avoiding drinking during this developmental phase is critical, especially when teens are grappling with learning to drive safely.

Using drugs is something many young people do because they see their friends using drugs. A large portion of your prevention efforts during these years should be spent reinforcing your child's motivation to avoid alcohol and other drugs, and guiding them in their decisions of whom to spend time with.



Parents need to set clear rules regarding alcohol use and provide positive examples to influence their teens. Consequences need to be enforced and set in stone – say what you mean and mean what you say.

By sending consistent messages as parents, you're helping your teens make better decisions until they're making them all on their own.

Source: www.parentslead.org

Win the fight AGAINST BREAST CANCER
EDITH SANFORD RUN/WALK FOR BREAST CANCER

SANFORD Edith Sanford BREAST FOUNDATION

100% TO CARE AND RESEARCH

22ND ANNUAL EDITH SANFORD RUN/WALK FOR BREAST CANCER
Benefiting the Edith Sanford Breast Foundation

Saturday, October 14, 2017
Family Wellness
2700 46th Ave SE, Mandan, ND

8:30 a.m. – Registration & Education Booths
10:15 a.m. – Opening Ceremony
10:30 a.m. – Race Start
11 a.m. – BBQ Lunch

REGISTER AT EDITHSANFORD.ORG/RUNWALK2017

NEW THIS YEAR!
No registration fee. Create a team and help fundraise to end breast cancer for future generations. Prize for best dressed pink team. ★★★

100% TO CARE AND RESEARCH
The Edith Sanford Breast Foundation invests every dollar raised in patient services and cutting-edge genomics research in the West Region.
It's about the patients we serve; it's about finding a cure.
For more information, contact the Sanford Health Foundation at (701) 323-8450.