



# Dawson County Health Department News

May 2024

Volume 14, Issue 5

## Inside this issue:

NEW! Mobile App	1
Stroke Awareness Month	2
Mental Health: How to Ask for Help	3
Skin Cancer Awareness	4
NEW! Wellness Wednesdays	5
High Blood Pressure	6
World No Tobacco Day	8
Nurses Month	9
Get Your Vaccine!	10
Arthritis Awareness Month	11
Monthly Calendar	12

## A WELLNESS MOBILE APP FOR YOU



### Follow the Link.

Download to your mobile phone or computer.



**207 West Bell  
Glendive, MT 59330**

**Tel: (406) 377-5213**

**Website:**

**dawsoncountymontana.com**

**Public Health:**

**Tel: (406) 377-5213**

**WIC Program:**

**Tel: (406) 377-5213**

**Home Health:**

**Tel: (406) 377-5213**

**Family Planning:**

**Tel: (406) 377-2935**

**Tobacco Prevention:**

**Tel: (406) 377-5213**

We are thrilled to announce the launch of our brand-new "Focus On Wellness" app, sponsored by the Dawson County Health Department! Dive into a treasure trove of local and digital resources, carefully curated to cover every aspect of wellness, from nutrition and fitness to mental health and community support. Whether you're looking for nutritious recipes, workout routines and resources, mindfulness tips or local wellness events, this app has you covered!

Set your wellness goals and let our app be your guide, providing you with support every step of the way! With easy access to local experts, services and events - achieving your wellness aspirations has never been easier.

Download the app today by following the link below! Click "add to home screen" for quick and easy access to an abundance of resources at your fingertips. We are dedicated to making wellness a way of life in our community, here's to your health and happiness!

To download the app: [https://hipaa.jotform.com/app/240506151499154?utm\\_source=copy-link&utm\\_medium=website&utm\\_campaign=portal-app&utm\\_term=240506151499154](https://hipaa.jotform.com/app/240506151499154?utm_source=copy-link&utm_medium=website&utm_campaign=portal-app&utm_term=240506151499154)



## Upcoming Events

Arthritis Awareness Month	ness Week
Mental Health Awareness Month	<b>May 14-20:</b> National Women's Health Week
National Stroke Awareness Month	<b>May 5:</b> World Hand Hygiene Day
National Nurses Month	<b>May 10:</b> National School Nurse Day
Skin Cancer Prevention & Awareness Month	<b>May 12:</b> International Nurses Day
Healthy Vision Month	<b>May 18:</b> HIV Vaccine Awareness Day
Older Americans Month	<b>May 27:</b> <i>Happy Memorial Day!</i>
Hepatitis Awareness Month	<b>May 31:</b> World No Tobacco Day
<b>May 7-13:</b> Children's Mental Health Awareness Week	
<b>May 6-12:</b> National Nurses Week	
<b>May 7-13:</b> Food Allergy Awareness Week	



# Stroke Awareness Month

*From the Dawson County Health Department*

Strokes can happen to anyone, at any age. Having a stroke puts you at higher risk for a second one. Learn the F.A.S.T. warning signs of stroke and know your risk factors. F.A.S.T. is how we come together to end stroke. F.A.S.T. stands for:

- Face Drooping
- Arm Weakness
- Speech Difficulty
- Time to call 911

Every 40 seconds, someone in the U.S. has a stroke. It could happen on your street, in your workplace, at a store where you shop — anywhere. Your readiness to spot the stroke warning signs and call 911 could save a life or make the difference between a full recovery and long-term disability. That's why it's so important to learn the stroke warning signs and urge everyone you know to do the same.

The faster stroke is treated, the more likely the patient is to recover. In fact, stroke patients who are treated with the clot-busting drug IV r-tPA Alteplase within 90 minutes of their first symptoms were almost three times more likely to recover with little or no disability. In some cases, a procedure to remove the clot causing the stroke is also recommended. Ninety-one percent of stroke patients who were treated with a stent retriever within 150 minutes of first symptoms recovered with little or no disability. The thing to remember is that stroke is largely treatable. It's a matter of getting the right treatment, right away.

Having a stroke puts you at a higher risk for a second one, however, stroke survivors have the power to reduce their risk for having another stroke. There are things you can do to reduce your risk, starting with identifying what caused your stroke and uncovering all of your personal risk factors.

Talk to your doctor about creating a prevention plan that could include managing high blood pressure, controlling cholesterol, managing blood glucose, being active, eating better, losing weight, and quitting tobacco.

This Stroke Awareness Month make it a point to do two things. First, learn the symptoms of a stroke so you are able to recognize if you or a loved one is ever experiencing a stroke. Second, talk with your doctor to make sure you are practicing any lifestyle changes that will reduce a future episode. For more information, visit [www.stroke.org](http://www.stroke.org)



# How to Ask for Help

*From the Dawson County Health Department*

This Mental Health Awareness Month, we want to stress the importance of asking for professional help when it is needed. Remember, there is no reason to feel shame or guilt about asking for help.

Don't wait for a health care provider to ask about your mental health. Start the conversation. Here are five tips to help prepare and guide you on talking to a health care provider about your mental health and getting the most out of your visit.

1. Talk to a primary care provider. If you don't know where to start for help, you may want to consider bringing up your mental health concerns during your appointment with a primary care provider (PCP). A PCP is a health care practitioner people see for common medical problems, and this person is often a doctor. However, a PCP may be a physician assistant or a nurse practitioner.

2. Prepare ahead of your visit. Health care providers have a limited time for each appointment, so it may be helpful to think of your questions or concerns beforehand.

- Prepare your questions. Make a list of what you want to discuss and any questions or concerns you might have. This [worksheet](#) may help you prepare your questions or concerns.
- Prepare a list of your medications. It's important to tell your health care provider about all the medications you're taking, including over-the-counter (nonprescription) drugs, herbal remedies, vitamins, and supplements. This [worksheet](#) can help you track your medications.
- Review your family history. Certain mental illnesses tend to run in families and having a relative with a mental disorder could mean you're at higher risk. Knowing your family mental health history can help determine your risk for certain disorders.

3. Consider bringing a friend or relative. It can be difficult to absorb all the information your health care provider shares, especially if you are not feeling well. Sometimes it's helpful to bring a close friend or relative to your appointment. A companion can be there for support, help you take notes, and remember what you and the provider discussed. They also might be able to offer input to your provider about how they think you are doing. Some people like having a friend or family member there throughout an appointment, while others prefer to first meet alone with a health care provider and then have a trusted friend or relative join them when recommendations for treatments are discussed.

4. Be honest. Your health care provider can help you get better only if you have open and honest communication. It is important to remember that discussions between you and a health care provider are private and cannot be shared with anyone without your expressed permission. Describe all your symptoms to your provider and be specific about when they started, how severe they are, and how often they occur. You should also share any major stressors or recent life changes that could be triggering or exacerbating your symptoms. Symptoms of mental illnesses may include:

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness or pessimism
- Irritability
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy or fatigue
- Moving or talking more slowly
- Feeling restless or having trouble sitting still
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite or weight changes (or both)
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment

5. Ask questions. If you have questions or concerns, ask the health care provider for more information about the mental health diagnosis or treatment. If a provider suggests a treatment option that you're not comfortable or familiar with, express your concerns and ask if there are other options. You may decide to try a combination of treatment approaches and want to consider getting another opinion from a different health care provider. It's important to remember that there is no "one size-fits-all" treatment. To find one that works best for you, you may need to talk to a few other health care providers to find someone you are comfortable with and try several different treatments or a combination of treatments.





# Skin Cancer Awareness

*From the Dawson County Health Department*

With over 5 million cases diagnosed in the United States each year, **skin cancer is America's most common cancer**. Fortunately, skin cancer is also one of the most preventable cancers. Skin cancer is the cancer you can SEE. Yet it often goes undetected in the early stages until it's disfiguring and difficult to treat—or even life-threatening. That's why it's so important to get to know your skin, look in the mirror, and ask "What's that?" Then keep these 3 words in mind: **new, changing, or unusual**. It could save your life!

**NEW.** Something new on your skin that just doesn't look right and makes you say, "Wait, what's that?" Make a note of when you first see it, then keep an eye on it. If it doesn't go away in a few weeks or starts to grow, see a dermatologist!

**CHANGING.** Any growth on your skin that has increased in size or thickness, or has changed in color, shape or texture could be a warning sign. Time to make an appointment!

**UNUSUAL.** A spot or mole that looks different from the others should catch your eye. Is it darker, lighter or have more than one color? Does it bleed, itch, hurt, crust or not heal? Get it checked!

You have the most powerful tool to detect skin cancer: your eyes. The Skin Cancer Foundation recommends you do a head-to-toe self-examination of your skin every month and see a dermatologist at least once a year for a full-body skin exam. If you see something, do something. Remember, skin cancer is highly curable if caught early enough. So, what are you waiting for?

To do a head-to-toe exam, you'll need a bright light, full-length mirror, hand mirror, two chairs or stools and a blow-dryer. Being with your face, head, and neck. Thoroughly view your scalp using a blow dryer and mirrors to expose each section. Then, check your hands and arms. Don't forget the underarms! Looking in the mirror, next focus on your chest, torso, and under the breasts before moving on to your lower back and buttocks. Using the chair or stool, prop one leg at a time to use the hand mirror to examine both legs, genitals, and feet. If you see something new, changing, or unusual, see a dermatologist. It could save your life!

**THE POWER TO  
QUIT IS INSIDE YOU.**

**Pregnant and want to quit tobacco?  
We can help. Enroll now.**



**CASH INCENTIVES AVAILABLE**

**QuitNowMontana.com**

*Happy*



**20<sup>th</sup>**

**ANNIVERSARY**



# NEW! Wellness Wednesday

*From Focus on Wellness*

As part of the new Wellness initiative, the Dawson County Health Department is pleased to present Wellness Wednesdays! Every Wednesday we will be highlighting different aspects of wellness. Education presented by community members, each with unique expertise, will share invaluable insights, tips and resources to promote holistic health and wellness!

Our aim is to empower you with knowledge and tools to enhance your overall well-being. Presentation topics will vary each week so be sure to like and follow Focus On Wellness to keep up to date on upcoming events!

Can't make it live? No worries! All presentations will be recorded and posted on the Focus on Wellness Facebook page for convenient viewing anytime!

For more information visit our brand new "Focus on Wellness" by scanning the QR code to the right.

"Focus on Wellness" is a wellness initiative sponsored by the Dawson County Health Department! Join us as we promote community health by focusing on the wellness of every individual!

There will be a lot of exciting announcements coming up and you won't want to miss them! Like and follow us on Facebook to stay up to date on all the Focus On Wellness happenings!

## Wellness Wednesday Schedule

May 2024 - Wednesdays @ 10am - Courthouse Basement

- 1

**HEART HEALTH**  
**Presented by Briley Lund, RN**  
 Join us in the basement of the courthouse for education on how to lead a heart healthy lifestyle!
- 8

**CREDIBLE MIND LAUNCH**  
**Presented by Taylor Mitchell, RN**  
 Join us in the basement of the courthouse @ 10am to celebrate the launch of Dawson County's new mental wellness website
- 15

**TOBACCO EDUCATION**  
**Presented by Austin Adams**  
 Dawson County's Tobacco Education Specialist presents on the health risks of tobacco use and tactics to quit successfully
- 22

**MENTAL HEALTH AWARENESS**  
**Presented by Nikki Perrin, PMHNP**  
 Join us in recognizing Mental Health Awareness month with a presentation about the warning signs and treatment options for common mental health disorders.
- 29

**HEALTH ADVOCACY**  
**Presented by Lynn Newnam, RN**  
 Join us in celebrating Women's Health Month with this presentation on Women's Health advocacy!



**FOLLOW THE DAWSON COUNTY FOCUS ON WELLNESS FACEBOOK PAGE OR DOWNLOAD THE APP TO VIEW ANY OF THESE EDUCATIONS AT ANYTIME!**

Scan QR code to download our app



# High Blood Pressure

*From the Dawson County Health Department*

May is high blood pressure awareness month! High blood pressure is a major risk factor for heart disease, which is the leading cause of death in the United States. Millions of Americans have high blood pressure, but many people who have it don't know it. That's why it is important to have your blood pressure checked at least once a year.

High blood pressure is a "silent killer." It doesn't usually cause symptoms, but it can damage your body over time. If your blood pressure stays higher than 130/80 mm Hg for a period of time, it can cause serious health problems such as: heart disease, stroke, kidney disease, or dementia. The only way to know whether you have high blood pressure is to have your blood pressure measured—a process that is simple and painless. If you find out you have high blood pressure, a health care professional can tell you how to prevent serious complications, including disability and premature death .

Some things put us at greater risk for high blood pressure. Factors such as age, genes, gender, race or ethnicity, and lifestyle habits are all important to consider. It's a good idea to talk with your healthcare provider to see what factors may increase your risk.

What steps can you take to lower your blood pressure? Set targets: work with your doctor to set blood pressure numbers that are healthy for you. Take control: make lifestyle changes such as eating healthy, staying active, and watching your weight. If you smoke, quitting can help prevent heart disease and other complications of high blood pressure. Work together: studies show that if you engage in heart healthy activities with people at home, at work, in your community, or online, you have a better chance of staying motivated.



# GET YOUR SHOT

Anyone 60+ can receive the RSV vaccine from the health department!

Appointments are recommended.

We can bill private insurance or Medicare Part D.

Call (406) 377-5213 to make an appointment today!



### Checking on your Summer Body and finding you have plenty



## Services Provided by the Health Department

**Immunizations:** Adults and children, Thursdays: 8:30 am - noon and 1:00-5:00. Walk-ins are welcome. To schedule an appointment call 377-5213.

**WIC (Women, Infants and Children):** Thursdays 8:00 -12:00 and 1:00 -5:00. Appointments may be made by calling 377-5213.

**Family Planning:** Walk in hours are Monday—Tuesday: 1-5 pm, Wednesday: 8 am - noon and 1-5 pm, Thursday: No Clinic, Friday: 10 am- noon and 1-3 pm. Services are based on a sliding fee scale. To schedule an appointment call 377-2935.

**Blood Pressure Clinics:** Wednesday-Thursday: 8 - noon—no charge.

**Labs:** Wednesday 8:00 - noon. Some labs require 12 hour fast.

**Home Health Services:** In home services including skilled nursing, Certified Nurse Assistant, Homemaker and Meals on Wheels. Call 377-5213 for more information or to make a referral.

**Public Health Home Visiting:** Home visiting program for pregnant women, infants and children. Services help to build parental resilience, social connections, knowledge of parenting and child development, concrete supports in times of need and social and emotional competence of children.

**Tobacco Prevention:** Preventing tobacco use among youth and promote quitting among adult users. Free signs for CIAA compliance.

**Public Health Emergency Preparedness:** Planning and coordination of community resources to prepare for public health emergencies.

**Insurance Billing: Yes, the Dawson County Health Department does bill insurance for children's immunizations and most adult immunizations.**



# HAPPY MEMORIAL DAY!

From all of us at the Dawson County Health Department





# World No Tobacco Day

*By Austin Adams*

On May 31st each year WHO (World Health Organization) celebrates World No Tobacco Day, focusing on the health risks associated with tobacco use and encouraging effective policies to reduce use. Tobacco use kills nearly half of its users and is currently responsible for killing 8 million people worldwide per year.

The World Health Assembly created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and its lethal effects. It provides an opportunity to highlight specific tobacco control messages and to promote adherence to the WHO Framework Convention on Tobacco Control. Tobacco use is the number one preventable epidemic that the health community faces.

One of WHO's obligations is to protect people from exposure to tobacco smoke. Secondhand smoke carries up to 100 times the concentration of some of the 4,000 chemicals and carcinogens contained in cigarette smoke. Smoke filled rooms can have up to six times the air pollution as a busy highway and the smoke does not clear from the room for weeks, if at all. 100% smoke-free environments are the only proven way to protect people from the effects of second-hand smoke.

Kids are at an even greater risk. It is now known that children living with smoking parents have about twice as many respiratory infections, ear infections and severe asthma as children of nonsmokers. Second-hand smoke is also known to be a cause of sudden infant death syndrome (SIDS). Secondhand smoke is blamed for thousands of hospitalizations of infants and children every year in the United States. There is no safe amount of secondhand smoke.

Celebrate World No Tobacco Day by quitting tobacco. For more information, call the local Tobacco Education Specialist, Austin Adams, at the Dawson County Health Department at 406-377-5213, or call 1-800-QUITNOW or visit [quitnowmontana.com](http://quitnowmontana.com) for free help in ending this harmful addiction.

#### **All Montana tobacco quit line programs offer:**

- **A FREE personalized quit plan**
- **5 FREE pro-active cessation coaching sessions**
- **FREE nicotine replacement therapy (patches, gum & lozenge) for callers 18 and older engaged in the program**
- **FREE cessation medication for callers with doctor prescription**
- **Online CHAT options**

For more information about World No Tobacco Day, visit the World Health Organization's website at [www.who.int/campaigns/world-no-tobacco-day/2024](http://www.who.int/campaigns/world-no-tobacco-day/2024)



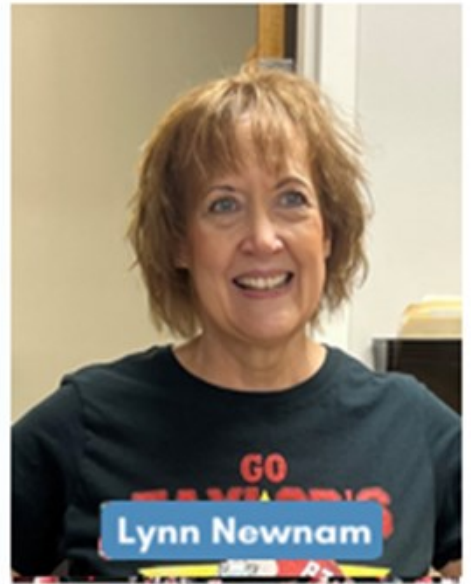




Kari Granmoe



Meg Ziegler



Lynn Newnam



HAPPY NATIONAL



# NURSES MONTH



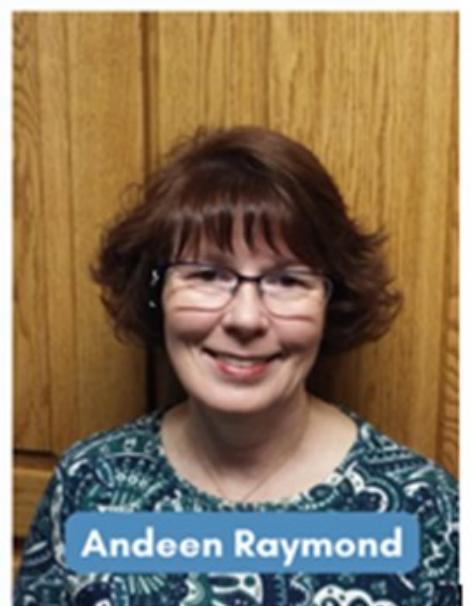
TO ALL OF THE NURSES AT THE DAWSON  
COUNTY HEALTH DEPARTMENT



Renee Steinbron



Taylor Mitchell



Andeen Raymond

# GET YOUR VACCINE!



## COVID-19 AND RSV VACCINES NOW AVAILABLE!

Appointment Required

**Vaccines For Children (A program for uninsured or underinsured) for COVID-19 vaccine available for children**

*Cash, insurance or part D Medicare is required for adult vaccines.*

Call (406) 377-5213 to make an appointment!



# Arthritis Awareness Month

*By: Andeen Raymond*

May is National Arthritis Awareness month and everyone knows someone with arthritis. There are more than 100 forms of this crippling disease with the most common types we hear about being: osteoarthritis, rheumatoid arthritis, gout, lupus, and fibromyalgia. This makes Arthritis THE leading cause of disability in America. Arthritis causes pain, aching, stiffness, and swelling of the joints, **affecting 1 in 5 adults. That's means nearly 53 million men and women are suffering with joint pain or disease, and almost 300,000 babies, kids and teens also have arthritis or a rheumatic condition. Arthritis is disabling.**

- The percent of adults limited by arthritis has increased by about 20% since 2002. The everyday activities of 24 million adults are limited by it, such as holding a cup, lifting a grocery bag, or walking to a car.
- Adults with arthritis are more than twice as likely as adults without arthritis to report an injury related to a fall.
- Arthritis and related conditions account for more than \$164 billion annually in lost wages and \$140 billion in medical expenses.

## FOUR COMMON MYTHS ABOUT ARTHRITIS

**MYTH #1: Arthritis only affects the elderly:** Arthritis does not discriminate. The most common type of arthritis is osteoarthritis, a condition caused by wear and tear on joints over time. Osteoarthritis is more prevalent in older adults, however other types of arthritis such as rheumatoid arthritis and psoriatic arthritis caused by joint inflammation can happen at any age. Juvenile arthritis, an and autoimmune diseases occurs in children.

**MYTH #2: You should avoid exercise if you have arthritis.:** Exercise is crucial for people with arthritis. Regular exercise helps keep arthritis in check and diminishes some of the worst symptoms. Exercise increases strength and flexibility, reduces joint pain, and helps combat fatigue. There are many exercise programs designed for specifically for arthritis patients, but it is important to consult with your doctor, don't to overdo it, and it having increased pain, talk with the instructor.

**MYTH #3: All joint pain IS Arthritis:** Having swollen, achy joints doesn't necessarily mean you have arthritis. There are several other conditions that can cause joint pain such as tendonitis and bursitis, as well as other soft-tissue injuries. If you are experiencing joint pain, you should consult with your healthcare provider for a diagnosis and treatment.

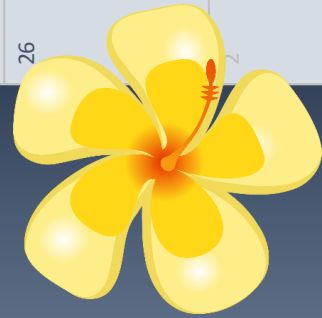
**MYTH #4 There is NO treatment for Arthritis:** There are many things you can do to help ease the symptoms and pain of arthritis. Diet, exercise, natural remedies and medications can all help. Over the counter medications and prescription medications can help too. If joint pain or damage is so severed that medication isn't working, surgery to replace joints or improve alignment may be recommended.

**What can Adults living with arthritis do? The first steps in conquering arthritis are learning the facts, understanding your condition.**

- Talk openly with your physician about your concerns for the disease.
- Learn proven actions to deal with pain, fatigue, anxiety and depression.
- Be physically active (like walking, swimming, or biking) to help maintain and improve strength, flexibility, and endurance.
- Adopt healthy eating habits and lose weight, if necessary.
- Attend educational programs to gain confidence and skills on managing arthritis.
- Use medications correctly under a healthcare provider's care.

2024

MAY



SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1 <b>Wellness Wednesday</b> 10AM BP/Lab Clinic 8-12 Family Planning 8-12; 1-5	2 <b>Give Local Day 4-7PM</b> WIC Immunization & BP Clinics 8:30-12 & 1-5	3 Family Planning 10:00 - 12:00 1:00 - 3:00	4
5	6 Family Planning 1:00-5:00	7 Nurturing Tree Family Planning 1:00-5:00	8 <b>Wellness Wednesday</b> 10AM BP/Lab Clinic 8-12 Family Planning 8-12; 1-5	9 WIC Immunization & BP Clinics 8:30-12 & 1-5	10 Family Planning 10:00 - 12:00 1:00 - 3:00	11
12	13 Family Planning 1:00-5:00	14 Nurturing Tree Family Planning 1:00-5:00	15 <b>Wellness Wednesday</b> 10AM BP/Lab Clinic 8-12 Family Planning 8-12; 1-5	16 WIC Immunization & BP Clinics 8:30-12 & 1-5	17 Family Planning 10:00 - 12:00 1:00 - 3:00	18
19	20 Family Planning 1:00-5:00	21 Nurturing Tree Family Planning 1:00-5:00	22 <b>Wellness Wednesday</b> 10AM BP/Lab Clinic 8-12 Family Planning 8-12; 1-5	23 WIC Immunization & BP Clinics 8:30-12 & 1-5	24 Family Planning 10:00 - 12:00 1:00 - 3:00	25
26	27 <b>MEMORIAL DAY</b> OFFICE CLOSED	28 Nurturing Tree Family Planning 1:00-5:00	29 <b>Wellness Wednesday</b> 10AM BP/Lab Clinic 8-12 Family Planning 8-12; 1-5	30 WIC Immunization & BP Clinics 8:30-12 & 1-5	31 Family Planning 10:00 - 12:00 1:00 - 3:00	1
 <p>Dawson County Health Department 207 W Bell St Glendive, MT 59330 (406) 377-5213</p>						

