

Northeastern Montana Wellness Partnership

Serving Daniels, Roosevelt, Sheridan, Valley Counties and Fort Peck Tribes

MT CANCER CONTROL PROGRAM • MT TOBACCO USE PREVENTION PROGRAM • MT ARTHRITIS PROGRAM • CHRONIC DISEASE SELF-MANAGEMENT PROGRAM



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Upcoming Events

Daniels County

Daniels County Fair – July 20-23

Roosevelt County

Roosevelt County Fair – August 8-12

Sheridan County

Sheridan County Fair – July 27-29

Valley County

Northeast MT Fair – August 8-12

Are you current on your cancer screenings?

Montana Cancer Control Program provides free breast & cervical cancer screenings to those who qualify.

Call (406) 487-5560 for more information.



Sun Safety

Too much sun can cause skin cancer which is the most common cancer in the U.S. Spending

time outside is a great way to be physically active, reduce stress, and get vitamin D. You can work and play outside without raising your skin cancer risk by protecting your skin from the sun.

Most skin cancers are caused by too much exposure to ultraviolet (UV) light. UV rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can damage skin cells.

Protection from UV rays is important all year, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. In the continental U.S., UV rays tend to be strongest from 10 a.m. to 4 p.m. daylight saving time. The UV Index forecasts the strength of UV rays each day. If the UV index is 3 or higher in your area, protect your skin from too much exposure to the sun.

How to Protect Your Skin from the Sun:

- **Shade** - reduce your risk of sun damage & skin cancer by staying in the shade under an umbrella, tree, or other shelter. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.
- **Clothing** - When possible, wear long-sleeved shirts & long pants and skirts or protective clothing, which can provide protection from UV rays.
- **Hat** - For the most protection, wear a hat that has a brim all the way around that shades your face, ears, and the back of your neck. If you wear a baseball cap, you should also protect your ears & the back of your neck by wearing clothing that covers those areas, using sunscreen, or staying in the shade.
- **Sunglasses** - Sunglasses that protect your eyes from both UVA & UVB rays can also reduce the risk of cataracts along with protecting the tender skin around your eyes from sun exposure.

- **Sunscreen** - Put on broad spectrum sunscreen that filters out both UVA and UVB rays and has an SPF of 15 or higher before you go outside. Sunscreen is not recommended for babies who are 6 months old or younger. Remember to reapply sunscreen because it wears off. Put it on again if you stay out in the sun for more than 2 hours and after swimming, sweating, or toweling off. Also, check the **expiration date**.

Call 487-5560 for more information

-Ref: Cdc.gov

Cancer Library

Every County in our region has a Cancer Library with a variety of books, CD's and cassettes. Whether you are looking for information or inspiration, check out the library in your area.

Daniels County

Courthouse
213 Main St.
Scobey, MT
First Floor Hallway

Roosevelt County

Trinity Hospital
315 Knapp
Wolf Point, MT
"Chemo Room"

Sheridan County

Courthouse
100 West Laurel Ave.
Plentywood, MT
Health Department

Valley County

Senior Citizens
Center
328 Fourth St. South
Glasgow, MT



Tobacco

Nicotine, Don't Add To Your Stress.



MONTANA
TOBACCO USE
PREVENTION PROGRAM

Stress is a normal part of everyday life. For smokers, many struggle with nicotine withdrawal and cravings when they quit. Nicotine is the main addictive substance in cigarettes, e-cigarettes or vaping products, smokeless tobacco (chew), and alternative nicotine products such as nicotine pouches that affects many parts of our body, including the brain.

One common misconception is that the use of nicotine in any manner, whether smoking, vaping, or chewing can help relieve anxiety, stress, and feelings of depression. Truth is, this is a part of the nicotine withdrawal cycle. Irritability, anxiety, and depression are symptoms of nicotine withdrawal, and using nicotine temporarily relieves these symptoms. While withdrawal can be uncomfortable, the good news is the worst withdrawal symptoms usually last less than two weeks, with symptoms being the strongest during the first week. The most common symptoms of nicotine withdrawal include:

- Having cravings for cigarettes or e-cigarettes
- Feeling down or sad, irritable, on edge, restless and jumpy, or grouchy
- Having trouble concentrating or sleeping

Over time, the symptoms and cravings will fade as long as the person stays smoke free. For many smokers, cravings for a cigarette or any other tobacco product, including e-cigarettes last longer than any other symptoms of withdrawal. It is important to know that there is no health danger associated with nicotine withdrawal. Quitting smoking, vaping, or using any tobacco and nicotine products is the best thing to do for one's health.

The Montana Tobacco Quit Line can also help people with their quit attempt. The Montana Tobacco Quit Line offers NRT (gum, patches, and lozenges) and is now offering Varenicline, the generic form of Chantix. They also offer Bupropion with no co-pay. Bupropion is a medication used to help treat individuals with anxiety or depression. Anyone that engages the Montana Tobacco Quit Line is available for either Varenicline or Bupropion for three months FREE.

For questions, call your local Tobacco Education Specialists:

A.J. Allen, Roosevelt & Daniels Counties at (406) 653-6212,

Teri Meche (Valley Co) at (406) 228-6261,

Cherie Duncan (Sheridan Co) at 406-765-3410.

For more information on breaking the cycle of tobacco & nicotine addiction among Montana kids, visit www.mtreact.com.



Communicable Disease

Drowning & Swimming-related Illnesses

Children ages 1-4 have the highest drowning rates. Most drownings in children 1-4 happen in swimming pools. Drowning can happen even when children are not expected to be near water, such as when they gain unsupervised access to pools. Fatal drowning is the leading cause of death for children 1-4 and the second leading cause of unintentional injury death for children 5-14, behind motor vehicle crashes.

While children are at highest risk, anyone can drown. Every year in the United States there are an estimated: 4,000 fatal unintentional drownings—that is an average of 11 drowning deaths per day. 8,000 nonfatal drownings—that is an average of 22 nonfatal drownings per day. Non fatal drownings happens when a person survives a drowning incident. Nonfatal drowning has a range of outcomes, from no injuries to very serious injuries such as brain damage or permanent disability.



Swimming-related illnesses are diseases that people can get from the water in which they swim & play if the water is contaminated with germs, diarrhea being the most common. When a person who is sick with diarrhea gets in the water, that tiny amount of poop on their body can wash into the water around them and contaminate it with germs. If someone else swallows the contaminated water, they can become infected.

The best way to prevent swimming-related illnesses from spreading is to keep germs out of the water in the first place. This means that if you or your child has been sick with diarrhea in the past two weeks, you should stay out of the water. To protect yourself from the most common swimming-related illnesses: Keep water out of your mouth when you swim & dry your ears after you swim!

Nutrition & Physical Activity

Rethink Your Drink

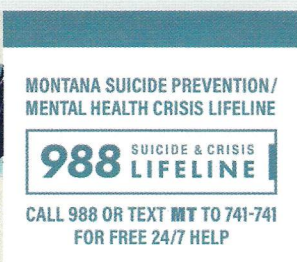
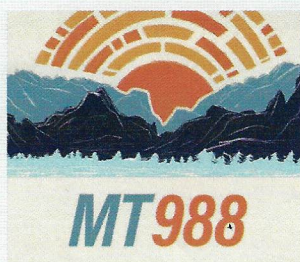
The next time you go grocery shopping, read the nutrition labels on the items in your cart to see which ones have the most added sugars. You may be surprised to see the amount of added sugars in some drinks. Sugary drinks are the leading source of added sugars in the American diet. These sweetened liquids include regular soda, fruit drinks, sports drinks, energy drinks, and sweetened waters. The flavored coffees we grab on the way to work and sweet drinks we order when eating out also count as sugary drinks. Adding sugar and flavored creamer to coffee and tea at home counts, too.

Why Should I Be Concerned About Sugary Drinks? People who often drink sugary drinks are more likely to face health problems, such as weight gain, obesity, type 2 diabetes, heart disease, cavities, and gout, a type of arthritis. The latest guidelines recommend that people 2 years and older keep their intake of added sugars to less than 10% of their total daily calories. (For example, in a 2,000 calorie diet, no more than 200 calories should come from added sugars. 200 calories is about 12 teaspoons of added sugar in food and beverages combined).

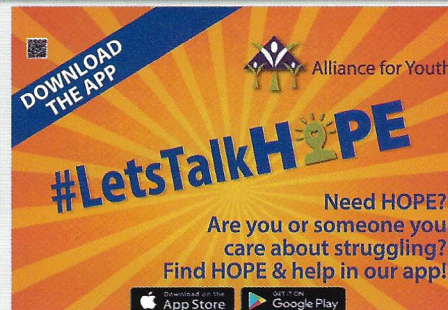
A 12-ounce regular soda has more than 10 teaspoons of added sugar, adding up to about total 150 calories. CDC research found about 30% of Americans ages two and older eat and drink high amounts of added sugar each day. Cutting out 2 regular sodas per day would reduce total calories by 2,100 in a week.

Tricks to Rethink Your Drink

- Choose water (tap or unsweetened, bottled, or sparkling) over sugary drinks.
- Need more flavor? Add berries or slices of lime, lemon, or cucumber to water.
- Missing fizzy drinks? Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- Need help breaking the habit? Don't stock up on sugary drinks. Instead, keep a jug or bottles of cold water in the fridge.
 - Water just won't do? Reach for drinks that contain important nutrients such as low fat or fat free milk; unsweetened, fortified milk alternatives; or 100% fruit or vegetable juice first. (NOTE: Before infants are 12 months old, do not give fruit or vegetable juice. Juice after 12 months old is not necessary, but 4 ounces or less a day of 100% juice can be provided.)
 - At the coffee shop? Skip the flavored syrups or whipped cream. Ask for a drink with low fat or fat free milk, an unsweetened milk alternative such as soy or almond, or get back to basics with black coffee.



www.connectmontana.org



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