

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

Upcoming Events

All Counties . . .

World

No Tobacco Day May 31

Daniels County

SAIL exercise class – Mon & Thurs @ 10 am
(Senior Center)

Foot Clinic – 4/29/24, 5/28, 6/24 (1-3pm)
@ Senior Center

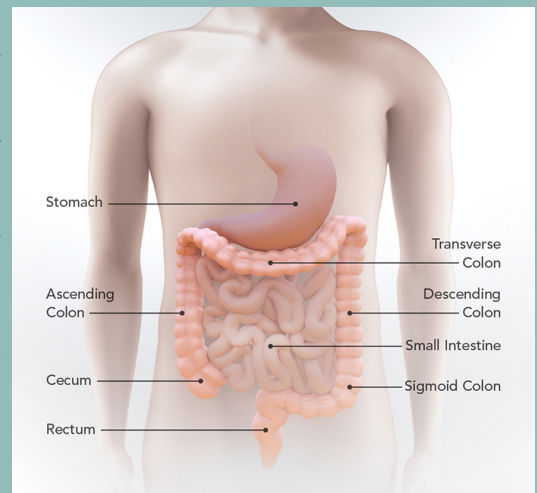
Child Find – Thurs, April 11th (Scobey
Lutheran Church)



Sean R. Heavey
seanrheavey.com

What do colorectal cancer screening guidelines say about who should have colorectal cancer screening?

Colorectal cancer (CRC) often begins as a growth called a polyp inside the colon or rectum. A polyp is a growth that shouldn't be there and over time, some polyps can turn into cancer. Screening tests can find precancerous polyps, so they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best. About 9 out of every 10 people whose colorectal cancers are found early and treated appropriately are still alive five years later. Colorectal cancer is the 3rd most commonly diagnosed cancer and the 3rd most common cause of cancer-related death in both men and women in the United States. However, it ranks 2nd in cancer-related deaths overall and is the leading cause in men younger than 50 years old. Approximately 4.1% of men and women will be diagnosed with CRC at some point during their lifetime. In 2020, there were an estimated 1,388,422 people living with CRC in the US. CRC is the 3rd most common type of cancer diagnosed in Montana as well as the 3rd most common cause of cancer deaths. Someone could have CRC and not know it. People don't always have symptoms (especially in early stages). If there are symptoms, they may include: changes in your bowel habits, blood in or on your stool (bowel movement), abdominal pain, aches, or cramps that don't go away, unexplained weight loss. If you're 45 or older, getting a colorectal cancer screening test could save your life so get screened now! The U.S. Preventive Services Task Force recommends that adults who are 45 to 75 years old be screened for CRC. The decision to be screened between ages 76 and 85 should be made on an individual basis. If you are older than 75, talk to your health care provider about getting screened. People at increased risk for CRC may need earlier or more frequent tests than other people. If you think you may be at increased risk, talk with your health care provider about when to begin screening, which test is right for you, and how often to get tested.



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.

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



References: American Cancer Society; cdc.gov;
Call 487-5560 for more information

Tobacco

Vaping & Nicotine Addiction

More than one-in-four Montana high school students currently use e-cigarettes, and the disposable e-cigarettes many of them use are bigger and badder than ever before. According to a recent study in Tobacco Control, the amount of e-liquid a disposable e-cigarette device can hold increased by 518% and the average nicotine strength increased by 294%. As a result, the amount of nicotine in some disposable e-cigarettes is now comparable to several cartons of cigarettes. E-liquids have also dropped in price, making it easier for kids to buy.

Montana communities need to wake up to this threat. Nicotine is not safe – it harms youth brain development and makes kids more susceptible to becoming addicted to other drugs. Get more information about the harms of youth e-cigarette use and how to help our kids at tobaccofree.mt.gov. If your child is addicted to e-cigarettes, help them quit by visiting MyLifeMyQuit.com. If they don't use e-cigarettes, make sure they understand the risks so they make the decision to never start.

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.

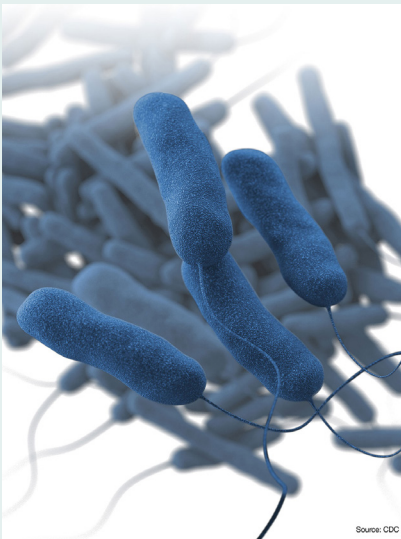


MONTANA
TOBACCO USE
PREVENTION PROGRAM



Communicable Disease

What Legionella?



People can become sick with legionellosis after being exposed to Legionella bacteria, which are found in small droplets of water. In 2023, there were 19 cases of legionellosis reported in Montana, including 2 deaths. Legionella bacteria are found naturally in freshwater environments, but become a human health concern when they grow and spread in building water systems. It is important for healthcare facilities, as well as many other buildings, to have a water management plan. Water management plans may help reduce the spread and growth of Legionella in a water system by focusing on control measures, including appropriate water temperature and levels of disinfectant, to make sure that people do not get sick.

How Legionella Affects Building Water Systems and People :

1. Internal and external factors can lead to Legionella growth in building water systems.
2. Legionella grows best in large, complex water systems that are not adequately maintained.

(common sources of infection outbreaks of Legionnaires' disease are often associated with large buildings with cooling towers like hospitals, hotels, or cruise ships)

3. Water containing Legionella is aerosolized through devices. (cooling tower, showerheads, faucets, hot tubs, or decorative fountains)

4. People can get sick when they breathe in small droplets of water or accidentally swallow water containing Legionella into the lungs. Those at increased risk are adults 50 years or older, current or former smokers, and people with a weakened immune system or chronic disease.

Ref: www.cdc.gov/legionella

Nutrition & Physical Activity

Nurture Your Precious Microbiome

The huge ecosystem of microorganisms that reside in your gastrointestinal tract (your microbiome) largely define your health destiny. Think of them as your most valuable partner in health and healing. What defines a “healthy microbiome” is having a broad array and an abundance of “good” bacteria in your gut – diversity and high numbers.

The microbiome is integral to immunity, modulating inflammation, digestive function, mood, metabolism, stress resiliency and much, much more. Here are key strategies for establishing and maintaining a healthy microbiome.

- Eat an abundance and a variety of plant-based foods- whole grains, beans, nuts, seeds, vegetables, and fruits. Good bacteria “feed” off of the fiber that only plant foods can provide. The more real food fiber you eat, the more “good” bacteria you will have in your gut. (The greater the variety of plant-based foods you eat, particularly fruits and veggies, the healthier your microbiome will be.)

- Your microbiomes’ preferred types of fiber are inulin and arabinogalactans. The foods that offer the most of these special fibers, also known as prebiotics, are: garlic, onions, leeks, Jerusalem artichokes, asparagus, lentils, oats, carrots, beans, okra, radishes and tomatoes.

- Consume foods high in polyphenols regularly: dark chocolate, tea (green and black), berries, cherries, currants, artichoke hearts, citrus, filtered coffee, apples, plums, red wine.

- Limit consumption of processed, industrial foods, especially fast foods, junk foods, and those lacking fiber. These foods “feed” the bad bacteria, and the more “bad” bacteria you have in your gut, the less good ones you will have as they are in competition. Bad bacteria have been linked to a host of chronic diseases including obesity, heart disease, type 2 diabetes, mental health disorders, and more. Be especially vigilant in avoiding processed foods containing lecithin, polysorbate 80 (PS80), carboxymethylcellulose (CMC), and maltodextrin. These “emulsifiers” have been shown to interfere with a healthy gut lining and disturb the microbiome balance.

- Include probiotic foods (fermented foods containing live beneficial bacteria) regularly in your diet – daily is best. Plain yogurt, kefir, tempeh, sauerkraut, kombucha, kimchee, and any other “fermented” foods that contain live bacteria are invaluable for boosting the health of your microbiome.

- Do not take antibiotics unless medically required. And if you must take an antibiotic, talk to your doctor about a daily probiotic supplement (they are over-the-counter) or drink kefir twice a day while you are on the antibiotic and for two full weeks thereafter. Other drugs to avoid unless medically indicated include NSAIDS (morrin, advil, aleeve, etc.) and proton pump inhibitors (prevacid, prilosec, nexium, etc.)

- Get out in nature and get dirty. The soil contains an entire ecosystem of good bacteria. Gardening is highly recommended, especially vegetable gardening!

- Get regular physical activity. Exercise has been shown to favorably modulate the microbiome. And fit people have healthier ones!

- Get your sleep. Inadequate sleep leads to disruption of the microbiome. 7-8 hours a night is best.

- Avoid use of consumer products that are marketed and labeled as “antibacterial”. There is no evidence they have benefits and growing evidence that they kill the good bacteria and may come with risks.

- Future and expectant Mothers – breastfeed (12 months optimal), avoid use of antibiotics in pregnancy unless medically required, and avoid Cesarean delivery unless clearly medically indicated.



MONTANA SUICIDE PREVENTION/
MENTAL HEALTH CRISIS LIFELINE

988 SUICIDE & CRISIS
LIFELINE

CALL 988 OR TEXT **MT** TO 741-741
FOR FREE 24/7 HELP



CONNECT
Electronic
MONTANA REFERRAL SYSTEM

www.connectmontana.org



DOWNLOAD THE APP

Alliance for Youth

#LetsTalkHOPE

Need HOPE?
Are you or someone you
care about struggling?
Find HOPE & help in our app!

Download on the App Store | GET IT ON Google Play

Regional Services

Daniels, Valley, Roosevelt & Sheridan Counties

Daniels County

Cancer Screening Program, Community Garden, Emergency Preparedness, Connect Electronic Referral Program, SAIL classes, & foot clinic call 406-487-5560

Routine Immunizations call Daniels Memorial Immunization Office 406-487-2313

Daniels County Transportation 406-783-7110

Strong Women - Call 487-2861

Connect Electronic Referral Program - Call 487-5560

Valley County

Valley Co Health Dept - Reg hrs: Mon-Thurs 7:30am - 6pm;
Call 406-228-6261 to schedule immunizations

Reproductive Health Services/ Family Planning - Confidential Title X nurse visits, telehealth with physician, or in person w/ FNP for birth control, implants, STI testing, & well-person exams.

Strong Women - Call 228-6241

Cancer Screening Program - 487-5560

Valley CARE Coalition meetings 1st Monday of each month - follow us on Facebook

Roosevelt County

RCHD Immunization Hours: Tues-Thurs Walk In 9-11 am & 1-4 pm; COVID-19 vac for adults & kids 6 months-11: Please call ahead of time (406 653-6223); STI Testing & Treatment from 1-3 pm daily

Emergency Preparedness - 653-6269

Cancer Screening Program - 487-5560

Sheridan County

Sheridan County Aging Programs: call Angie Manley, 765-3412
Information on Congregate & Home Delivered Meals in Sheridan County communities; Respite Care (In-home, Overnight, or Day Care Services); Senior Center information; Medicare Counseling; Information & Referral Services)

Sheridan Co Public Health: call 765-3410 (Immunizations for all ages, including Vaccines for Children Program)

Sheridan-Daniels WIC Program:(Nutrition education & supplemental foods for Women, Infants, & Children) 765-3473

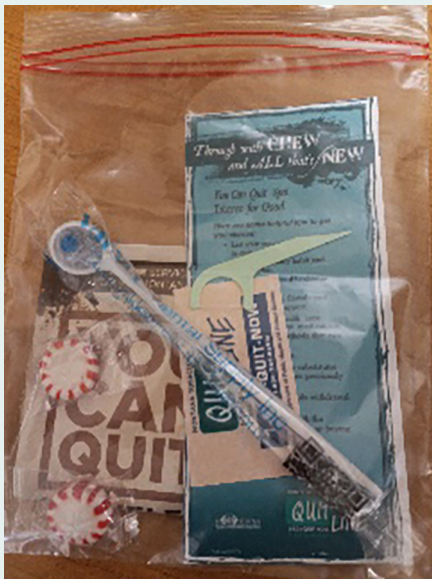
Cancer Screening Program 406-487-5560

Quality Transit, 406-765-1018

Free rides within Sheridan County borders; reasonable charges to Scobey, Sidney, or Williston for medical appointments.



Frazier Public Schools won Valley Co MTUPP's bench ad contest .



The Roosevelt & Daniels MTUPP Contractor made up quit kits & provided to dentist offices in Scobey & Wolf Point for Through with Chew Week February 18-24.



February was National Children's Dental Health Month and the Daniels Co Health Dept partnered with Scobey Schools & the Scobey Dental office to visit the K-1st grades to teach the students the importance of dental hygiene.