



Lincoln County Health Department News

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Libby, MT 59923
(406) 283-2442

www.lincolnmthealth.com

Environmental Health

•(406) 283-2442

County Nurse

•(406) 283-2447

Mental Health

•(406) 283-2467

Tobacco Prevention

•(406) 283-2443

Asbestos Resource Program

•(406)291-5335

•Eureka (406) 293-1189

Landfill

•Libby (406) 293-7416

•Eureka (406) 889-5117

•Troy (406) 283-1713

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Volume 3 Issue 10

October 2019



The earlier breast cancer is diagnosed,
the better the chance for successful treatment.

SIGNS AND SYMPTOMS OF BREAST CANCER

There are many different signs and symptoms of breast cancer,
so checking your breasts for any unusual change is important.

Common breast cancer signs and symptoms include:

- A **lump or swelling** in the breast, upper chest or armpit.
You might feel the lump, but not see it.
- **Changes in the size or shape** of the breast
- A change in **skin texture** i.e. puckering or dimpling of the skin
- A change in the **color** of the breast - the breast may look red or inflamed
- **Rash, crusting** or changes to the nipple
- Any unusual **discharge** from either nipple

Pain in your breasts is not normally a sign of breast cancer, but it can be if it is associated with other symptoms. While most pain is not a symptom, it's important to look out for any pain that is unusual and persists over a period of time.

Noticing an unusual change like these doesn't necessarily mean you will get breast cancer, but it's important to get checked out if you are worried.

For more information: www.Breastcancer.org

save the date



WE COPY WHAT WE SEE

Keep tobacco away from where kids play with TOBACCO-FREE PARKS



Chick Flick

October 24, 2019 @ 7PM

Sponsored by: Dome Theatre and Cabinet Peaks Medical Center

DEPRESSION

Depression is one of the most common mental health problems facing young Australians.

By the age of 18



1 in 5

people will have experienced depression

If not treated, depression can lead to:

Alcohol and /or drug misuse

Poor physical health

Underachieving at school or work

Losing contact with friends and family



Warning signs someone you know could be suffering from depression:



Moodiness and irritability



Loss of interest in life



Withdrawing from friends & family



Changes in appetite



Irregular sleeping patterns



Lack of energy and motivation



Difficulty concentrating

October is

Pink

LET'S CELEBRATE BREAST CANCER AWARENESS MONTH



U.S. BREAST CANCER STATISTICS

About 1 in 8 U.S. women (just over 12%) will develop invasive breast cancer over the course of her lifetime.

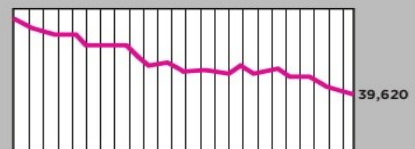


Every  **13 minutes** a woman dies of breast cancer in the U.S.

A woman's risk of breast cancer is approximately

2X

greater if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer.



1989 2013

About 39,620 women in the U.S. were expected to die in 2013 from breast cancer, though death rates have been decreasing since 1989 — with larger decreases in women under 50.

85% of breast cancer occurs in women who have no family history of breast cancer.



The most significant risk factors for breast cancer are gender (being a woman) and age (growing older).



Largest group of survivors is in the U.S. with more than **2.9 million** survivors.

BREAST CANCER MYTHS

Myth #1

Finding a lump in your breast means you have breast cancer.

Myth #2

Only women with a family history of breast cancer are at risk.

Myth #3

A mammogram, or X-ray of the breast, can cause breast cancer to spread.

Myth #4

Having a family history of breast cancer means you will get it.

Myth #5

You can catch breast cancer or transfer it to someone else's body.

Myth #6

Use of underarm antiperspirants and deodorants cause breast cancer.



LANDFILL NEWS

Ron Thatcher



Greetings from the employees at the Landfill sites located throughout Lincoln County. We hope this letter finds everyone well and in good health. With the coming of the fall season and folks beginning to clean up their yards, tree trimmings, and gardens in preparation for winter, we would like to talk about the disposal of that garden and wood waste you might want to bring out to the landfill locations. We have three sites at the landfill one specifically for compostable materials, and two separate piles for wood waste. We do ask that you follow a couple of guidelines we impose when you bring this material out to dispose of and are as follows;

CLEAN WOOD WASTE: We accept clean wood which consists of tree branches and brush. Trees are also accepted however the stumps cannot be attached. There is a separate location for stump disposal and keep in mind there is also a charge for their disposal.

DEMOLITION WOOD WASTE: Acceptable wood includes lumber, plywood, particle board even if the wood is painted. Wooden furniture provided there is no glass, cushions, sheetrock, or large pieces of metal attached nails/screws are fine. We do not allow treated timbers (railroad ties/ fence posts/bridge decking) in the wood waste pile and ask that they be put in the regular trash receptacles or taken up to the landfill working face. Because of air quality and potential for contamination all wood waste at the Libby Landfill is run through a chipper and not as most folks believe burned.

Whenever you bring out wood waste just let the gate attendant know what you have, and they will let you know where to take it for disposal. We also ask that all wood waste be just wood waste, and that no trash or other materials be deposited in the wood pile.

COMPOSTABLE WASTE: This material includes garden waste, grass, sod, leaves, hay, fruit, flowers or any other degradable organic material. Again, we ask that all compostable waste be just that, and no trash or other materials be deposited in the compost pile. As always if you are not sure which location to take your yard waste just ask the gate attendant or any Landfill employee and they will be happy to direct you to the proper location.

Just a reminder we are now on winter hours and open at 8 in the morning
and close the gates at 5:30 in the evening.

Have a great October, watch out for those ghosts and goblins on Halloween, be safe, keep recycling, and we look forward to seeing you at the landfill.



OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

LEARN THE FACTS

Every 9 seconds a woman is battered in the United States:



1 in every 4 women will experience domestic violence in her lifetime.¹



An estimated 1.3 million women are victims of physical assault by an intimate partner each year.¹

1,300,000 WOMEN

If you are in an abusive relationship, remember:

- 1.) You are not alone.
- 2.) It is **NOT** your fault.
- 3.) Help is available.



OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

October is Depression Awareness Month
#SpeakYourMind
#NDSD



SMH Screening for Mental HealthSM

NATIONAL DEPRESSION SCREENING DAY

OCTOBER 10 2019



“BUT YOU DON'T LOOK DEPRESSED.”

#ThingsPeopleSaidAboutMyMentalIllness

MENTAL ILLNESS AWARENESS WEEK
OCTOBER 7-13, 2018



HALLOWEEN SAFETY TIPS

Each year, poison centers from around the country manage numerous exposure cases involving Halloween-related substances, such as candy, glow sticks, and special cosmetics. Here are some simple precautions adults can take to help avoid poisonous exposures and ensure that children have a safe holiday:



DRY ICE

Handle dry ice properly and carefully. Oral/skin exposure or ingestion of dry ice can cause significant damage. Do not store dry ice in the freezer or an unventilated area.



COSMETICS

Test face makeup in a small area of skin first (preferably on the arm) to check for allergic reaction before applying it to the face. Avoid decorating the face or body with products that aren't intended for the skin.

Throw out any makeup that has a very bad smell; this could be a sign of contamination.



CANDY & TREATS

Inspect all candy for any signs of tampering (tears, pinholes, discoloration, etc.) before eating or allowing children to eat.

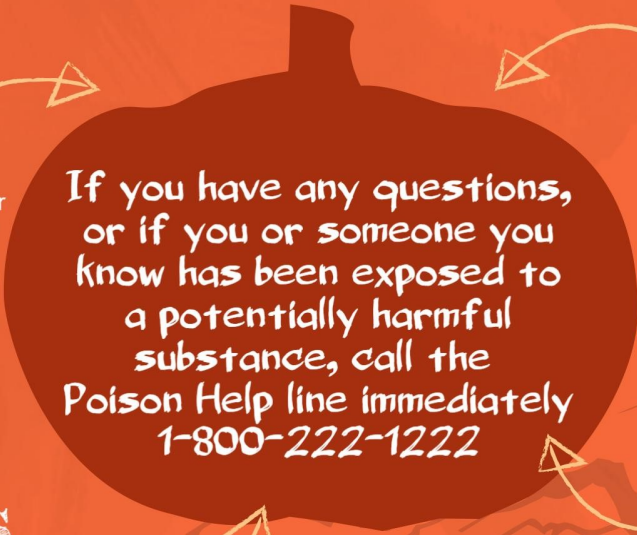
Check all candy and edibles for choking hazards.



GLOW STICKS

Remind children not to chew on or break open glow sticks or any other glow-in-the-dark products.

While the liquid is considered minimally toxic in small amounts, it can cause skin irritation. Swallowing glow stick liquid can cause nausea and burning. Eyes are especially sensitive to glow stick liquid. Never put these products in the microwave.



If you have any questions, or if you or someone you know has been exposed to a potentially harmful substance, call the Poison Help line immediately
1-800-222-1222



Be prepared by programming the Poison Help number into your phone TODAY, 1-800-222-1222!



Medicare Pilot Program for Asbestos Related Disease

Ask A Nurse

Location: Venture Inn
1015 W 9th St. Libby, MT
When: October 10, 2019
12:30 pm-3:00 pm

A nurse from the Pilot Program will be available to answer questions. This is open to current or new beneficiaries or people who may be curious about the program.

Please come and bring any questions you may have about pre-authorization for services. Beneficiaries will have the opportunity to get authorizations changed or updated.

Call 888.469.9464 with questions or visit www.moridianmedicare.com/ard



"Sorry, but nothing scares us anymore since that time we accidentally saw our grandfather naked."



Avoid the Flu Bug!

Even healthy people can get the flu, and it can be serious.
Everyone six months and older should get a flu vaccine. (This means you!)
This season, protect yourself—and those around you—by getting a flu vaccine

<http://www.flu.gov>

Available at Lincoln County Public Health
Call Trista! 283-2447

Helping Babies Sleep Safely



Expecting or caring for a baby? Take these steps to help baby sleep safely and reduce the risk of sleep-related infant deaths, including sudden infant death syndrome (SIDS).

There are about 3,500 sleep-related deaths among US babies each year. CDC supports the updated 2016 recommendations issued by the American Academy of Pediatrics (AAP) to reduce the risk of all sleep-related infant deaths, including SIDS.

Parents and caregivers can help create a safe sleep area for babies by taking the following steps:

- **Place your baby on his or her back for all sleep times—naps and at night.** Even if a baby spits up during sleep, babies' anatomy and gag reflex help prevent them from choking while sleeping on their backs. Babies who sleep on their backs are much less likely to die of SIDS than babies who sleep on their sides or stomachs.
- **Use a firm, flat sleep surface, such as a mattress in a safety-approved crib covered only by a fitted sheet.** Some parents and caretakers might feel they should place their baby on a soft surface to help the be more comfortable while sleeping. However, soft surfaces can increase the risk of sleep-related death. A firm sleep surface helps reduce the risk of SIDS and suffocation.
- **Keep your baby's sleep area (for example, a crib or bassinet) in the same room where you sleep until your baby is at least 6 months old, or ideally, until your baby is one year old.** Accidental suffocation or strangulation can happen when a baby is sleeping in an adult bed or other unsafe sleep surfaces. Sharing a room with your baby is much safer than bed sharing and may decrease the risk of SIDS by as much as 50%. Also, placing the crib close to your bed so that the baby is within view and reach can also help make it easier to feed, comfort, and monitor your baby.
- **Keep soft bedding such as blankets, pillows, bumper pads, and soft toys out of your baby's sleep area. Additionally, do not cover your baby's head or allow your baby to get too hot.** Some parents may feel they should add sheets or blankets to their baby's crib to help keep their baby warm and comfortable while sleeping. However, sheets, comforters, and blankets can increase the risk of suffocation or overheat your baby. If you're worried about your baby getting cold during sleep, you can dress them in sleep clothing, like a wearable blanket. In a recent Pediatrics Report, CDC scientists and colleagues found that infant suffocation deaths during sleep were most frequently due to soft bedding, such as blankets and pillows.

For more information, go to www.cdc.gov

SEND A MESSAGE.

STAY DRUG FREE.™



RED RIBBON WEEK® OCT. 23-31

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Pain Isn't Always Obvious

KNOW THE SIGNS

Suicide Is Preventable

MONTANA TOBACCO

QUIT LINE
1-800-QUIT-NOW

www.QuitNowMontana.com

E-CIGARETTES BANNED ON SCHOOL PROPERTY

IT'S THE NEW LAW!

WHAT

HOUSE BILL 413 PROHIBITS THE USE OF E-CIGARETTES IN PUBLIC SCHOOL BUILDINGS OR ON SCHOOL PROPERTY

WHEN

EFFECTIVE IMMEDIATELY

HOW

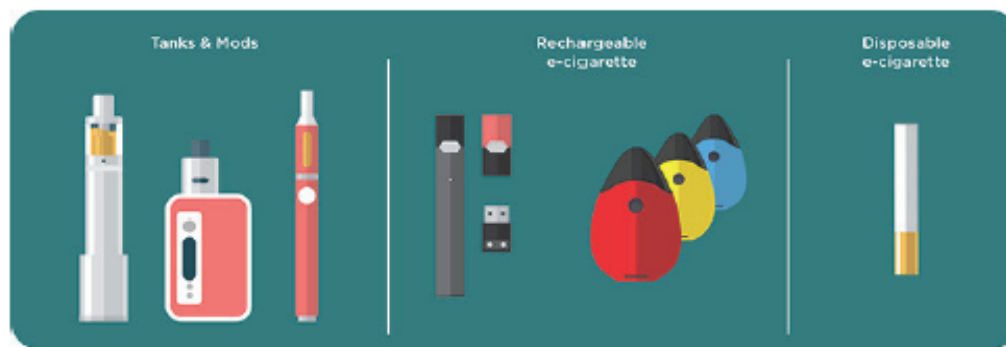
THE PRINCIPAL OR PRINCIPAL'S DESIGNEE(S) HAVE THE AUTHORITY TO ENFORCE THE ACT

WHY

- TO CREATE A SAFE & HEALTHY ENVIRONMENT THAT PROTECTS THE WELL BEING OF STUDENTS, FACULTY, & VISITORS
- THE ADOLESCENT BRAIN IS STILL DEVELOPING & NICOTINE EXPOSURE CAN DISRUPT THE FORMATION OF BRAIN CIRCUITS THAT CONTROL ATTENTION, LEARNING, & SUSCEPTIBILITY TO ADDICTION
- EXPOSURE TO E-CIGARETTE USE IN PUBLIC PLACES HAS BEEN ASSOCIATED WITH INCREASED CURIOSITY AND SUSCEPTIBILITY TO BOTH CIGARETTES & E-CIGARETTES

HELPFUL RESOURCES

- FREE SIGNAGE: TOBACCOFREE.MT.GOV
- PREVENTION CURRICULA: OPI.MT.GOV/TOBACCOED
- QUIT HELP FOR YOUTH: MYLIFEMYQUIT.COM



MONTANA
TOBACCO USE
PREVENTION PROGRAM

Photo source: Centers for Disease Control and Prevention



**LINCOLN COUNTY
PUBLIC HEALTH**









418 Mineral Avenue
Libby, MT 59923

(406) 283-2442
www.lincolnmthealth.com

Lincoln County Public Health Services

- Adult and Child Vaccinations
- Travel Vaccines
- Tobacco Prevention
- Lactation Counseling and Support
- Blood Pressure Checks
- Tuberculosis and Lead Testing
- Free Condoms
- Health Alerts and Current Events
- State Official Immunization Records
- Communicable Disease Investigation and Monitoring
- Public Health Emergency Preparedness



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3	4
						LHS Homecoming	Cross Country Wilderness Run Flower Creek
October	6	7	8	9	10	11	12
	Square Dance Lessons 5:30 pm Asa Wood			Board of Health 6 pm	 NATIONAL DEPRESSION SCREENING DAY	Ski Swap – Asa Wood	Ski Swap – Asa Wood
	13	14	15	16	17	18	19
	Square Dance Lessons 5:30 pm Asa Wood				Breastfeeding Support Group 1 pm CPMC		
	20	21	22	23	24	25	26
Square Dance Lessons 5:30 pm Asa Wood				Chick Flick at the Dome 7 pm	Paint the town Pink		
27	28	29	30	31			
Square Dance Lessons 5:30 pm Asa Wood							

2019

If you would like to be on the mailing list for this monthly publication or submit an article for the next month, please email Amy Fantozzi at afantozzi@libby.org