January—National Glaucoma Awareness Month

By: Andeen Raymond.

As this new year begins, what better time to try and increase knowledge and awareness of Glaucoma. Often, people don’t realize the severity or who is affected by this very misunderstood sight-stealing disease.

More than 3 million people in the United States have glaucoma. And, the National Eye Institute projects this number will reach 4.2 million by 2030, that’s a 58 percent increase.

So, what do we need to know? Here are four key facts about Glaucoma that may help.

1. *Glaucoma is a leading cause of blindness*

Glaucoma can cause blindness if it is left untreated. And unfortunately, approximately 10% of people with glaucoma who receive proper treatment still experience loss of vision.

2. *There may be no symptoms to warn you*

Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it’s permanent. As much as 40% of vision can be lost without a person noticing there is a problem.

Glaucoma is not curable, and vision lost cannot be regained. With medication and/or surgery, it is possible to halt further loss of vision. Since open-angle glaucoma is a chronic condition, it must be monitored for life. Diagnosis is the first step to preserving your vision.

3. *Everyone is at risk for glaucoma*

Everyone is at risk for glaucoma from babies to senior citizens. Older people are at a higher risk for glaucoma but babies can be born with glaucoma (approximately 1 out of every 10,000 babies born in the United States). Young adults can get glaucoma, too. African Americans in particular are susceptible at a younger age.

4. *There may be no symptoms to warn you*

Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it’s permanent. With open-angle glaucoma, the most common form, there are virtually no symptoms. Usually, no pain is associated with increased eye pressure. Vision loss be-

(Continued on page 2)
January-National Glaucoma Awareness Month (cont.)
By: Andeen Raymond

(Continued from page 1)

gins with peripheral or side vision. You may compensate for this unconsciously by turning your
head to the side, and may not notice anything until significant vision is lost. As much as 40% of
vision can be lost without a person noticing there is a problem. The best way to protect your
sight from glaucoma is to get tested. If you have glaucoma, treatment can begin immediately.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination.
Then, if you have glaucoma, treatment can begin immediately. 2022 is a brand-New Year, so
start it out RIGHT! Contact your eye doctor and schedule your sight saving appointment today!

National Radon Action Month
By: Renee Steinbron

January is National Radon Action Month. Radon is a radioactive
gas that has no color, odor, or taste. It is formed from the natural
decay of uranium in rock, soil, and water and can be found in every state of the U.S. Some states are affected more than others. If
you look at the zone map of Montana https://www.epa.gov/sites/production/files/2014-
08/documents/montana.pdf, Dawson County and surrounding areas are considered to be in Zone 1, where potential higher rates of radon are found.

How does this affect us? Radon is shown to be cancer causing. Radon gas decays into radioactive particles that can get trapped
into your lungs when you breathe. As they break down further, these particles release small bursts of energy. This can damage lung
tissue and lead to lung cancer over the course of your lifetime. The Surgeon General has warned that radon is the second leading
cause of lung cancer in the United States today just below smoking. Children are also at risk for lung cancer from radon.

So where should we start with this information? The first plan of
action is to get a radon test that can be found online or at most
home improvement stores for around $30. There are short-term
and long-term tests that can be done. The result of 4pCi/L or
above is considered the level in which action should be taken. If
you are in need of finding a provider to test for radon or fix your
home, you can contact your state radon program. They can help
you find qualified professionals in your area. https://deq.mt.gov/
Energy/radon Contact John Podolinsky and Paul Tschida at the toll-
free Information hotline 1-800-546-0483. Finding a fix for this
problem is surprisingly not as costly as one would think. Most homes
can be fixed at the same cost as other common home repairs. Take
the time this January and protect your health by testing for radon in
your home. Source: www.epa.gov
A Healthier You
By: Laureen Murphree

When we hear Happy New Year, our thoughts often turn to resolutions. We often think negative thoughts when attempting resolutions because they are often broken. Instead, we should turn to small things that can change our life for the better. Create healthy habits that can last a lifetime.

We all know we need to eat right, exercise, get plenty of sleep and drink lots of water in order to be healthy. Many of us think we’re doing a decent job of being healthy. However, most of us are not. One study found that very few adults (only 3 percent) actually meet all the criteria of living a healthy lifestyle. Researchers looked at four keys to healthfulness, including:

✓ Not smoking.
✓ Maintaining a healthy weight (a BMI of 18-25) or successfully losing weight.
✓ Eating at least five servings of fruits and vegetables daily.
✓ Exercising 30 minutes or more, five times a week.

Few of us actually do all these things. And while these are important, there is more to good health than checking those boxes. It’s also about having a positive attitude, a positive self-image, taking care of your mental health and spending time with friends and family. So, before you enter into a commitment to begin a healthier “you” in the New Year, decide which areas you desire to strengthen. Begin with your top one or two areas and work down your list. (entrepreneur.com)

Don’t try to make huge life changes all at once. That can leave you feeling overwhelmed and tempted to give up altogether. Start small and build.

It is amazing how quickly we can build a daily habit. Start with a small change and try to do it every day. For example, if you want to increase your exercise, start with 5 or 10 minutes a day. When you feel like that is manageable, increase your intensity or length. Before long, it will become a daily habit.

Getting rid of addiction is very hard. Whether it be smoking, eating, gambling or drinking alcohol in excess. There are places to get support. If you want to quit smoking, calling the Montana Quit Line at 1-800-QUIT-NOW is a great place to start.

Another area is eating a healthy diet. Your food choices each day affect your health — how you feel today, tomorrow, and in the future. Breakfast is a very important meal. Getting in those 5 servings of fruits and vegetables can be tough. If you eat fruit and/or vegetables as a part of your breakfast, it helps your body and subtracts from that 5 servings. Scrambled eggs with some peppers, mushrooms, broccoli and onions (or your favorites) are a great source of protein and vegetables. It also helps keep you from being hungry later on. Don’t forget to drink water—some say eight 8 oz. glasses others say half your body weight in ounces. Regardless—drink that water!!

Sometimes we overlook the importance of getting enough sleep. After all, if we’re eating right, working out and avoiding bad habits like smoking, does it really matter if we’re getting the recommended 8 hours of sleep a night? It sure does! Sleep plays a vital role in our health and well-being through our lives. Getting enough quality sleep aids in both mental and physical health. Sleep is key to brain function -- it affects how well you learn, work, think, react and get along with others. Having an ongoing sleep deficiency raises your risk for chronic health problems. (entrepreneur.com)

Managing stress and slowing down to appreciate the ones/things around us also helps create a healthier you.

So this year try something different. Since success is never overnight but the result of a series of small, incremental, repeated steps, simply pick a few things to do differently every day.
New Year, New Chance to Quit Tobacco for Good!

Every year, thousands of Montanans look at the new year as an opportunity to make positive life changes. For Montanans who use tobacco, quitting is one of the best things they can do for their health. The Montana Tobacco Quit Line offers free services available to all Montanans and is here to help anyone quit tobacco.

“Remember, the Quit Line is for all types of tobacco: cigarettes, cigars, smokeless, and e-cigarettes. No matter what type of tobacco you use, the Quit Line can help,” stated Laureen Murphree, Dawson County Health Director.

The Quit Line offers free and reduced cost medications, free counseling with a certified quit coach, and a personalized quit plan. It also offers individualized programs for youth, pregnant women who want to quit for their own health and the health of their baby, and an American Indian program that connects callers with American Indian coaches. All Quit Line programs deliver tailored services for each caller creating the best opportunity for success.

New this year, pregnant American Indian women who use commercial tobacco can now receive free quit coaching from a dedicated female American Indian coach and earn cash rewards through the American Indian Commercial Tobacco Quit Line. Visit MTAmericanIndianQuitLine.com or call 1-855-AI-QUIT to enroll.

Quitting tobacco can be the most important thing you do for your health this New Year. The Quit Line, along with FDA-approved cessation medications available through enrollment for those over 18, is a proven effective way to help you quit tobacco use successfully. Tobacco users who use the Montana Tobacco Quit Line are 7 to 10 times more likely to quit than if they were to try alone.

To get started call 1-800-QUIT NOW (1-800-784-8669), or visit the website at www.QuitNowMontana.com to enroll, American Indian Commercial Tobacco Quit Line: 1-855-5AI-QUIT or MTAmericanIndianQuitLine.com, My Life, My Quit (Under 18): 1-855-891-9989, MyLifeMyQuit.com, or text “Start” to 36072.

Set yourself up for success in the New Year by calling the quit line today!

I knew you were my real friend after I noticed you cropped my photograph above my muffin top before sharing it on facebook.
World Leprosy Day is always celebrated on the last Sunday of the month of January. This year the last Sunday falls on January 30, 2022. The theme for 2022 is “United for Dignity”. It is a day where the international community fights for the rights of people who have been affected by leprosy. The goal is to eliminate the stigma and false information about leprosy.

What is it?

The definition of leprosy, also known as Hansen’s disease, “is an infection caused by slow-growing bacteria called Mycobacterium leprae.” This bacteria affects the nerves, skin, eyes, and lining of the nose. If left untreated people can get severe nerve damage resulting in hands and feet crippling. As well as paralysis and blindness.

Myths vs Facts

<table>
<thead>
<tr>
<th>It is very easy to catch.</th>
<th>It is hard to catch because the immune system can fight off the bacteria that causes it. You would need to be in close contact with someone untreated for many, many months.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leprosy from historical records is the same as today.</td>
<td>Historical records combined many things together. The term was often referred to describing someone’s clothes, possessions or living quarters that have mildew.</td>
</tr>
<tr>
<td>There is no cure and your digits will fall off!</td>
<td>Can be cured with antibiotic treatment. It attacks the nerves of the fingers and toes to become numb. When numb, a cut or burn can go unnoticed causing infection. Numbness only happens at advanced stages if untreated.</td>
</tr>
<tr>
<td>Mother can give it to her unborn baby during pregnancy.</td>
<td>Can not be passed to unborn baby during pregnancy and not a sexually transmitted disease.</td>
</tr>
</tbody>
</table>

Fun fact:

- 95% of all people have natural immunity to the disease.
- World Leprosy Day was established in 1954 by French journalist and activist Raoul Follereau
- India celebrates World Leprosy Day on the anniversary of Mahatma Gandhi’s death

While antibiotics kill the bacteria, anyone who has nerve damage or physical disfigurement cannot be undone. It is important to seek treatment when you see patches of skin that look lighter or darker than normal skin. Can’t feel or have traveled where untreated is high. Doctors will have to take tests to determine what skin disease you may have. Always take care of yourself. Many diseases are curable and can be treated right away.

Sources:
World Leprosy Day 2022 | Infolep (leprosy-information.org)
Hansen’s Disease (Leprosy) | CDC

Montana Asthma Home Visiting Program

The program provides:

- 6 visits with a home visiting nurse or respiratory therapist over 12 months
- Custom asthma education
- Educational resources and referrals to community services
- Care coordination with a healthcare team
- Allergen proof pillow and mattress covers
- HEPA air purifier for those with animals or smokers present in the home

Program benefits:

- Significant decrease in the number of hospitalizations, ED or urgent care visits
- Improved inhaler technique
- Increased asthma knowledge and control
- Fewer daily symptoms and limitations

At least 2 potential patients required per county to enter program. Max capacity of 15 patients

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Richland County Health Department
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Traumatic Brain Injury
By: Kari Granmoe

For those impacted by TBI, the letters TBI cause one to take pause and remember that safety matters. Recognized in January, National Winter Sports Traumatic Brain Injury (TBI) Awareness Month serves to remind us that if an activity is fun, adding speed to the equation does not always bring added pleasure. Heed caution when sledding, skiing, snowboarding, or snowmobiling! These winter sports place participants at risk for head and neck injuries, the most common being a concussion. A concussion is caused by sudden movement of the brain, leading to damaged blood vessels or nerves. Common concussion symptoms include amnesia (loss of memory), headache, and confusion. Symptoms typically manifest within three to six hours; avoid sleep during this time frame. Always seek medical care for anything more than a “bump” to the head (even if it is just a call to your doctor). Visit the nearest emergency room if symptoms are progressively worsening. A computerized tomography (CT) scan can offer invaluable insights: the scan creates an image whereby bleeding, tissue damage, or fractures may be diagnosed. Treatment protocols include: adequate rest, increased water consumption, avoidance of bright light or noises, and engaging in activities that are not mentally stimulating. TBI prevention is focused on protecting the head and neck. Wear a properly fitted helmet, avoid recreating in highly congested areas, canvas areas for obstacles, sled or ski in the center of a path or slope, and know individual limitations. Sipping hot cocoa after enjoying some frosty fun is much more enjoyable than the heartache and concern caused from accidents and injuries.

JANUARY IS CERVICAL CANCER AWARENESS MONTH!
Dawson County Family Planning encourages women to protect themselves against cervical cancer.

What Steps Should You Take?

- Get a Pap Test
- Avoid Tobacco Use
- Get Vaccinated

Call 377-2935 to Schedule Your Exam.
All Insurance Accepted.
Sliding Fee Scale Available
January 3-9, 2022 is Folic Acid Awareness Week. Folic Acid is a man made folate of B-vitamin. B-vitamin helps with making new cells i.e. skin, hair and nails. It’s important for women of reproductive age to consume 400 mcg to help prevent some birth defects.

The awareness came to be in 1997 in recognition of National Birth Defects Prevention Month. The CDC and NBDPN (National Birth Defects Prevention Network) came together to help bring awareness of birth defects that could be prevented. With folic acid aka B-vitamin it helps prevent up to 70% of some neural tube defects if taken before conception and during early pregnancy. Women who are pregnant should be seeing their provider to know how much is needed. The recommended amount is 400 mcg.

What is a neural tube?

A neural tube forms and closes to help form the brain, skull, spinal cord and back bones. It is a rough draft where the central nervous system develops. All embryos of vertebrates have this process of development. A common neural tube defect is spina bifida and anencephaly.

**Spina Bifida** - a condition that affects the spine and is usually apparent at birth. It is a type of neural tube defect (NTD).

Spina bifida can happen anywhere along the spine if the neural tube does not close all the way. When the neural tube doesn’t close all the way, the backbone that protects the spinal cord doesn’t form and close as it should. This often results in damage to the spinal cord and nerves.

Spina bifida might cause physical and intellectual disabilities that range from mild to severe. The severity depends on:

- The size and location of the opening in the spine.

**Anencephaly** - happens if the upper part of the neural tube does not close all the way. This often results in a baby being born without the front part of the brain (forebrain) and the thinking and coordinating part of the brain (cerebrum). The remaining parts of the brain are often not covered by bone or skin.

**Fun Fact:**

In 1998 the United States added to all cereal grain products labeled as enriched called folic acid fortification. With this a decrease of 35% rate of neural tube defects.

**Sources:**

FOLIC ACID AWARENESS WEEK - January 3-9, 2022 - National Today
Folic Acid | CDC
Do You Have High Blood Pressure?

Learn to Manage Your High Blood Pressure

In the Free 8-week Course

Health Coach for Hypertension Control (HCHC)

HCHC is an evidence-based program that consists of eight weekly sessions averaging 1.5 hours each which are led by a trained health coach.

The goal of HCHC is to improve hypertension self-management through health behavior change. This HCHC workshop is intended for people who have high blood pressure, but all members of the community are welcome if space allows. Each session has a different topic about high blood pressure and how to control it.

The eight sessions are:

- Health Risk Appraisal
- Hypertension and Risks
- Nutrition
- Tobacco Use Cessation
- Physical Activity
- Medication Management
- Stress Management
- Individualized Action Plan

Dawson County Health Department

207 W Bell Street
Glendive, MT 59330
406-377-5213
Located in Community Room

Limited spots!
Call to reserve yours today.

Dawson County Health Department

Protect – Promote - Preserve
January is National Slavery and Human Trafficking Prevention Month
By: Valerie Meiers

The Eastern Montana Human Trafficking Task Force is a collaboration of law enforcement, non-governmental organizations, faith-based organizations, and concerned citizens. Our mission is to educate and bring awareness to the communities of Eastern Montana about human trafficking and to further develop a plan for a victim-centered approach using a multidisciplinary team.

EMTHTTF strives to create active relationships and partnerships with eastern Montana counties including: Dawson, Prairie, Wibaux, Fallon, McCone, and Carter. Provide local educational opportunities for awareness and prevention. Develop a seamless communication system with local agencies and communities for the purpose of rapidly identifying and assisting human trafficking victims.

Human trafficking robs an estimated 24.9 million people worldwide of their dignity and freedom. Traffickers exploit children and adults into forced labor or commercial sex for a profit every day. Knowing the signs and taking certain steps can help strengthen our communities’ efforts against human trafficking.

There are two forms of trafficking in persons recognized by the United States: forced labor and sex trafficking. Forced labor can take on many forms and is defined as the use of coercion, force or fraud to obtain services or labor from another person. Traffickers use coercion by withholding documents of identity, using debt manipulation, withholding pay along with many other forms of manipulations or threat. Sex trafficking uses all the same forms of coercion, force and fraud as forced labor along with serious harm, threats to others, psychosocial harm, etc. Minorities and children are easy targets to traffickers. Minorities have a language barrier and no community to reach out to. Children are easily manipulated and are more vulnerable.

There are many ways you can join the fight against human trafficking. Being well-informed is a good first step. Teaching our youth how to recognize recruitment tactics and being mentors to those who do not have a strong support system can help prevent them from becoming a victim of human trafficking. If you suspect any form of human trafficking you can call your local authorities or the national hotline at 1-888-373-7888. Visit 20 Ways You Can Help Fight Human Trafficking at www.state.gov/20-ways-you-can-help-fight-human-trafficking or contact an EMTHTTF member for more ways you can help. For more information, email Valerie Meiers at MeiersV@dawsoncountymontana.com

Youth is when you’re allowed to stay up late on New Year’s Eve. Middle age is when you’re forced to.

You have permission to rest. You are not responsible for fixing everything that is broken. You do not have to try and make everyone happy. For now, take time for you. It’s time to replenish.

UNKNOWN
The thyroid gland is a small, butterfly-shaped gland located in the base of the neck just below the Adam's apple. The hormones produced by the thyroid regulate our metabolism and how we use energy. These hormones play a huge role in our body, influencing the function of every organ including heart rate, digestion, weight, sleep, energy levels, and mood, among others. Evaluating the function of the thyroid gland is important to ensure our body's overall well-being.

An estimated 20 million Americans have some sort of thyroid condition, but as many as 12 million may be totally unaware that they have a problem with their thyroid. Women are affected by thyroid diseases at much higher rates than men are. The American Thyroid Association reports that women are five to eight times more likely than men to have thyroid problems and that 1 in 8 women will develop a thyroid problem during her lifetime.

Thyroid Hormone Imbalances

When your thyroid produces too many or too few hormones, it can cause imbalances that are associated with a host of symptoms.

- Hypothyroidism is the term for an underactive thyroid, one that produces too few hormones, and hyperthyroidism describes an overactive thyroid, one that produces too many hormones.
- Hypothyroidism is much more common — the National Institutes of Health reports that nearly 1 in 20 Americans over the age of 12 have the condition — whereas hyperthyroidism is reported to affect only 1 in 100.

**Hypothyroidism symptoms include:**

- Weight gain and/or difficulty losing weight
- Constipation
- Fatigue
- Forgetfulness
- Depression
- Dry skin and hair/hair loss
- Slow heart rate
- Feeling cold often/greater sensitivity to cold
- Changes in the menstrual cycle (usually longer, heavier periods)

**Hyperthyroidism symptoms include:**

- Weight loss
- Increased appetite
- Fast heart rate
- Anxiety/nervousness
- Irritability
- Shaking/trembling of the hands
- Sweating
- Feeling warm often/greater sensitivity to heat
- Insomnia
- Frequent bowel movements and/or diarrhea
- Muscle weakness
- Thin skin and brittle hair
- Changes in the menstrual cycle (usually shorter, lighter periods)

**Causes**

Both hypothyroidism and hyperthyroidism can be caused by autoimmune diseases that affect thyroid function. Hypothyroidism also can occur as a result of an iodine deficiency, radiation, viral infections or the surgical removal of the thyroid gland.

Thyroid malfunction may also occur without any identifiable cause.
Diagnosing and Treating Thyroid Disorders

Hypothyroidism and hyperthyroidism are generally easy to diagnose using a simple blood test to measure the level of thyroid hormones in the blood.

There are several different treatment options for those suffering from either condition, including hormone replacement therapy for hypothyroidism or drugs to limit thyroid function for hyperthyroidism. Hyperthyroidism also can be permanently corrected by surgically removing all, or part, of the gland.

Questions to Ask Your Medical Provider

1. Where is the thyroid located, and what does it do?
2. What is Thyroid Stimulating Hormone (TSH), how is it measured, and what should my target number be?
3. What else besides TSH levels are important for making sure my thyroid is healthy and hormones are in balance?
4. Why are more people than ever being diagnosed with thyroid cancer and should I be checked for it?

Clean Your Ducts!

By: Lynn NeWnam

Today is the day to start thinking about something that few people ever think about: air ducts. Any home that is heated with forced air or has a whole house air conditioning system has air ducts. Much like arteries, air ducts can become blocked with pollen, pet dander, dust, and other allergens making your home’s heating and cooling systems less efficient. Furthermore, these contaminants can have a negative impact on your home and your family’s health.

When the air in your home isn’t clean, your body struggles to get the pure air that it needs. This daily battle can cause fatigue and even speed up the aging process. Exposure to contaminants in your HVAC system can also include bacteria, viruses, mold, mildew and other fungi—all of which can cause serious illnesses, exacerbate current medical issues, or even result in death.

If your family is experiencing any of the following symptoms, it could be a sign that your air ducts need to be clean:

- Coughing or chronic coughing, sneezing, sore throat or throat irritation, congested or runny nose, and itchy or watery eyes
- Wheezing, difficulty breathing, and asthma or allergies worsen or attacks occur at home and not elsewhere
- Headaches
- Low-grade fever
- Eczema, rashes, or hives
- Lethargy and feeling generally “unwell” at home

Many heating and cooling companies offer duct cleaning services and there are also companies that specialize in duct cleaning. The cost is around $600 and is money well spent. If you have never had your ducts cleaned or you have undergone a renovation, consider scheduling a consultation with a licensed professional.
COVID-19 Booster Clinic
January 21st, 2022
10 A.M. to 3 P.M.
At the EPEC by appointment
313 S. Merrill Ave

Dawson County Health Department & Glendive Medical Center are offering a mass COVID-19 booster clinic. Pfizer, Moderna & J&J will be available.

To make an appointment please call the Health Department at 406-377-5213.

Please bring your COVID-19 vaccine card with you to your appointment.

Updated CDC Recommendations, 12/27/2021:

Shortened COVID-19 Isolation and Quarantine Guidelines for the General Public

Isolation: what to do if you test positive for COVID-19
everyone, regardless of vaccination status:

Stay home for 5 days
After 5 days, if you have no symptoms, or your symptoms are resolving, you can leave your house (if you have a fever, continue to stay home until the fever resolves)
Continue to wear a mask around others for 5 additional days, days 6-10 (including around other people in your household)

Quarantine: what to do if you are a close contact to a COVID-19 case

<table>
<thead>
<tr>
<th>Vaccination Status</th>
<th>Quarantine Recommendation</th>
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</thead>
<tbody>
<tr>
<td>Boosted, OR</td>
<td>Wear a mask around others for 10 days</td>
</tr>
<tr>
<td>Completed primary series of Pfizer or Moderna within last 6 months, OR</td>
<td>Test on day 5, if possible</td>
</tr>
<tr>
<td>Completed primary series of J&amp;J within last 2 months</td>
<td>If you develop symptoms, get a test and stay home</td>
</tr>
<tr>
<td>Unvaccinated, OR</td>
<td>Stay home for 5 days. After that continue to wear a mask around others for 5 additional days (days 6-10).</td>
</tr>
<tr>
<td>Completed primary series of Pfizer or Moderna over 6 months ago and are not boosted, OR</td>
<td>If you can’t quarantine you must wear a mask for 10 days</td>
</tr>
<tr>
<td>Completed primary series of J&amp;J over 2 months ago and are not boosted</td>
<td>Test on day 5, if possible</td>
</tr>
<tr>
<td></td>
<td>If you develop symptoms, get a test and stay home</td>
</tr>
</tbody>
</table>

Please note that this CDC guidance should be considered in conjunction with the requirements of Montana House Bill 702, as any application of the guidance or recommendations must comply with state law.
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.

Insurance Billing: Yes, the Dawson County Health Department does bill insurance for children’s immunizations.

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.

The program provides:

• Free mammograms and pap tests
• Free patient navigation services
• Financial assistance for screening and diagnostic tests (limits apply)

Program benefits:

• Provides ongoing quality screening services and education to Montana women that are accessible, cost effective and sensitive to the client’s needs
• Screening services include mammograms, clinical breast exams, and Pap tests for the early detection of breast and cervical cancers

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Montana Cancer Control Program

The CDC suggests washing your hands for the length of a song.

If you could sit on this bench and chat for 1 hour with anyone from the past or present who would it be??

In A Gadda Da Vida is not the song.

What exactly is a "New Years Resolution"?

It’s a "To Do" list for the first week of January.

Happy New Year!
<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
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<tr>
<td>New Years Day</td>
<td>Office Closed</td>
<td>Family Planning</td>
<td>Family Planning</td>
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<td>Family Planning</td>
<td>Nurturing Tree</td>
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<td>BP/Lab Clinic</td>
<td>1:00-5:00</td>
<td>Family Planning</td>
<td>BP/Lab Clinic</td>
<td>Nurturing Tree</td>
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<td>Immunization &amp; BP Clinics</td>
<td>8-12</td>
<td>Family Planning</td>
<td>Immunization &amp; BP Clinics</td>
<td>Nurturing Tree</td>
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**Family Planning**
- **1:00-5:00**
- **8-12; 1-5**
- **8:30-12 & 1-5**

**BP/Lab Clinic**
- **1:00-5:00**
- **8-12**

**WIC**
- **8:30-12 & 1-5**

**Immunization & BP Clinics**
- **8:30-12 & 1-5**

**Office Closed**
- **1:00-5:00**

**Covid Booster Clinic @ EPEC 10-4**
- **10:00 - 12:00**
- **1:00 - 3:00**