

# PUBLIC HEALTH NEWS

OCTOBER 2007

## IMMUNIZATION CLINICS

### Upper Sandusky

Mondays  
(appointment only)

Tuesdays  
4:30 to 6:00 PM

Fridays  
9:00 to 11:00 AM

&

1:00 to 4:00 PM

### Carey

October 9th, 2007  
2:00 to 6:00 PM

### Sycamore

October 22nd, 2007  
2:00 to 6:00 PM

### Family Planning Clinics

October 4th, & 18th,  
25th, 2007

### Teen & Family Clinic

October 11th, 2007

### Lead Testing

Tuesdays  
1:00 to 3:00

### WIC Clinic

Tues-Wed-Thurs  
8:30 to 4:30 PM

### Hearing Clinic

October 18th

## BREAST CANCER AWARENESS MONTH

Did you know that breast cancer is the most common form of cancer in women and the second most common cause of cancer death in women? Did you also know that 1 in 100 cancer deaths in men is from breast cancer?

The majority of breast cancer is diagnosed from the results of a mammogram, but many women find warning signs during regular self breast exams.

Breast cancer awareness has increased in the last several decades with more

women getting mammograms which leads to earlier detection and higher survival rates.

Follow the steps for breast self exam, according to the American Cancer Society which can be found at [www.cancer.org](http://www.cancer.org). Type in BSE (breast self exam) in the search bar for the latest technique. You may notice that the technique listed on this website differs from previous self exam methods.

It is crucial for women to begin examinations early in their 20s and

perform BSE's on a regular basis to remain aware of any changes in the breast. It is a good idea to have your BSE technique observed by a health professional during a regular check up.

National Breast Cancer Awareness Month began in 1985 with 2 founding members. This October, help spread the message of early detection



## FLU SEASON 2007

October at Wyandot County Health is not so much about the weather as it is about the flu. Flu vaccine clinics are held every year through The Wyandot County Health Department at various locations throughout the county. A flu vaccine remains to be your

best defense against the flu. The flu vaccine, available as an injection and as a nasal mist, continues to be highly recommended for the elderly and the very young. Flu injections are approved for those over the age of 6 months. Flu mist is only for healthy non-

pregnant persons between the ages of five and 49 years old. The antibodies responsible for fighting influenza begin working about 2 weeks after vaccination. Please refer to the enclosed flyer for flu clinic information or go to [wyandotohealth.com](http://wyandotohealth.com). Get vaccinated early!

## WYANDOT COUNTY HEALTH DEPARTMENT

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**We're on the web!**  
**[www.wyandothealth.com](http://www.wyandothealth.com)**



The Wyandot County Health Department is dedicated to the promotion and provision of equal access to affordable preventive health and safety services in order to positively impact the health and well-being of all citizens of Wyandot County.

## AUTUMN CLEANUP!

Soon we will all benefit from the beauty that is Autumn; the last garden harvest, the cool pleasant weather, the kaleidoscope of colorful leaves in the trees... if only those leaves would remain attached to the trees! The American Academy of Orthopaedic Surgeons says that raking leaves can lead to injury of the back, shoulder, and wrists in those unaccustomed to regular physical activity. Take precautions to minimize the chance of injury. Wear gloves to protect your hands from blisters. Wear sturdy comfortable shoes and use the proper size rake for your height and strength. Bend at the knees when picking up items and avoid twisting your body. Vary your movements to avoid overuse of muscle groups. Take the time to do some form of light exercise prior to raking leaves. Gentle muscle stretching or a hot bath or shower can alleviate muscle tension when done. Drink plenty of fluids and don't overdo! Unraked leaves can wait 'til tomorrow!

## AUTUMN ALLERGIES?

Late in the summer and early in the fall blooms the most magnificent plant: ambrosia artemisiifolia. This beautiful silvery-green leaved, golden flowered plant's name can be derived from the Greek word for "food of the gods". Pray tell! Where can this beautiful plant be found, you may ask? You are in luck, for this plant can be found in great quantities all over the United States. You don't even have to pay for it! This plant, known more commonly as ragweed, can be found in ditches, fields, riverbeds, virtually anywhere that the wind can carry it. Ragweed, highly allergenic, is the greatest pollen allergen of all pollens and the prime cause of

"hay fever". It is a health hazard to all allergy sufferers until the colder weather arrives. Ragweed is not the only culprit in the autumn allergy season. The fallen leaves mentioned in the above article can cause a problem if left to rot and decay on the ground where mold can grow! That's right! If you are susceptible to ragweed, you may be sensitive to mold as well! Therefore, you might want to be more judicious when composting leaves. Maintain compost piles as far away from the house as possible! Allergy sufferers, think you might be safe if you stay indoors? Think again! Eventually, the cooler autumn weather forces us to crank up

our heating systems inside the house. If you have forced air heat, you may be disturbing microscopic dust mites, another allergen. If you have dealt with allergies previously, you know that your best bet is to be proactive. Visit your healthcare professional and discuss treatment options, both prescription and over the counter to combat allergy symptoms, such as: itchy, watery eyes, runny nose, sneezing, etc.

