

Positive Pulse Wellness Newsletter

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The Best Protection Is Early Detection—Cervical Cancer

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The American Cancer Society estimates for cervical cancer in the United States for 2018 are:

- About 13,240 new cases of invasive cervical cancer will be diagnosed.
- About 4,170 women will die from cervical cancer

According to the 2016 Nebraska Behavioral Risk Factor Surveillance System (BRFSS), only 80.9% of females 21-65 years of age in WCDHD's jurisdiction are up-to-date on their cervical cancer screening.

Are you uncertain if you are eligible for a cervical exam, needing education or information on cervical cancer/screenings, or wanting to schedule an appointment for a cervical screening? West Central District Health Department (WCDHD) has trained staff who are dedicated to providing you with information and answer any questions you may have on cervical cancer and screenings. WCDHD also has a Public Health Clinic where an appointment can be made for cervical cancer screenings. For more information please contact 308-221-6823.



What are the Risk Factors for Cervical Cancer?

Cervical cancer risk factors include:

- Human papillomavirus (HPV) infection
- Smoking
- Having a weakened immune system
- Chlamydia infection
- A diet low in fruits and vegetables
- Being overweight
- Long-term use of oral contraceptives
- Use of Intrauterine device (IUD)
- Having multiple full-term pregnancies
- Being younger than 17 at your first full-term pregnancy
- Economic status
- Having a family history of cervical cancer

WCDHD's Immunization Clinic offers the HPV vaccine for both males and females. For more information or education on the HPV vaccine please contact 308-221-6831.

May is Women's Health Month: What can I do as a woman to improve my overall health?

Breast Screening Education:

According to the American Cancer Society, 1 in 8 women will develop invasive breast cancer over the course of her lifetime. Are you eligible for a breast exam, needing education or information on breast cancer, or to schedule an appointment for a breast exam? An appointment can be made for a breast exam at WCDHD's PHC. You may also type in the link below to complete a breast screening survey and be contacted by WCDHD:

<https://www.surveymonkey.com/r/KNBXFCC>

Financial assistance and other program funding may be available for those who qualify. For additional questions or concerns please contact 308-221-6823.



Heart Health for Women:

A person may think heart disease only affects men. This is NOT true. Heart disease is the leading cause of death for women.

Tips to help make heart healthy decisions:

1. Eat a heart healthy diet: Choose foods that are "low salt" or "low sodium"; Limit foods that have "trans fat"; Cut back on sugar: Sugar is also labeled as glucose, fructose, sucrose, and corn syrup
2. Manage your health conditions: Common health problems like high blood pressure, diabetes, and high cholesterol can increase your risk of heart disease. Take your medicines as directed, check your blood sugar level if you are diabetic, get your blood pressure and cholesterol tested, talk to your primary care physician if you have further questions or concerns regarding your heart health.
3. Know the signs of a heart attack: The signs of a heart attack can be different for women than they are for men: Chest pain (heavy ache or pressure), pain in your upper body (arms, neck, jaw, back or upper stomach), shortness of breath, breaking out in a cold sweat, unusual or unexplained tiredness, feeling dizzy or light-headed, or feeling sick to your stomach (nausea). **Call 911 if you think you are having a heart attack.**

<https://www.fda.gov>



June is Men's Health Month: What can I do as a man to improve my overall health?

Colon Screening Education:

According to the American Cancer Society, colon cancer is the 2nd leading cause of cancer in the United States. Only 65% of Nebraskans 50 years of age and older have had the colon cancer screenings. Be an advocate for yourself and other by encouraging colon cancer screenings. WCDHD has FREE FOBT take home colon cancer screening kits for men and women 50-74 years of age who qualify. For more information or education please call 308-221-6839. Colon cancer is PREVENTABLE, TREATABLE, AND BEATABLE!

Colon Cancer At-A-Glance*



Fitness is Key to a Healthy Lifestyle:

Men in the United States, on average, have a shorter life expectancy than women, and are more likely to die from heart disease. According to the CDC, about one-third of men over age 20 are obese or have high blood pressure, and just over half meet physical activity guideline recommendations.

Lifestyles can play an important role in men's likelihood of developing chronic health problems like hypertension and obesity, or experiencing weight gain. In addition to smoking cessation and healthful diet, physical activity can help protect against diseases such as coronary heart disease, stroke, some cancers, type 2 diabetes, osteoporosis, and depression.

<https://health.gov>

Strategies to Incorporate Healthy Lifestyle Choices into Daily Living:

1. **Squeeze it in**—a good workout doesn't have to last an hour. The same benefit of a longer moderate-intensity physical activity can be gained in a shorter amount of time by increasing the intensity to vigorous.
2. **Get social**—Involve children in exercise to eliminate the need for additional childcare and set a good example of a healthy, active lifestyle. Involve a friend when exercising. Working with a partner can boost motivation, make it more fun, and help physical activity routines stick. Programs aimed at increasing physical activity for men should include a social group aspect or be family-oriented.
3. **Set a goal**—Signing up for an event (run, sports league, etc.) can help boost accountability and motivation. Set a goal that is specific, measurable, attainable, reasonable, and timely.

