

PENNINGTON & RED LAKE COUNTIES WELLNESS NEWSLETTER October 2021



Docket app to access immunization records



Docket enables residents with a Minnesota Immunization Information Connection (MIIC) record to view and share their immunization records for health, school, travel and other purposes.



National Sudden Cardiac Arrest Awareness Month

Sudden cardiac arrest (SCA) is a life-threatening emergency that occurs when the heart suddenly stops beating. It strikes people of all ages who may seem to be healthy, even children and teens. When SCA happens, the person collapses and doesn't respond or breathe normally. They may gasp or shake as if having seizure.

SCA leads to death in minutes if the person does not get help right away. Survival depends on people nearby calling 911, starting CPR and using an AED as soon as possible.

<https://stopcardiacarrest.org/>



National Breast Cancer Awareness Month

National Mammography Day- 10/22/21

Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

What Are the Symptoms?

There are different symptoms of breast cancer, and some people have no symptoms at all.

Symptoms can include—

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.

If you have any signs that worry you, see your doctor right away.

Things to help lower your breast cancer risk :

- Keep a healthy weight and exercise regularly.
- Don't drink alcohol, or limit the amount of alcohol you drink.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.
- Breastfeed your children, if possible.

<https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness/index.htm>



Bone and Joint Health National Action Week 10/12-10/20/21

How can I keep my bones and joints healthy?

- Eat a balanced diet, while increasing your calcium and vitamin D intake. Dairy products, vegetables, eggs, and salmon are great additions to your diet.
- Exercise to increase circulation in your joints and to maintain a healthy weight. Extra weight can add pressure to your joints, often causing pain and swelling.
- If you have a sore joint, you can use an ice pack or a bag of frozen vegetables on the sore spot.
- Tell your health care provider if your pain is improving or worsening. He or she may have better treatment options that can help.

<https://www.niams.nih.gov/community-outreach-initiative/october#topic-1>



Mental Illness Awareness Week –

10/3 -10/9/21

World Mental Health Day - 10/10/21



What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It

also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Poor mental health and mental illness are not the same. A person can experience poor mental health and not be diagnosed with a mental illness. Likewise, a person diagnosed with a mental illness can experience periods of physical, mental, and social well-being.



Why is mental health important for overall health? Mental and physical health are equally important components of overall health.

Depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.



Can your mental health change over time?

Yes, a person's mental health can change over time, depending on many

factors. When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted. For example, if someone is working long hours, caring for a relative, or experiencing economic hardship, they may experience poor mental health.



What causes mental illness? There is no single cause for mental illness. A number of factors can contribute to risk for

mental illness:

- Early adverse life experiences, such as trauma or a history of abuse (for example, child abuse, sexual assault, witnessing violence, etc.)
- Experiences related to other ongoing (chronic) medical conditions, such as cancer or diabetes
- Biological factors or chemical imbalances in the brain
- Use of alcohol or drugs
- Having feelings of loneliness or isolation

<https://www.cdc.gov/mentalhealth/learn/index.htm>

Parenting Tips

Mental illness in children can be hard to identify. As a result, many children who could benefit from treatment don't get the help they need. Recognize warning signs in children and how you can help.

Common disorders among children

Mental health disorders in children — or developmental disorders that are addressed by mental health professionals — may include:

- Anxiety disorders
- Attention-deficit/hyperactivity disorder (ADHD)
- Autism spectrum disorder (ASD)
- Eating disorders
- Depression and other mood disorders
- Post-traumatic stress disorder (PTSD)
- Schizophrenia.
- **Warning signs of mental illness in children**
- Persistent sadness — two or more weeks
- Withdrawing from or avoiding social interactions
- Hurting oneself or talking about hurting oneself
- Talking about death or suicide
- Outbursts or extreme irritability
- Out-of-control behavior that can be harmful
- Drastic changes in mood, behavior or personality
- Changes in eating habits
- Loss of weight
- Difficulty sleeping
- Frequent headaches or stomachaches
- Difficulty concentrating
- Changes in academic performance
- Avoiding or missing school

How do health care professionals diagnose mental illness in children?

- Medical history
- History of physical or emotional trauma
- Family history of physical and mental health
- Review of symptoms and concerns with parents
- Timeline of child's developmental progress
- Academic history
- Interview with parents
- Conversations with and observations of child

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/mental-illness-in-children/art-20046577>

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