

RENO COUNTY
HEALTH
DEPARTMENT
MARCH

AT A GLANCE

The Reno County Health Department is open:

Monday, Wednesday and Thursday 7am-6pm.

Tuesday 9am-6pm

Friday from 7am—5pm.

For more information or to schedule an appointment, call 694-2900.

Foot Care Clinics

- **Thursday, March 2nd**
Mission Place
9:00am – 11:30am
- **Thursday, March 2nd**
Washington Heights
1:00pm – 3:30pm
- **Thursday, March 16th**
Haven Senior Center
9:00am—11:30am
- **Thursday, March 16th**
Buhler Senior Center
1:00pm—3:30pm
- **Thursday, March 30th**
Delos Smith Sr. Center
9:00am—4:00pm

Child Care Class

A class for prospective child care providers will be held on Thursday, March 2nd at 3:00 pm.

For more information or to register, call Kris Stafford at 694-2900.

This class is for adults only and there is a \$20.00 registration fee.

Health Flash

MARCH, 2017



March is Colorectal Cancer Awareness Month!

Colorectal cancer screening saves lives. If everyone aged 50 years old or older were screened regularly, up to 60% of deaths from this cancer could be avoided.

Among cancers that affect both men and women, colorectal cancer—cancer of the colon or rectum—is the second leading cause of cancer related deaths in the United States. Colorectal cancer also is one of the most commonly diagnosed cancers in the United States.

The risk of developing colorectal cancer increases with advancing age. More than 90% of cases occur in people aged 50 or over.

Reduce Your Risk

Many people who are at risk for colorectal cancer are not

being screened according to national guidelines. Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon and rectum. Screening tests can find precancerous polyps, so they can be removed before they turn into cancer. Screening tests also can find colorectal cancer early, when treatment works best.

Some studies have shown that increased physical activity and maintaining a healthy weight may decrease the risk for colorectal cancer.

When Should You Begin To Get Screened?

You should begin screening for colorectal cancer soon after turning 50, then continue getting screened at regular intervals.

However, you may need to be tested earlier or more often than other people if:

1. You or a close relative have had colorectal polyps or colorectal cancer.
2. You have inflammatory bowel disease.

What Are The Screening Tests For Colorectal Cancer?

- Colonoscopy (every 10 years)
- Fecal Occult Blood Test (every year)
- Flexible Sigmoidoscopy (every 5 years)
- Double-contrast Barium Enema (every 5 years)

For More Information:

www.cdc.gov/features/colorectal_awareness

Immunization Action Plan Clinics

Reno County Health Department will hold two Immunization Action Plan Clinics in March.

No appointments are necessary and services are available to all Reno County residents.

March dates and locations:

Tuesday, March 28th
Amish Community Building

5917 W. Mills Ave
9:00am—10:30am

March dates and locations:

Tuesday, March 28th
Journey Mennonite Church

3605 E Longview Road
11:00am—12:30pm



March is National Nutrition Month



Health Tip for 2017

Eat Breakfast

There's no better way to start your morning than with a healthy breakfast. Include lean protein, whole grains, fruits and vegetables. Try oatmeal cooked with low-fat milk, sliced almonds

and berries or top a toaster waffle with low-fat yogurt and fruit.

Try a banana split for breakfast! Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal!



For More Information:
www.eatright.org

March 19th-25th—National Poison Prevention Week

More than 2 million poisonings are reported each year to the 61 Poison Control Centers across the country. For a poison emergency call: 1-800-222-1222

Women Infants & Children (WIC)

WIC can help you get nutritious food for you and your family!



What is WIC?

WIC is a temporary assistance program for Women, Infants and young Children who have a nutritional need for the program.

WIC provides nutrition education (ideas to help improve eating habits) and supplemental foods (checks to buy specific foods for good health).

What are the requirements for WIC?

Women must be pregnant, breastfeeding, or have recently delivered a baby. Children must

be under five years of age.

Clients must also:

- Be determined at nutritional risk by a health professional.
- Receive a health check up by WIC staff.
- Meet income guidelines.
- Live in the State of Kansas

WIC checks are used like checks, used to buy specific foods and are used at a WIC approved grocery store.

Some of the WIC supplemental foods are: fresh fruits & vegetables, whole wheat bread, cereal, eggs, peanut butter, dried beans, milk, cheese, and iron fortified infant formula.

For more information call: 694-2900 and ask for a WIC Representative.

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This institution is an equal opportunity provider.

Disease Investigation Activity

February, 2017

For More Information Call 620-694-2900

