



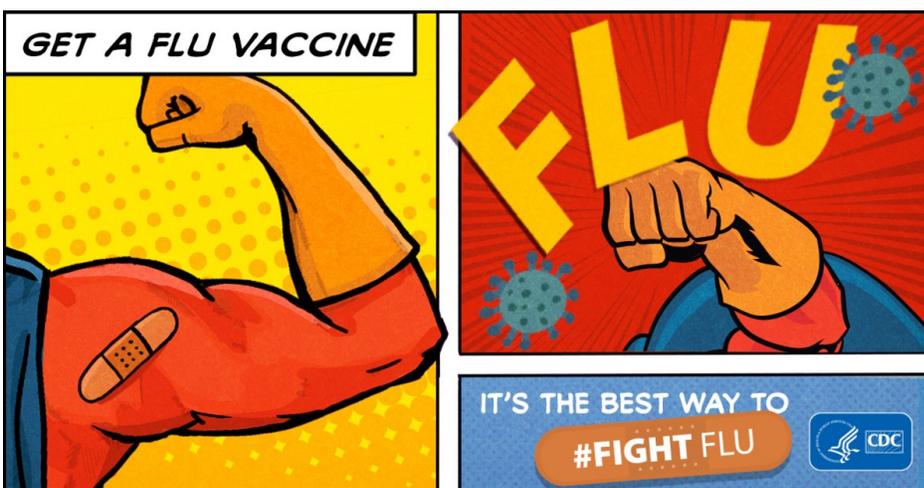
Public Health
Prevent. Promote. Protect.

Cavalier County Health District Newsletter

OCTOBER 2018

Flu Vaccine is available. Check out our flu vaccine clinic schedule at www.cavaliercountyhealth.com

The best way to fight flu is to get vaccinated.



Local Nurse Tobacco Treatment Specialist Certified



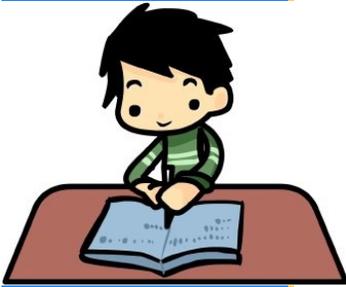
Sheila Beauchamp, nurse at Cavalier County Memorial Hospital of Langdon, recently was certified as a Tobacco Treatment Specialist. In September Sheila attended a Mayo Clinic Nicotine Dependence Center training to attain this certification with the support of Cavalier County Memorial Hospital, Cavalier County Health District and North Dakota Department of Health Tobacco Prevention and Control. Some of the topics this training covered were understanding the science behind nicotine addictions, nicotine withdrawal symptoms and effective treatments, developing individualized treatment plans using evidence based strategies, and how to serve as an educational resource for organizations, healthcare providers and the general public. This certification allows Sheila to assist client's wanting to quit tobacco use and making a plan to achieve a tobacco free future.. Sheila wants tobacco users to know "It is never too late to stop smoking. Please ask your healthcare provider about how you can stop smoking. You don't have to do it alone.."

The Health Effects of Marijuana



With all the talk about legalizing marijuana for medical and recreational use, we need to educate ourselves on the health effects of using marijuana

Marijuana is the most commonly used illegal drug in the United States, with 37.6 million users in the past year; About 1 in 10 marijuana users will become addicted. For people who begin using before the age of 18, that number rises to 1 in 6.



People who are addicted to marijuana may also be at a higher risk of other negative consequences of using the drug, such as problems with attention, memory, and learning. Some people who are addicted need to



smoke more and more marijuana to get the same high. It is also important to be aware that the amount of tetrahydrocannabinol (THC) in marijuana (i.e., marijuana potency or strength) has increased over the past few decades. The higher the THC content, the stronger the effects on the brain. In addition, some methods of marijuana use (e.g., dabbing, edibles) may deliver very high levels of THC to the user. Researchers do not yet know the full extent of the consequences when the body and brain (especially the developing brain) are exposed to high concentrations of THC or how recent increases in potency affect the risk of

someone becoming addicted.

Developing brains, like those in babies, children, and teenagers are especially susceptible to the hurtful effects of marijuana. Although scientists are still learning about these effects of marijuana on the developing brain, studies show that marijuana use by mothers during pregnancy may be linked to problems with attention, memory, problem-solving skills, and behavior problems in their children.

Visit the CDC website to learn more about the health effects of marijuana

<https://www.cdc.gov/marijuana/health-effects.html>

Donation Given to Support Behavioral and Mental Health

The 2018 Color Me Healthy/Boom Gravel Dazzle Committee, with the support of our community, presented a check in the amount of \$4,000 to the Cavalier County Behavioral and Metal Health Task Force. The Task Force is a group of community members whose goal is to create awareness of mental health Resources available in the community and provide education related to behavioral and mental health issues that affect the population we live in.

Pictured: Sara Overby, Billie Symons, Macine Lukach, Rebecca Breddin, Barb Boesl, Stephanie Welsh and Karl Breddin.

For more information about the Cavalier County Behavioral and Mental Health Task Force or to get involved contact Macine Lukach at macine.lukach@ndsu.edu



**Cavalier County
Health District offers
low cost radon
test kits for purchase.
Stop in to learn more.**





Public Health

Prevent. Promote. Protect.

Cavalier County Health District

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Our Mission... *Cavalier County Health District is committed to promoting healthy lifestyles, preventing disease and protecting the environment.*

Our Vision... *Healthy Choices, Healthy People, Healthy Community.*

Have you gotten the new Shingles Vaccine?

In October 2017, the Food and Drug Administration approved Shingrix vaccine for use in persons age 50 years and older for the prevention of shingles. Shingrix requires two doses of vaccine given a minimum of 8 weeks apart, rather than the single dose recommended for the previous vaccine, Zostavax. The recommendations also advise individuals previously vaccinated with Zostavax to receive the Shingrix vaccine.

While there have been some initial shortages resulting from difficulty with manufacturer supply

meeting the demand for this vaccine Cavalier County Health District carries and has been giving the Shingrix vaccine. These shortages are expected to diminish in 2019.

CCHD is able to bill most health insurance plans, Medicaid and Medicare Part D Plans for this vaccine. Call or stop in to set up an appointment to get your shingles vaccine.

