

PUBLIC HEALTH CONNECTION



Priority: Cervical Health

Cervical cancer is one of the most preventable types of cancer, yet it still claims the lives of more than 4,000 women each year and is the most common type of cancer for women worldwide. This month, Cervical Health Awareness Month, help spread the word about cervical health and cancer prevention!

Prevention is Key!

Cervical cancer can often be prevented through early testing and treatment of unusual cell changes that happen years before cervical cancer develops. Two common tests can help catch unusual cells before cancer develops:

- **Pap Tests:** encourage the women in your life to get a Pap Test at their annual screening; this test checks to see if there are any unusual or pre-cancer changes in the her cells.
- **HPV Test:** women can receive an HPV test along with their pap test to find any types of HPV that are most commonly found in cervical cancer.

You can protect your sons and daughters by giving them a vaccine to help prevent HPV, a common cause of cervical cancer.

- **HPV Vaccination:** HPV vaccine is available for boys and girls beginning at age 11-12 years old; the vaccine can help prevent infection from the high risk types of HPV that can lead to cervical cancer, genital warts, and anal cancer.

For more information, visit: www.nccc-online.org and www.cdc.gov/hpv.

Free/Low-cost Pap Testing

The Scott County Care for Yourself and WISEWOMAN programs provide women that qualify with access to early detection services, including Pap Tests. Dona Bark, RN, is the Care for Yourself Program Coordinator for Scott County.

For information on cervical and breast screening services, call Dona at Genesis VNA at 563-421-1913 or find out more by visiting the Scott County Care for Yourself website, www.genesishealth.com/care-treatment/cancer/resources/nbcc/ and Facebook page, @CareforYourselfCFY.



OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

OUR VISION:

Scott County—
A safe and healthy
community.



SPECIAL EVENTS

The next meeting of the Scott County Board of Health is scheduled for Thursday, January 19, 2017, 12:00 PM at the Scott County Administrative Center, 1st Floor Boardroom.

Links

Scott County Care For Yourself Program:

www.genesishealth.com/care-treatment/cancer/resources/nbecc/

Radon Map:

<http://canceriowa.org/ICC/files/5f/5f05aa5b-37a5-4953-970d-f74e5a7f73cc.jpg>

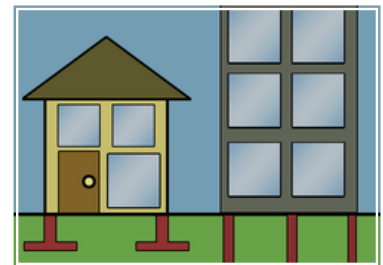
Iowa Radon Coalition:

<http://www.radonleaders.org/taxonomy/term/807>

Radon-free: Healthy Air from the Ground Up

Radon is a colorless, odorless, tasteless, radioactive gas produced from the decay of naturally occurring uranium in the soil. Radon enters homes and buildings through foundation cracks and other openings. Indoor radon levels can be very high. When radon is breathed in, it can damage the lungs and cause lung cancer. Radon is the second-leading cause of lung cancer and the leading cause of lung cancer in non-smokers. Iowans are at higher risk of radon exposure. In fact, the average indoor radon level in Iowa is more than six times the national average.

Thankfully, it is easy to test for radon. If radon levels are found to be dangerously elevated, it can also be easy to fix the problem. Short-term do-it-yourself test kits often cost as little as \$15, and help with mitigation may be available in some communities. The Iowa Radon Hotline answers radon-related questions and can help you find a testing kit. Give them a call at (800) 383-5992.



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