

# PUBLIC HEALTH CONNECTION



## Health Screenings

Many people are motivated to use the New Year as an opportunity to establish health and wellness goals. Taking care of your body and mind with regular exercise, good nutrition, sleep, and stress management is a great way to establish a healthier lifestyle. Unfortunately, not all illness can be prevented so it's important to follow the Centers for Disease Control and Prevention (CDC) and your doctors' recommendations for screening tests.

Some cancers, such as breast, cervical, and colorectal (colon) can be found and treated if detected early.

- Mammogram is an X-ray of the breast and for many women is the best way to find breast cancer early.
- The pap test looks for precancers and cell changes on the cervix. The HPV test looks for the virus that can cause these cell changes. These tests are able to identify cervical cancer.
- Guaiac-based fecal occult blood test (gFOBT), fecal immunochemical test (FIT), and FIT-DNA test can be used to find polyps or colorectal cancer.

There are also screenings for lung, ovarian, pancreatic, prostate, testicular, thyroid, bladder, oral, and skin cancer for people who are at higher risk. Talk to your doctor about your health, symptoms, and family history to determine which screenings are good for you.

To learn more, visit [cdc.gov/cancer/dcpc/prevention/screening.htm](https://www.cdc.gov/cancer/dcpc/prevention/screening.htm).



### 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

- *SCHD will be closed Monday, January 17, 2022 in observation of Martin Luther King, Jr. Day*
- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, January 20, 2022*

## Links

- **Screening Tests** [cdc.gov/cancer/dcpc/prevention/screening.htm](https://www.cdc.gov/cancer/dcpc/prevention/screening.htm)
- **Radon:** <https://www.idph.iowa.gov/radon>

## Radon

Radon is an odorless and invisible radioactive gas naturally released from rocks, soil, and water. Radon can get trapped inside buildings and build up in the air. Over time, breathing in high levels of radon can cause lung cancer. The only way to know if you have unsafe levels of radon in your home or office is by testing. You can purchase a test kit in a hardware store or [online](#). If your test shows that radon levels are above 4pCi/L or you are interested in reducing radon in your home, you can contact the [Iowa Department of Public Health](#) to help you find a qualified or state-certified radon contractor in your area to fix your home. Lowering high radon levels requires technical knowledge and special skills so you should rely only on a qualified professional for these repairs. Test radon levels again after any repairs to be sure they worked.

### Ways to Keep Radon Levels Low

Since there is no known safe level of radon, reducing radon inside your home will always help reduce your risk of lung cancer, even when the level in your home is less than 4 pCi/L. The U.S. Department of Housing and Urban Development recommends these actions you can take to reduce your risks of lung cancer and help lower radon levels in your home: 1) Increase air flow in your house by opening windows and using fans and vents to circulate air. However, natural ventilation in any type of house is only a temporary strategy; 2) Seal cracks in floors and walls with plaster, caulk, or other materials designed for this purpose; 3) You can cover the earth floor in crawl spaces with a high-density plastic sheet. A vent pipe and fan can be used to blow the radon from under the sheet and vent it to the outdoors. Always test radon levels again after you've made any of these changes to ensure these actions reduced the radon levels.



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