

HOWELL COUNTY HEALTH DEPARTMENT

NOVEMBER CALENDAR

WIC: 2, 3, 5, 6, 9, 10, 11, 12, 13, 16, 17, 18, 19, 20, 23, 25, 30

Willow Springs WIC: 4

Mountain View WIC: 24

Family Planning: 5, 18, 19

Immunizations: 3, 10, 17

Food Handlers: 2

Holiday's (closed): Thanks-giving 26 & 27

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Clinic Hours:

Monday-Friday 8-12 & 1-5,
closed for lunch 12-1

Administration Hours

Monday-Friday 8-5

Monthly Monitor

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Your Lungs, Your Health, Your Future from Dawn Hicks, Health Educator

November is Lung Cancer Awareness Month, a time to raise awareness about lung cancer, its risk factors, and the importance of prevention and early detection.

Lung cancer is one of the leading causes of cancer deaths, and cigarette smoking is the leading risk factor. However, lung cancer can also occur in people who have never smoked. Knowing your risk factors, avoiding tobacco smoke, and talking with your healthcare provider about whether you qualify for lung cancer screening can help protect your health.

The Great American Smokeout, observed on Thursday, November 19, encourages people to take the first step toward a tobacco-free life. Quitting smoking has benefits at any age, no matter how long you have smoked. Over time, quitting can improve circulation and lung function, reduce coughing and



shortness of breath, and lower the risk of heart disease, stroke, and several types of cancer. It also protects family members and others from the harmful effects of secondhand smoke.

Vaping is not harmless, either. Many e-cigarettes contain nicotine, which is highly addictive, along with other substances that can harm the lungs. Although quitting vaping may be challenging, especially for those who are dependent on nicotine, taking steps to quit can improve your overall health and help break the cycle of addiction.

If you are thinking about quitting, you don't have to do it alone! **Missouri Tobacco**

Quit Services offers free support to help Missourians quit smoking, vaping, and other tobacco products. Support may include personalized coaching and resources to help you manage cravings and develop a quit plan. Call **1-800-QUIT-NOW (1-800-784-8669)** or visit [YouCanQuit.org](https://www.youcanquit.org) to learn more about available services.

The Great American Smokeout is a great opportunity to take that first step toward better health. Whether you choose November 19 as your quit date or simply begin exploring your options, every step counts.

Make this November a time to breathe easier, protect your health, and encourage others to live tobacco-free!

<https://missouri.quitlogix.org/en-us/>

www.lung.org

<https://www.cdc.gov/tobacco/about/benefits-of-quitting>



Stay healthy this Season.

WIC promotes nutrient dense food packages.



Enjoy Fall While Staying Healthy from Bev McDaniel, RN

As the weather cools and the seasons change, we look forward to fall activities like football games, pumpkin patches, and bonfires. Unfortunately, fall and winter also bring an increased risk of respiratory illnesses, including flu and other seasonal viruses.

A few simple steps can help protect you and those around you: wash your hands frequently, avoid touching your eyes, nose, and mouth, cover coughs and sneezes, and stay home when you're feeling sick. You can also support your immune system by eating healthy, staying physically active, managing stress, and getting enough sleep.

Infants, older adults, and people with weakened immune systems are at greater risk of becoming seriously ill. Respiratory illnesses can lead to complications such as dehydration, pneumonia, and sinus infections, sometimes requiring hospitalization. Seek medical attention for warning signs such as difficulty breathing, chest pain

or pressure, worsening symptoms, dehydration, severe weakness, or confusion.

Protect yourself this respiratory season! Talk with your healthcare provider about which vaccines may be recommended for you. The Howell County Health Department offers vaccinations and can help answer questions about eligibility and available vaccines. Taking preventive steps now can help you enjoy a healthier fall and winter season!

Diabetes Awareness Month from April Bridges, WIC Nutritionist

November is Diabetes Awareness Month. WIC helps prevent type 2 diabetes by promoting and supporting breastfeeding and providing nutrient dense food packages rich in whole grains and fiber. Clinical data shows that breastfeeding lowers type 2 diabetes

risks for both mothers and their children. Additionally, the WIC program offers personalized nutrition education to help families maintain healthy weights.

WIC food packages are specifically structured around high fiber, low fat foods –which

prevent blood sugar spikes, a critical factor in stopping progression from prediabetes to type 2 diabetes.

To see if you qualify for WIC benefits, call the Howell County Health Department at 417-256-7078.

Private Well Water Testing from Curtis Beaulieu, EPHS

The Howell County Health Department offers private well water testing for bacteria, including coliform and *E. coli*, which can indicate contamination and potential health risks.

Unofficial bacterial testing costs \$10. Pick up a test kit at the Health Department, collect your

sample according to the instructions, and return it the same day before 11:30 am. Official bacterial testing, collected by an environmental health specialist, costs \$65.

Chemical testing for minerals and metals is also available for \$65. If both bacterial and chem-

ical tests are collected during the same appointment, the total cost is \$65. Call or visit the Howell County Health Department to schedule an appointment or learn more.

More information: howellcountyhealth.com/environmental-public-health



Howell County Health Department

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Public Health: Prevent. Promote. Protect.

The mission of the Howell County Health Department is to improve, promote and protect the health of Howell County through awareness, assessment, planning and assurance in order that our community may achieve their fullest health potential.



Public Health
Prevent. Promote. Protect.

Howell County Health Department Staff & Email

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