

Highlight on Health

A Kidder County District Health Unit Publication

Important Dates

- May 1** - May Day
- May 3** - World Asthma Day
- May 5** - Cinco de Mayo
- May 5** - World Hand Hygiene Day
- May 6-12** - National Nurses Week
- May 8** - Mother's Day
- May 8-14** - National Women's Health Week
- May 8-14** - Food Allergy Awareness Week
- May 10** - World Lupus Day
- May 18** - National Trauma Survivors Day
- May 20** - Bike to Work Day
- May 21** - Armed Forces Day
- May 27** - Don't Fry Day
- May 30** - Memorial Day (Office Closed)
- May 31** - World No Tobacco Day



Public Health
Prevent. Promote. Protect.



Don't Fry As Weather Warms Up

As snow leaves the prairie, so do the sleeves for many North Dakotans. Warm temperatures lead to working and playing outdoors and sun exposure becomes all but unavoidable.

Fun in the sun can be a killer for Americans. More people are diagnosed with skin cancer each year in the U.S. than all other cancers combined. Having 5 or more sunburns in your lifetime doubles your risk for melanoma. Just one blistering sunburn in childhood or adolescence more than doubles a person's chances of developing melanoma later in life.

The Skin Cancer Foundation estimates 9,500 Americans are diagnosed with skin cancer every day and 1 in 5 Americans develop skin cancer by the time they are 70. More than two people die from skin cancer in the U.S. each hour.

The average 5-year survival rate across all stages of melanoma is 93 percent. With a patient whose melanoma is detected early, that survival rate jumps to 99 percent. However, survival rate falls to 68 percent when the disease reaches

lymph nodes and 30 percent when the disease metastasizes to organs.

Ethnicity does not eliminate harm potential from the sun. The 5-year melanoma survival rate for Black patients is only 71 percent, versus 93 percent for White patients. Skin cancer represents approximately 2-4 percent of all cancer in Asians, 4-5 percent of all cancers for Hispanics and 1-2 percent of all cancers for Black individuals.

Fortunately, there are ways to defend yourself. Reduce your time in the sun by staying in the shade of an umbrella, tree, or shelter. Wear long sleeves or pants, as well as a hat that can shade your face, ears and neck. Finally, regular daily use of a sunscreen with SPF 15 or higher reduces the risk of developing melanoma by 50 percent. Remember to reapply sunscreen if you are in the sun for more than 2 hours, and after swimming, sweating or toweling off. Learn more at https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm.

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Don't Let the Clock Tock When It Comes To Lyme Disease

When the cold weather stops trying to hurt you in North Dakota, the animals take up the mantle. One parasite, ticks, can prove to be extremely dangerous by spreading the most common vector-borne disease in the U.S.: Lyme Disease. Lyme Disease can have a variety of signs and symptoms, including fever, chills, headache, fatigue, muscle aches, joint aches, rashes, facial palsy, arthritis, pain in tendons/muscles/joints/bones/nerves, heart palpitations, dizziness and inflammation of the brain and spinal cord.

Most people are infected through the bites of immature blacklegged (deer) ticks called nymphs. These nymphs are usually smaller than 2 mm and can be difficult to see as ticks attach to hard-to-see parts of the body such as the groin, armpits and/or scalp. Adult ticks can also transmit Lyme disease but due to their larger size and are more likely to be discovered and removed. Generally, a blacklegged



tick (or deer tick) must be attached for 24 to 48 hours before the Lyme disease bacterium can be transmitted.

If you find a tick that is dug into your skin, remove it with a fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. Don't twist or jerk the tick, as this can cause the mouth parts to break off and remain in the skin. Learn more at https://www.cdc.gov/ticks/removing_a_tick.html.

If you develop illness within a few weeks of a tick bite, it is important to see your healthcare provider

immediately. Ticks can also transmit other diseases, so it is important to be alert for additional illnesses.

Patients who are treated with antibiotics in the early stages of an infection usually recover completely. Most patients treated in later stages of the disease also respond well to antibiotics, although some have long-term damage to the nervous system and joints. In a small percentage of cases, symptoms may last for more than 6 months.

SOURCE: CDC

Know a nurse that has gone above and beyond during the last year and/or during the pandemic response?

Show your support for this individual by completing this certificate of appreciation and presenting it to them.



CERTIFICATE OF APPRECIATION



PRESENTED TO

**IN RECOGNITION
OF YOUR
DEDICATED
SERVICE**

SIGNATURE

DATE



KCDHU Is Providing COVID-19 Vaccine Clinics on Thursdays
Call 475-2582 to register or for more information