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WIC CELEBRATES IT'S 50TH BIRTHDAY

Lake Region WIC staff attended a two-day All Staff meeting in Bismarck in September. Topics included Addressing Feeding Concerns and Understanding Individualized Approaches to Nutrition Therapy, Introducing and Practicing Intuitive Eating, De-Escalation: Persons in a Crisis and CDC Learn the Signs. Act Early Developmental Monitoring Project. During the meeting all the attendees also celebrated WIC's 50th birthday of the WIC program.

The WIC program in North Dakota started in Devils Lake in 1975 (49 years ago). It was originally located in the Dakota Prairie Opportunities building. In 1979 it joined with the Lake Region District Health Unit and subsequently moved to the basement of the First National Bank. The Multi Service Building housed the operation during 1980. In 1981 it found a permanent home on the second floor of the Ramsey County Courthouse. Lake Region WIC serves Ramsey, Benson, Towner, Eddy, Pierce, Foster and Wells Counties.



Pictured: Sheri Hatten, Jocelyn Lundon, & Lori Lippert.

Calendar Of Events



November

- 11th **Veteran's Day-Offices Closed**
- 28th&29th **Thanksgiving Observed-Offices Closed**
- 15th Great American Smokeout
- 1st-30th National Diabetes Month

December

- 24th&25th **Christmas Observed-Offices Closed**
- 1st World AIDS Day
- 1st-31st

January

- 1st **New Year's Day-Offices Closed**
- 20th **MLK Day-Offices Closed**
- 1st-31st Cervical Health Awareness Month
- 1st-31st National Radon Action Month

Product	Nicotine Content	Equivalent Cigarettes
1 Pack of Cigarettes	~22mg	~20 CIGARETTES
1 JUUL Pod	~41.3mg	~37 CIGARETTES
1 Vuse Pod	~90mg	~82 CIGARETTES
1 Elf Bar	~650mg	~590 CIGARETTES

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Devils Lake, ND 58301
(701)662-7040

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PO Box 86; 330 C Ave
Minnewaukan, ND 58351
(701)473-5444

Eddy County Office
24 8th St N
New Rockford, ND 58356
(701)947-5311

Pierce County Office
240 SE 2nd St Ste 1
Rugby, ND 58368
(701)776-6783

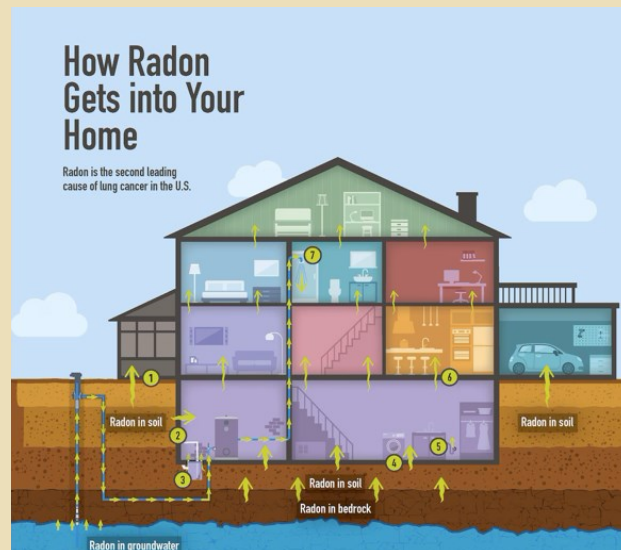
NATIONAL RADON ACTION MONTH

You can't see radon. And you can't smell it or taste it. But it may be a problem in your home. Radon is a radioactive gas. It comes from the natural decay of uranium that is found in nearly all soils. It typically moves up through the ground to the air above and into your home through cracks and other holes in the foundation. Your home traps radon inside, where it can build up. Any home may have a radon problem.

Every county in North Dakota is predicted to have radon levels on average over the 4 pCi/L, the "take action" level. The only way to know about your home's level is to test. Testing is easy! Radon test kits are typically available in hardware stores or other retailers, and sometimes through the mail. The test kit should be placed in the lowest lived-in level of the home.

Radon gas decays into radioactive particles that can get trapped in your lungs when you breathe causing damage to lung tissue and can lead to lung cancer throughout your lifetime. Not everyone exposed to elevated levels of radon will develop lung cancer. The amount of time between exposure and the onset of the disease may be many years. Smoking combined with radon is an especially serious health risk. Stop smoking and lower your radon level to reduce your lung cancer risk.

If your home is found to have high levels of radon, there are several proven methods to reduce radon in your home. Radon Mitigation Information can be found at North Dakota Department of Environmental Quality website at deq.nd.gov/WM/Radon



CERVICAL CANCER AWARENESS MONTH

Cervical Health Awareness Month is a chance to share information about how women can protect themselves from HPV and cervical cancer. HPV is a very common infection that spread through sexual activity, and it causes almost all cases of cervical cancer.

There are two tools for prevention of cervical cancer: HPV vaccination & regular screening.

HPV vaccine has been around since 2006. In that time, rates of cervical cancer has dropped significantly among vaccinated women. Did you know that HPV vaccine isn't just for females?! It's available for males too.

Cervical cancer screening—Pap tests & HPV tests—is to find problems, like cell changes, so they can be treated before they turn into cancer. Talk to your healthcare provider to find out when to get your next cervical cancer screening test.

There is 5 ways to reduce your risk of cervical cancer.

- 1) Get the HPV vaccine
- 2) Don't smoke,
- 3) Use condoms
- 4) Limit your sexual partners
- 5) Get regular Pap & HPV screenings



HOLIDAY FIRE SAFETY

The –ember months bring many holiday seasons. If you decorate for the holidays, be aware of the risks. If you're using candles for centerpieces or pumpkins, monitor the candles and never leave a room with a lit candle. You should keep candles at least 12" away from anything that could ignite and start a fire.

Cooking is the main cause of home fires any time of the year, but it is especially common on Thanksgiving. Be sure to stay in the kitchen when you are cooking food and remember to turn off the stove if you leave the kitchen. Keep anything that can catch fire like oven mitts, wooden utensils, food packaging, towels, and curtains away from your stove top and keep a fire extinguisher nearby. If using outdoor lighting for decorating, be sure to inspect your lights for any damage, for faulty connections and damaged/exposed wires can create a fire hazard.

If you plan on purchasing a real Christmas tree, make sure you water frequently so the tree doesn't dry out and become a fire hazard.

