



TRIPLE H NEWS: HOKE HEALTHY HIGHLIGHTS

Lead the Walk

If you are a Breast Cancer Survivor, please contact Ms. Morton at 875-3717 ext. 2115

UPCOMING EVENTS

Board of Health Meetings:
9/9/2013 at 7 PM
10/14/2013 at 7 PM

Diabetes Support Group Meetings:
9/10/2013 at 6 PM
10/8/2013 at 6 PM

Public Health Advisory Council Meeting on
9/12/2013 at 12 PM

Breast Cancer Walk on 10/18/2013 . For more information call 875-3717 ext. 2115

Flu Shots will be available soon!

Teen Time Coming Soon!

The Hoke County Health Department is excited to start a new program. The Health Department wants to provide more services for young people in Hoke County.

Peer pressure dominates the school day for some students and it robs them of a healthy youth. The Teen Time Program was discussed by employees of the Health Department to possibly deter the risky behaviors and poor body image perceptions that result from peer pressure.

The Teen Time Program will allow teens time to express themselves to their medical provider and seek the help needed. As the program continues new services will be added.

What is Teen Time?

During Teen Time, the Hoke County Health Department will provide healthcare services to patients between the ages of 11-19 years of age.

When will Teen Time occur?

On the **first** and **third** Mondays of each month from **4:00 PM to 7:00 PM**. A Reproductive Life Plan Class will be at 4:30 PM. This class is for teens only. The first clinic will be on **November 4, 2013**.

What are the services provided during Teen Time?

- ◆ Sick visits
- ◆ Self Empowerment & Nutrition Classes

- ◆ Reproductive Health
- ◆ Communicable Disease Screenings
- ◆ Sports Physicals
- ◆ Annual physicals
- ◆ Immunizations

Why have Teen Time?

- ◆ Decrease absences from school and work.
- ◆ Allow teens to meet others and talk about issues
- ◆ Allow teens and their families to receive personalized attention
- ◆ Provide health education that is age appropriate for the teens.
- ◆ Teen Support Group creation for better health

Diabetes Self-Management Workshop

Do you have diabetes? Do you want to prevent and delay complications? Do you want to improve your A1c? If you answered yes to any of these questions, give us a call at **875-2298**.

The Hoke County Health

Department will host a Diabetes Self-Management Workshop on **October 23, 2013** at **9 am to 4pm**. As a participant you will learn the following:

- Techniques to deal with diabetes symptoms

- Exercises for maintaining and improving strength & endurance.
- Healthy eating & appropriate use of medicines

It's time to take control of your diabetes! **REGISTER NOW! Space is limited!**



For more information
Please contact us...

Contact Info.
683 E. Palmer Rd.
Raeford, NC 28376
Phone: 910-875-3717

Our Mission...

"The mission of the Hoke County Health Department is to provide public health services that promote, protect, and preserve the wellness of Hoke County citizens and the surrounding communities."

Get to know your county!
www.hokecounty.net



Communicable Disease Stats



Latent TB Infection: 1
TB Suspect/Cases: 0/3
Positive Cases
Chlamydia: 18
Gonorrhea: 4
Syphilis: 1
NGU: 0
HIV: 0
Hepatitis B: 0
Salmonella: 3
Campylobacter: 4
Tests
HIV Tests: 84

HCHD Staff Anniversaries

R. Little 18 years



October is Breast Cancer Awareness

Approximately 1 in 8 women born today in the United States will get breast cancer at some point during her life. Aside from non-melanoma skin cancer, breast cancer is the most common cancer among women in the United States. It is also one of the leading causes of cancer death among women of all races. The good news is that early detection and treatment increases the chance for survival.

Each October is dedicated to raising awareness about the importance of early detection of breast cancer, celebrating the lives of the many women who

survived, and remembering those lost.

All women are encouraged to take charge of their health by going for regular breast screenings. Breast screenings check a woman's breasts for cancer before noticeable signs or symptoms are present. There are three main tests used to screen for breast cancer.

1. Breast self-exam - When you check your own breasts for lumps, swelling, changes in size or shape of the breast, and any other changes in the breast or under-arm.

2. Clinical breast exam - A breast exam by a doctor or nurse, who uses his or her hands to carefully feel for lumps or other changes in the entire breast area.

3. Mammogram - X-ray of the breast. Mammograms are the best method to detect breast cancer early when it is easier to treat and before it is big enough to feel or cause other symptoms.

Please talk with your healthcare provider about which screening is right for you.

