



TRIPLE-H NEWS



HOKE HEALTH HIGHLIGHTS

Radon Gas Testing

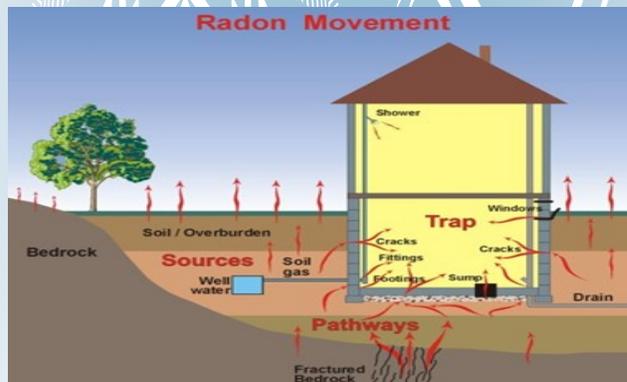
As the turning of the seasons brings colder weather to North Carolina, and families close windows to keep warm, it is an excellent time to make plans for radon testing in your home.

Radon is the odorless, colorless gas that is the second leading cause of lung cancer in the United States. The effects upon the families it touches can be just as devastating as lung cancer caused by smoking tobacco.

January is National Radon Action Month. Each year upwards to 22,000 people die from radon-induced lung cancer. Roughly 54 percent of those diagnosed with early-stage lung cancer are expected to live no more than five years after diagnosis.

The Hoke County Health Department is partnering with the NC Radon program

to provide free short-term radon test kits in recognition of National Radon Action Month. A limited supply of radon test kits is being made available locally **from 9AM-4PM Monday through Fridays by appointment at 683 East Palmer Street, Raeford NC. Contact Cornelia Murchison @ (910)875-3717 X: 2104.**



SPECIAL POINTS OF INTEREST:

- **Teen-Time: Health Clinic** for teens; available the 1st & 3rd Mondays of the month from 4:30PM-7:00PM.
- **Child Birth Education Classes:** Four week series starts on Thursday's, from 6-8PM contact Cornelia @ 910) 875-3717 Ext: 2104.
- **CPR & First -Aid Classes:** Contact Ulva for more information @ (910) 875-3717 Ext:2106.
- **Diabetes Support Group:** Every 2nd Tuesday of the month from 5:30-6:30 PM. Contact Ulva for more information @ (910) 875-3717 Ext:2106.
- **15 Week Wellness Program:** Begins January 22 from 12-1PM for more information or to register contact Cathy James @ (910) 875-2162
- **Board Of Health Meetings:** held on the 2nd Monday of every month @ the Health Department 7PM.
- **Public Health Advisory Council:** meets every 3rd Tuesday @ 1:00PM. at the health department. Contact Ulva @ (910) 875-3717 Ext: 2106.

Is the U.S. having a flu epidemic?

The United States experiences epidemics of seasonal flu each year, and right now all of CDC's influenza surveillance systems are showing elevated activity. Influenza-like-illness (ILI) has been over baseline for the past several weeks, virological surveillance shows a lot of flu is circulating, and the hospitalization surveillance system shows increasing hospitalizations rates, especially in people 65 years and old-

er. CDC continues to recommend that unvaccinated people get vaccinated. While some of the viruses spreading this season are different from those in the vaccine, vaccination can still provide protection and might reduce severe outcomes such as hospitalization and death. CDC also is reminding clinicians and the public that people with high risk factors who get flu symp-

toms should be evaluated for possible treatment with flu antiviral drugs(<http://www.cdc.gov/flu/antivirals/index.htm>). It's very important that , people with severe flu illness, and based on their age or underlying medical conditions. people who are at higher risk for flu complications(http://www.cdc.gov/flu/about/disease/high_risk.htm)

For more information or to schedule an appointment call the **Hoke County Health Department at (910)875-3717**



Breast and Cervical Cancer Control Program



The North Carolina Breast and Cervical Cancer Control Program

(NC BCCCP) provides free or low-cost breast and cervical cancer screenings and follow-up to eligible women in North Carolina. Each year, NC BCCCP strives to provide services to over 12,000 women.

NC BCCCP services are offered at most local health departments as well as some community health centers, hospitals and private physicians' offices across the state. Approximately 102 local health agencies work in cooperation with physicians, hospitals, and other health care facilities to provide services to eligible North Carolina women.

Who is eligible for NC BCCCP?

NC BCCCP provides services to North Carolina women who:

- are uninsured or underinsured;
- are without Medicare Part B or Medicaid;
- are between ages 40 - 64 for breast screening services and 21 - 64 for cervical screening services; and
- have a household income at or below 250% of the federal poverty level.

BCCCP eligible women may also be eligible for **NC WISE-WOMAN**, which provides cardiovascular disease screening, and helps women to improve their diet, physical activity, and other life habits to prevent, delay, or control cardiovascular and other chronic diseases.

What services are offered?

- Clinical breast exams
- Screening mammograms

- Pap tests
- Diagnostic procedures, as indicated (diagnostic mammograms, ultrasounds, coloscopies, breast and cervical biopsies)
- **Medical consultations**
Is assistance available for cancer treatment?

Breast and Cervical Cancer Medicaid (BCCM) provides funding for treatment to NC BCCCP enrolled clients who are diagnosed with breast or cervical cancer and who meet additional requirements.

BCCM eligible women must be enrolled in NC BCCCP prior to a cancer diagnosis.

Minority Populations

Compared to other groups, there are significant differences in the rates of minority women who are diagnosed with breast and cervical cancers and who die from these diseases. NC BCCCP has focused increased recruitment

prompt more African American, Hispanic, and American-Indian women to get breast and cervical cancer screenings. For more information contact ***Ellen Hogan @ (910)875-3717 X: 2169.***



Employee of The Month

- **November:**
Cheryl Williams, RN
Child Health Program Manager
- **December:**
Theresa Lloyd, WIC Nutritionist

Top 10 Healthiest New Year's Resolutions



New Year's resolutions are a bit like babies: They're

fun to make but extremely difficult to maintain.

Each January, roughly one in three Americans resolve to better themselves in some way. A much smaller percentage of people actually make good on those resolutions. While about 75% of people stick to their goals for at least a week, less than half (46%) are still on target six months later, a 2002 study found.

It's hard to keep up the enthusi-

asm months after you've swept up the confetti, but it's not impossible. This year, pick one of the following worthy resolutions, and stick with it. Here's to your health!

1. ***Lose weight***
2. ***Stay in touch (Friends/Family)***
3. ***Quit smoking***
4. ***Save money***
5. ***Cut your stress***
6. ***Volunteer***
7. ***Go back to school***
8. ***Cut back on alcohol***
9. ***Get more sleep***
10. ***Travel***

This year, pick one of these worthy resolutions, and stick with it. Here's to your health!

by Alyssa Sparacino

Karaoke Time; HCHD Christmas Party...



Welcome; HCHD New Employees



Joy Stafford, WIC Director



Isley Cotton, SW (PMC/CC4C)



Beth Porreco, RN, Case Manager