

2014 DECEMBER-CERVICAL CANCER

Estimated new cases and deaths from cervical (uterine cervix) cancer in the United States in 2014:

- New cases: 12,360
- Deaths: 4,020

Most women who have abnormal cervical screening tests do not have cervical cancer. Most have early cell changes that can be monitored, since they often go away on their own – or treated early, to prevent problems later. So, get the follow-up visits, tests, or treatment that your health care provider advises.

FIVE THINGS TO KNOW ABOUT PREVENTING CERVICAL CANCER:

1. **We know what causes cervical cancer.** A virus called HPV (human papillomavirus) causes nearly all cervical cancer – as well as these other cancers.
2. **Abnormal test results you have abnormal Pap cotest result you have means that were found or**  **cervical screening don't mean that cervical cancer.** An test result or HPV or does not mean that cervical cancer. It cervical cell changes that cells are infected with HPV. Depending on the results, you may need these follow-up tests or treatments. Treatment for cervical changes works well.
3. **Cervical cell changes happen slowly.** It can take many years for cells infected with HPV to develop into cervical cancer.
4. **Better screening tests mean less frequent screening.** Because of improvements in cervical cancer screening, guidelines now recommend less frequent screening.
5. **We have great tools to prevent cervical cancer.** Regular screening can prevent cervical cancer. So can early HPV vaccination, for young people.

<http://www.cancer.gov/cancertopics/understanding-cervical-changes>

*MT Breast & Cervical
Enrollment Now Underway for
Fiscal Year 2014/2015*

17%

*Of enrollments have been completed
for Fiscal Year 2014/2015*

*If you know of anyone who would
benefit from the Montana Cancer
Screening program please call:*

*Sarah Farrow
Site 13
MTCCP Coordinator
406-433-2207*

For program information

*Currently all colorectal
enrollments for fiscal year
2014/2015 are filled, call now to
be placed on the waiting list.*

Cancer Coalition NEWS
January Coalition meeting:
January 8th, 2015! @ 2:00
Community Services Bld.
Sidney MT

\$\$\$\$\$ News
Screening/Education amounts
available for each county.
Dawson-Fallon- McCone-Prairie-
Richland & Wibaux have 1500.00 for
screenings & 1000.00 Event money
for each county.

Report on Cancer Coalition (Cancer
Coalition Aid) Fund
A Total of **36** individuals have
applied and received funds.

The Cancer Coalition is sponsored
by
The Richland County Health
Department & we thank them!

*All money raised benefit local
residents, no funds are used to pay
administrative costs.*

Cancer Coalition 
@ RCHD

Poster Contest Chance to Win \$100

The Comprehensive Cancer Program sponsored by Richland County Health Department, is sponsoring a poster contest.

Colorectal cancer is the second leading cancer killer in the United States, but it doesn't have to be. If everyone aged 50 years or older had regular screening tests, at least 60% of deaths from this cancer could be avoided.

RCHD Comprehensive Cancer program is looking for an eye catching poster to use in its campaign to educate the public on the importance of early detection.

Screening Saves Lives!

If you're 50 or older, getting a colorectal cancer screening test could save your life. Here's how:

- Colorectal cancer usually starts from polyps in the colon or rectum. A polyp is a growth that shouldn't be there.
- Over time, some polyps can turn into cancer.
- Screening tests can find polyps, so they can be removed before they turn into cancer.

Screening tests also can find colorectal cancer early. When it is found early, the chance of being cured is good.

Come up with a clever poster and drop it off or mail it to:

Richland County Health Department
1201 West Holly ST Suite #1
Sidney, MT 59270

Deadline: December 31, 2014

If you have questions please contact Sarah Farrow, Comprehensive Cancer Coordinator at 433-2207.

Worksite Wellness Corner

8 Ways to Promote Wellness in the Workplace:

What if You Don't Have the Resources to Implement a Wellness Program? The good news is that even if you aren't in a position to implement a comprehensive program, there are many small steps you can take to promote wellness. In fact, a gesture as small as providing fresh fruit once a week can be a very simple way to show your employees that their health is important to the company. Trying out just one small component of a wellness program can act like a trial run—it gives you a chance to see how your employees respond and whether a more comprehensive program might work in the future. Here are eight ideas to bring your company closer to wellness:

- 1. Promote preventive care.** Bring vaccination to the workplace for flu season. Encouraging and even funding vaccinations for employees has one of the clearest returns on investment. When your employees avoid the flu, they avoid missing out on days, if not weeks, of work. Consider offering on-site flu vaccines to employees. Or if your health insurance doesn't cover it already, consider reimbursing employees for vaccination fees.
- 2. Encourage exercise.** Turn your office into an active campus. If you can make changes at your facility, consider offering covered, secure bike parking for commuters. Or provide showering facilities and locker rooms for employees who wish to workout at lunch. Can't make structural changes? Implement and promote a lunch hour walking club and offer incentives for employees who participate. Encourage the entire office to use the stairs. And offer discounts or partially subsidize memberships to a local gym or exercise club.
- 3. Emphasize education.** Brown bag luncheons or break-time seminars are prime opportunities for helping employees learn more about healthy habits. Recruit speakers to lead sessions on cooking healthy meals, staying healthy while travelling, or quick stress management skills. If you have the space, consider bringing in yoga, tai chi, or aerobics instructors for lunchtime classes. Keep sessions entertaining but informative, and offer incentives for employees who attend.
- 4. Bring the doctor in.** One of the most innovative trends in workplace wellness has been that of the office doctor's office. On-site health clinics give employees the opportunity to

schedule office visits for routine care without taking time off work. And they seem to be successful. A recent survey from the Center for Studying Health System Change found that on-site clinics increase productivity, reduce medical costs, and enhance a company's reputation as being a desirable place to work.

5. Invest in incentives. Employee incentive programs offer rewards—financial or otherwise—for employees who engage in healthy behavior. A growing trend is to cover an additional percentage of the cost of health insurance premiums for employees who pass certain biometric markers – such as having a healthy body mass index, blood pressure, or blood sugar reading.

6. Hone hunger options. Everyone knows when you're hard at work it can be easy—or necessary—to quickly grab a bite from what's at hand. Offer your employees healthy meal and snack options that help fuel their performance while also meeting their nutritional needs. Consider replacing sodas with milk, juice, or sparkling water, and stocking snack machines with nuts, dried fruit, and other healthy options. If you can take it a step further, stock lunchrooms with fresh fruit baskets once a week, and be sure the office cafeteria has plenty of healthy meal options.

7. Be mindful of mental health. Unmanaged stress has been linked to heart disease, high blood pressure, and sleep trouble. At the workplace, it can lead to inefficiency, job dissatisfaction, and absence from work for related health conditions. Consider offering an employee assistance program for employees who have financial troubles, excess stress, or depression symptoms. And encourage employees to take simple steps to reduce stress, like taking several breaks a day to go for a walk, chat with a co-worker, or just get outside for a breath of fresh air.

8. Recommend behavioral resources. For some employees, a few work-based activities may not be enough to make lasting change. In these cases, coaching and disease management programs may be the way to go. These programs pair employees with online, phone-based, or face-to-face health professionals who can guide them through the steps of behavior change. Consider offering tobacco cessation, weight loss, or stress management programs to help empower your employees make lasting, noticeable change.

(Resource: <http://www.inc.com/guides/2011/01/8-ways-to-promote-wellness-in-the-workplace.html>)