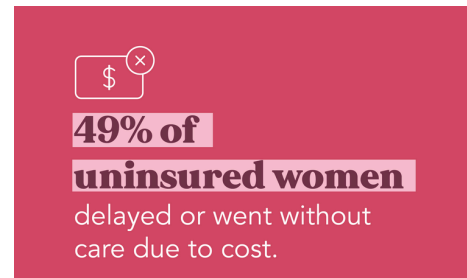
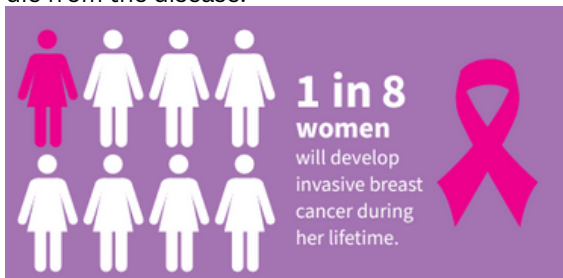


FOR THE HEALTH OF IT!



October - Breast Cancer Awareness Month

Breast Cancer is the most common non-skin cancer among American women. Each year in New York, about 16,700 women are diagnosed with breast cancer and about 2,500 women die from the disease.



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Risk factors include



Breast Cancer Awareness Continued

9 ways to reduce your cancer risk

Cancer #endcancer

- Exercise
- Avoid tobacco
- Eat a healthy diet
- Be skin safe
- Get vaccinated
- Maintain a healthy weight
- Limit alcohol
- Get screened
- Know your family history



Cancer Services Program of Warren, Washington & Hamilton Counties at Glens Falls Hospital
C.R. Wood Cancer Center
100 Park Street
Glens Falls, NY 12801
Phone: 518-926-6570

Need To Get Screened But Can't Afford It?

The Cancer Service Program (CSP) at Glens Falls Hospital provides breast, cervical and colon cancer screening at NO COST to men and women who qualify.

The Cancer Services Program is a New York State cancer screening program for women and men who:

- Live in New York State
- Do not have health insurance
- Have health insurance with a cost share that makes the cost of screening too high
- Meet the program rules for age and income

Cancer screening can save lives. Screening tests check for signs of cancer before there are symptoms or problems. Screening tests for breast, cervical and colon cancer can find cancer early, when it may be easier to treat. Cervical and colon cancer can be prevented if found early.

The CSP provides cancer screening, follow-up tests, help getting treatment and support services.

Most health insurance covers breast, cervical and colon cancer screenings at no cost to the patient. This includes Medicaid and plans in the New York State of Health. Check with your insurance plan to find out what cancer screening services are covered.

Cancer Screening

Breast Cancer Screening Recommendations

- Women ages 40 and older
- Women under age 40 at high risk for breast cancer*

Fall is Hiking, Hunting & Tick Season

Fall is a great time to enjoy the outdoors in Warren County. There are plenty of places to see fall foliage, enjoy a hike and for sports people hunt.

It is important to remember that fall is also tick season. So no matter what outdoor activities you enjoy in the fall remember these tips to reduce your risk for ticks and tick-borne diseases

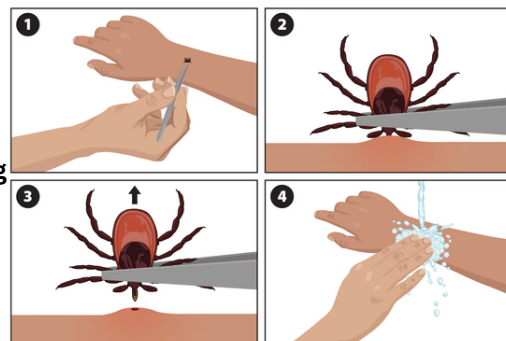
1. Wear light colored long-sleeved shirts and pants when in tick habitats. they create a barrier and make ticks easier to see before they bite.
2. Avoid tick habitats (leaf piles, long grasses, shrubs etc.) whenever possible.
3. Use insect repellents on clothing when spending time outdoors in tick habitats.
4. Do frequent tick checks when entering areas where ticks may live.
5. Do a full body tick check at the end of the day. look in hard to see areas such as armpits, behind the legs, ears/hairline, groin and belly buttons.
6. Remove ticks safely and immediately. The sooner a tick is removed the lower your risk for disease.
7. Following a tick bite watch for signs of illness including rash, fever, achiness, joint pain, and fatigue for 30 days.
8. Report any symptoms and the date of your tick bite to your doctor.

For more information about how to protect yourself and your family from ticks go to

www.health.ny.gov/diseases/communicable/lyme/

How to Remove a Tick

1. Use clean, fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you cannot remove the mouth easily with tweezers, leave it alone and let the skin heal.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.
4. Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.



October is Health Literacy Month!

What is Health Literacy?

Health literacy, in the most basic sense, is understanding health and how to be healthy. It has two components that must work together to achieve a common goal.

- Personal health literacy: the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others
- Organizational health literacy: the degree to which organizations equitably enable individuals to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.

Why is it important?

Health literacy affects everyone. Taking care of our health is part of everyday life. It includes what foods you decide to eat, how or when you sleep, and the decisions you make for yourself and your family. It also happens when you visit a doctor, clinic, or a hospital. Health literacy helps to prevent health problems, protect our health, and better manage health problems when they arise.

Low health literacy is linked to poorer health outcomes and use of health resources. This includes, but is not limited to:

- More hospitalizations
- Higher use of emergency services
- Lower use of preventative services
- Lower knowledge and self management of health conditions
- Difficulty taking medications properly
- Higher risk of mortality

What can you do about it?

It can be difficult to navigate health and healthcare on the best of days. The easiest way to make your healthcare visits more helpful is to prepare ahead of time. Some simple tips:

- Take a trusted person to appointments with you.
- Always ask questions. If you don't understand something, ask questions until you do.
- Speak your mind. Tell your doctor how you feel, including things that seem unimportant or embarrassing
- Always bring an up-to-date list of medications with you. Include over the counter products in your list. You can also bring all of your medications with you.
- Write down your questions or concerns before you go, so you don't forget what you want to know.
- Take notes or ask a friend or family member to.
- Ask your doctor to write down information and instructions discussed at your visit.
- If you have vision or hearing problems, ask for help. There are resources that will help meet your needs.
- Remember that other healthcare workers, like nurses or pharmacists, can be good sources of information.

Rabies Vaccination Clinic in October!

Saturday, October 19th
Queensbury
Community Center
742 Bay Rd

A \$10 donation is requested for each pet. No one is turned away due to financial hardship.



Pets must be 3 months of age to receive their first immunization, which will afford them protection for one year. The next shot (booster) will afford protection for 3 years. From then on, every three years a booster should be given to protect your pet.

Protect your pets!

Keep them up to date on vaccinations!

Be Safe, Be Seen

on HALLOWEEN

BE SAFE, BE SEEN



Wear reflective tape, use glowsticks or carry a flashlight so drivers can see you.

Walk Safely



- ✓ Cross at corners, using traffic signals and crosswalks.
- ✓ Look left, right and left again.
- ✓ Use sidewalks.
- ✓ Watch for cars turning or backing up.



Drive Safely

- ✓ Watch out for kids crossing mid-block.
- ✓ Slow down and be especially alert.
- ✓ Look for kids who might be trying to cross mid-block.
- ✓ Keep phones down so you are not distracted.

October 26th is National Prescription Drug Take Back Day !



The day aims to provide a safe, convenient and responsible means of disposing of Prescription Drugs.

The Drug Enforcement Administration (DEA) is committed to American's safety and encourages the public to remove unneeded medications as a measure of preventing medication misuse and opioid addiction from ever starting.

Sharps Disposal

All hospitals and nursing homes in New York State are mandated by law to accept home-generated sharps as a free, community service through their sharps collection programs.

- Locate a hospital in your region. Go to [NYS Health Profiles](#) to search by region or county.
- Locate a nursing home in your region. Go to [NYS Health Profiles](#) to search by region or county.
 - Call first: Ask to speak with the facility's sharps coordinator for hours of operation, directions, drop-off sites, etc.
 - Nursing home not accepting household sharps? [Nursing Home Complaint Form](#)
- For more information, call the facility's main phone number and ask to be connected to their Sharps Coordinator.

You can find out more about safe sharps disposal in New York at www.health.ny.gov/diseases/aids/consumers/prevention/needles_syringes/sharps/.

MAKE SURE TO HAVE FUN !

Home Heating Safety

Heating season is fast approaching. Now is the time to make sure your home's furnace, wood stove and other heating appliances are safe and ready to go. Fall is also a great time of year to make sure your smoke and carbon monoxide detectors are in good working order.

Here are some things you can do to ensure your family is safe when it's time to heat your home.

For gas and oil burning furnaces:

1. Ensure to have your gas or oil burning furnace inspected annually. a professional inspection can ensure a safe furnace and find small problems before they become big problems.
2. Make sure to keep air intakes clear. Airflow into your furnace reduces strain on your unit and ensures the furnace will operate efficiently.
3. Keep the area around your furnace clear of clutter and debris and consider vacuuming dirt dust and lint from around your furnace.
4. Change filters regularly. Change filters help your furnace run efficiently and can help reduce indoor dust.
5. Keep flammable items away from your furnace. Gasoline, paint thinner, old rags, etc.

For wood burning or pellet stoves

1. Ensure the stove is safe distance from walls and combustible materials.
2. Check the burn box and chimney regularly for cracks or signs of weakness and have them repaired by a professional if needed.
3. Clean your chimney and stove at least once a year with a wire brush to remove creosote (byproduct of burning wood) and any potential blockages.
4. Check the structural integrity of your chimney as well. Cracked bricks and mortar can lead to a dangerous situation.
5. Burn only dry wood, seasoned wood, such as maple, beech, ash, hickory, or oak. Seasoned wood burns more efficiently and produces less creosote, a flammable byproduct that can accumulate in your chimney. Avoid burning green wood, cardboard, or trash, as these can cause excessive creosote buildup and release harmful chemicals.
6. Remove ashes regularly and safely. Cool ashes completely and use a metal container to prevent accidental fires. keep the container at least 10 feet from your home and buildings.

Whether you are using gas, oil, propane or wood it is essential to have working smoke and carbon monoxide detectors in your home. If possible interconnect all smoke and CO alarms throughout your house, so when one sounds, they all do.

Annual inspections and maintenance of your heating systems can help ensure the safety of your family during the colder months of the year.



Broccoli and Spinach Quiche with Easy Potato Crust

www.harvesthillfarmvt.com

Ingredients:

- 2 tbsp butter or oil
- ½ onion, chopped
- 2 garlic cloves, minced
- 1 head of broccoli, chopped
- 1 bag of spinach, chopped
- Salt and pepper to taste
- 1-2 cups cheddar, your favorite cheese, or a mix of cheeses!
- Potatoes, ¼-½ inch slices. Any potato works well including sweet potato.
- 6 eggs
- Optional: Bacon, olives, walnuts, ham, peppers, asparagus, or your favorite veggie or meat.

Directions:

Preheat oven to 350 F.

Potato crust:

Butter/oil a 9 inch baking dish and arrange potato slices on the bottom and sides of the pan.

Quiche Filling:

Melt butter/oil in skillet over medium heat and add onion. Cook until soft and turning brown.

Add garlic and cook for 1-2 minutes.

Add broccoli and sauté for 5-7 minutes or until bright

green. Add spinach and cook 1-2 minutes or until just wilted. Sprinkle with salt and pepper, to taste.

Whisk eggs in large bowl until well mixed. Add cheese and veggies to egg mixture and stir well.

Pour mixture into potato crust and bake 35 minutes or until set in the middle. Enjoy!



Hike Smart This Fall

There are dozens of places people can hike in our region this Fall to view the foliage. Take time before your hike to make sure it is a safe one. Here are some helpful hiking tips from the National Park Service .

Know Your Limits Take the time to ask yourself before you go:

- What is my experience level hiking? Do I hike often or is this my first time on the trails?
- How much equipment, food, and water (weight) can I comfortably carry in a backpack? How long can I carry a backpack with all the essentials?
- Am I physically fit for the hike I would like to do? Have I practiced hiking up and down steep hills or am I more comfortable on flat, paved paths?
- Have I ever hiked in this type of environment before?
- Am I able to go to higher elevations? More effort is required to hike at higher elevations due to the reduced amount of oxygen available in the air.
- Am I hiking alone or with a friend? It is safer to hike with a companion, but if you prefer go solo, take extra measures to ensure that you're prepared since you will be traveling alone.

Plan Your Hike

Your safety is your responsibility while hiking. Planning is an important step in being prepared and ready for your hike. If you are going to the backcountry, know how to be self sufficient in case you encounter an unexpected hazard or an emergency occurs.

- Pick the right trail for you and your group. Recognize your abilities and the abilities of your group. If you have any medical conditions, consider discussing your plans with your healthcare provider.
- Leave a Trip Plan. Complete a [trip plan](#) that details where you will be walking or hiking, your contact information, when you plan to arrive and return, and who is coming with you. Leave this information with a trusted friend or family member that is not going with you.
- Have an Emergency Plan. [Develop an emergency plan](#) for what to do if you or your hiking companions becomes lost or injured.
- Have a way to communicate. Do not rely on your cell phone because there may not be cellular coverage and reception. Consider having a personal locator beacon, should you need to call for help. If you are using your cell phone, keep the battery fully charged. Searching for a cell signal can quickly drain your phone battery. Consider turning off your phone or switching to airplane mode until you need it.
- Be weather-ready. [Check the weather](#) before you head out on your hike. If conditions aren't ideal don't take the chance! Be prepared to seek shelter if you encounter [severe weather](#), know what to do in case of [lightning](#) or [flash flooding](#). Have your rain equipment packed and ready.
- Have a Plan B ready, just in case! If weather or other conditions are not ideal for hiking.

Hike Smart

- Let the slowest hiker set the pace. Always stay together. Put the slowest hiker near the front to keep your group together.
- Keep Track of Your Time and Distance. Remember, your total hike time includes the time it took you to hike to your destination and back to your starting point. If any of your hike, in either direction, is uphill, plan for it to take at least double the time it took you to go downhill. Be aware of the time you set out and turn around so you don't get stuck outside in the dark. Set a turn around time if your trip is taking longer than planned and make sure you stick to it.
- Yield to uphill hikers. Be courteous and cautious of others out on the trails. If you are downhill, carefully step to the side to let others pass.
- Take breaks often. Know your limits. Pay attention to how you're feeling when on the trail.
- Eat snacks and drink water. Hiking can drain energy quickly. Dehydration and [heat exhaustion](#) may sneak up on you while hiking. Be sure to drink as you are thirsty. Snack on nutritional foods like trail mix, nuts, and granola bars to keep your energy high.
- Take your time and watch your step. Stick to dry paths and solid rock areas with good footing.
- Stay away from rapid waters and slippery slopes. [Be careful when hiking near water](#) including waterfalls and swift or cold water. Do not attempt to cross streams during icy conditions, flooding, moving or white water, or any time you can't be certain water depth.

Visit www.nps.gov/articles/hiking-safety.htm for more information

THE TEN HIKING ESSENTIALS

NAVIGATION – Map, compass, and GPS system Know how to use a topographical or relief map as well as your compass or GPS unit before going out.

SUN PROTECTION – Sunglasses, sunscreen, and hat. Sun protection is necessary to protect your skin and eyes against harsh UV rays that are responsible for sunburns and skin cancer.

INSULATION – Jacket, hat, gloves, rain shell, and thermal underwear. Be prepared for sudden changes in weather conditions. Pack an extra layer of clothing that reflects the most extreme conditions you could encounter.

ILLUMINATION – Flashlight, lanterns, and headlamp. Headlamps are the preferred light source because they are hands-free. Be sure to pack extra batteries.

FIRST-AID SUPPLIES – First Aid Kit Be prepared for emergencies by packing first-aid supplies with you.

FIRE – Matches, lighter and fire starters Fire can be an emergency signal and a heat source for cooking and staying warm. Pack matches (preferably waterproof) and fire starters - items that catch fire quickly and sustain a flame (e.g. lighter).

REPAIR KIT AND TOOLS – Duct tape, knife, screwdriver, and scissors. Carry a basic repair kit with you to help repair equipment.

NUTRITION - Food. You should always be prepared for the possibility of changes to your trip plans. Pack an extra day's supply of food, preferably no-cook items that have good nutritional value in order to keep your energy high.

HYDRATION – Water and water treatment supplies. Staying hydrated on your trip is of utmost importance! Prepare your water before you need it and do not allow yourself to become dehydrated.

EMERGENCY SHELTER – Tent, space blanket, tarp, and bivy. Shelter is one of the most important elements during an emergency survival situation. It can protect you from severe weather conditions and exposure to the elements. A tent, tarp, bivy sack, or emergency space blanket are all light weight options for emergency shelter.