



Caring for our communities,  
one person at a time.



Colstrip Medical Center  
"Quality Life Through Quality Medicine"



Bringing Communities Together: Healthy Treasures Newsletter December 2023

Big Horn, Custer, Powder River, Rosebud and Treasure County Newsletter

**MERRY**  
*Quitmas*

**GIVE YOURSELF THE BEST  
GIFT THIS YEAR.....A  
TOBACCO-FREE LIFE!**

**MY LIFE MY QUIT**  
mylifemyquit.com  
Text "Start My Quit" to 36072

**REACT**  
mtrreACT.com

MONTANA TOBACCO



**AMERICAN INDIAN**  
Commercial Tobacco Quit Line  
**1-855-5AI-QUIT**  
MTAmericanIndianQuitLine.com

### In This Issue:

- Merry Christmas Tobacco Free
- Mammogram Bus is Coming to Town
- People with Disabilities
- Social Determents of Health
- American Diabetes Month  
[Diabetes Plate Method](#)
- Asthma Action Plan
- Do You Have COPD and Smoke?
- Big Horn County Best Beginnings NEW website  
[bhcbestbeginnings.org](#)

Images are links to websites

Find Us On:



**#TreasureYourHealth** **#TobaccoFree**  
**#NicotineFree**



## Mammogram Bus is Coming to Town

The Yellowstone Mobile Mammography bus will be in the following towns to provide mammograms for breast cancer screening:

### December 2023

December 5 – Lame Deer December 12– Roundup Mem Hospital  
December 13 – Crow Agency December 19 – Lame Deer  
December 27 – Crow Agency

**Call Yellowstone Breast Center to schedule a mammogram @ 406-237-4373**

---

## FREE MAMMOGRAM

**No Insurance or can't afford a mammogram?  
Montana Cancer Control Program is here to help.**



FREE mammograms available through Montana Cancer Control Program funding for income eligible women.

### 2023 Income Guidelines

1 person in home \$36,450  
2 people in home \$49,300  
3 people in home \$62,150  
4 people in home \$75,000

Please contact the MCCP Representative in your area:

Ashland, Lame Deer, Crow Agency, Ashland, Lodge Grass and Hardin Chanda Richards  
email: [chanda.richards@onechc.org](mailto:chanda.richards@onechc.org) or call 406-867-8700

Forsyth, Colstrip, Hysham, Miles City, Ekalaka, Jordan, Broadus Melanie Frame  
email: [melanie.frame@onechc.org](mailto:melanie.frame@onechc.org) or call 406-874-8705

Judith Basin, Petroleum, Musselshell, Golden Valley, & Wheatland Counties Tammy Jo Douglass  
email: [tammy.douglass@onechc.org](mailto:tammy.douglass@onechc.org) or call 406-535-3983



People with [disabilities](#) are invited to share their experiences by participating in a survey. Make your voice heard. To take the National Survey on Health and Disability, visit [kuhealthsurvey.org](http://kuhealthsurvey.org).



You may already know that nutrition and physical activity are important parts of a healthy lifestyle, but this is especially true when you have diabetes. Following a healthy meal plan and being active can help keep your blood sugar levels within your target range. This may seem challenging which is why it may be easier to start with small changes and get help from your family, friends, and health care team. Start with 5 minutes of moderate physical activity and build up slowly to the recommended 30 minutes a day or try out the [Diabetes Plate Method](#) to help control portion sizes!

For more tips during [American Diabetes Month](#)<sup>®</sup> check out [Diabetes Diet, Eating, & Physical Activity - NIDDK](#).

## Social Determinants of Health

### Winter Challenges for Those with Asthma



We all knew it was coming... we did! But somehow we're never quite ready for the day that we have to find the shovel, hats,

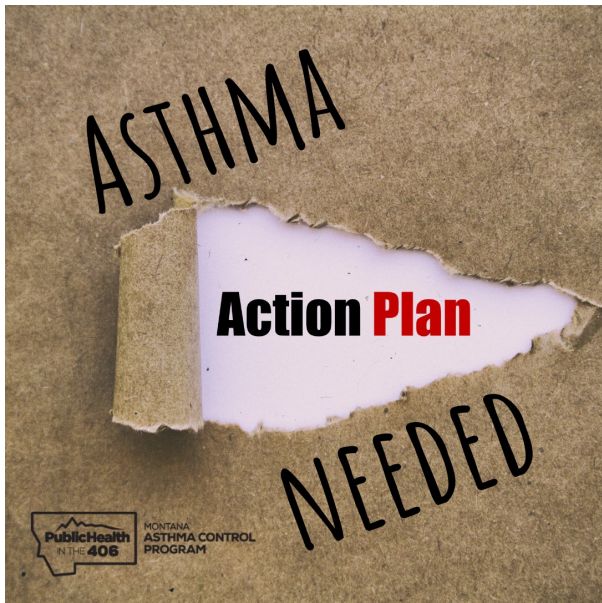
mittens and scarves. For some people with asthma, there are additional concerns that mean winter can be the most difficult time of the year.

Perhaps the #1 reason is that **cold temperatures, especially cold dry air, can make it more challenging to manage asthma**. Airways in your lungs are protected by a layer of mucus. When exposed to cold air, this mucus layer can thicken making you more susceptible to respiratory infections like a cold or the flu. Infections may lead to swelling and irritation of your airways, which trigger asthma symptoms.

There are several other factors that increase concerns for people with asthma in the winter. In previous articles we have discussed SDOH associated with asthma. These include issues around housing, transportation, environmental inequities, and high levels of stress. The winter months mean staying indoors more often, and individuals with asthma may have increased indoor triggers from allergens (dust mites and mold), irritants (smoke from wood stoves/fireplaces and secondhand smoke) and respiratory viruses. Those with a lack of transportation will be forced to walk more often, increasing exposure to the cold air which increases asthma flare-ups. If you're used to exercising outdoors, it is recommended you find indoor places to exercise, but this may also be more difficult for people with limited resources.

Learn best strategies to help manage your asthma in the winter months, and support efforts in your community that address challenging SDOH creating health disparities for neighbors.

Reach out to [Margaret Mullins](#) for more information on or help with social determinants of health.



Around 74% of adults with current asthma have not been given an asthma action plan. This valuable tool helps you know what to do during an asthma attack. Find one here <https://dphhs.mt.gov/assets/publichealth/Asthma/FillableAAP2017.pdf>



Smoking is the leading cause of COPD. Call today and breathe easier. Call 1-800-QUIT-NOW or visit <https://quitnowmontana.com/>



Big Horn County Best Beginnings has a new website [bhcbestbeginnings.org](http://bhcbestbeginnings.org), it is now up and running. We are still working on gathering resource information. Please reach out to [bhcbestbeginnings@gmail.com](mailto:bhcbestbeginnings@gmail.com) for further information.

## Contact Us:

[Deborah French](#), RN  
Treasure County  
Public Health Nurse  
(406) 342-5886 - Office  
(406) 342-5886 - Fax  
(406) 671-9102 - 24/7

[Darlynn Williams](#), RN  
Powder River  
Public Health Nurse  
(406) 436-2297 Office  
(406) 436-2315 Fax

[Jane Lamb](#)  
Tobacco Education Specialist  
Newsletter Coordinator  
Website Manager  
(406) 351-2139

[Morgan Weller](#)  
Powder River County  
Community Health Coordinator  
Tobacco Education Specialist  
(406) 436-2297

[Tori Kester](#)  
Tobacco Education  
Youth Advocate  
(406) 351-9143

Past and Current Newsletters are on the website for viewing.

Visit us on the we at [treasurecountyhealth.com](http://treasurecountyhealth.com)



Treasure County Public Health  
P.O. Box 201  
405 Pioneer Ave.  
Hysham, MT 59038

Logo's are linked to webpages



DEPARTMENT OF  
PUBLIC HEALTH &  
HUMAN SERVICES