



Caring for our communities,  
one person at a time.



Colstrip Medical Center  
"Quality Life Through Quality Medicine"



Bringing Communities Together: Healthy Treasures Newsletter February 2024

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

# Cervical Cancer

## Awareness Month

If you are between the ages of 21-65, you should receive a Pap smear every three years. If you are between the ages of 30-65, you should receive a Pap smear in combination with HPV testing every five years.

[cancer.mt.gov](http://cancer.mt.gov)



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- Take Down Tobacco Sticker competition
- [treasurecounty-health.com](http://treasurecounty-health.com) now has a [Calendar of Events](#)
- [bhcbestbeginnings.org](http://bhcbestbeginnings.org) now has a [Calendar of Events](#)

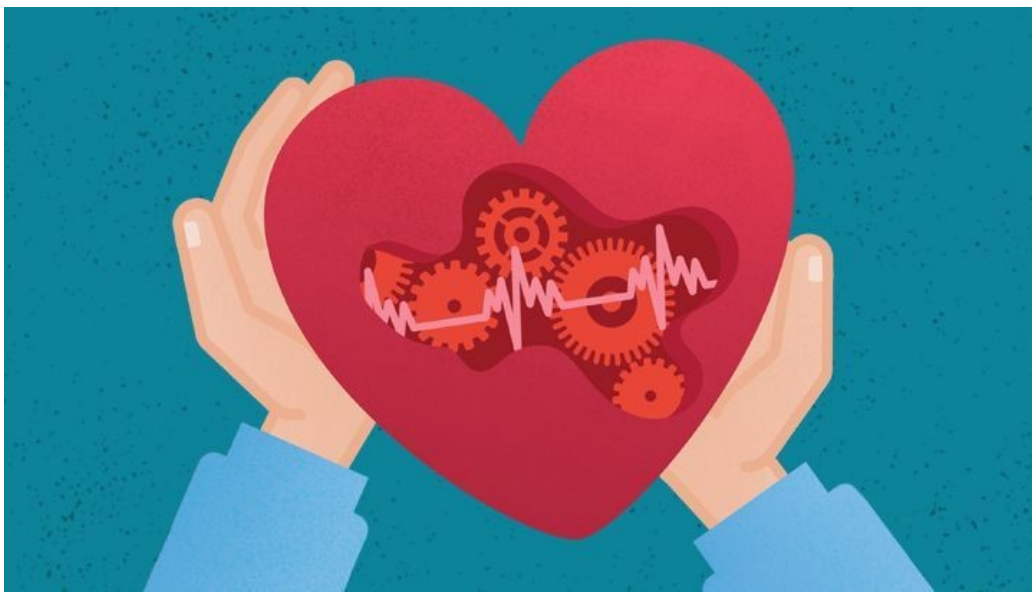
Check out your local Montana Cancer Control Programs, they offer Breast Screenings & Diagnostic Testing, they also offer Cervical Screenings & Diagnostic Exams in Ashland, Crow Agency, Lame Deer, Lodge Grass, and Hardin contact Chanda Richards at (406) 867-8700. In the Broadus, Colstrip, Ekalaka, Forsyth, Hysham, Jordan, and Miles City contact Melanie Frame at (406) 874-8796.

Find Us On:



# #TreasureYourHealth

#TobaccoFree  
#NicotineFree



Heart Health Awareness Month is a great time to learn how to take care of your ticker.  
Olena Chernenka/iStock

Heart disease is one of the most widespread and complicated health challenges in the United States and around the world. Cardiovascular disease — disorders of the heart and blood vessels — accounted for more than 860,000 (about one in three) deaths in the United States in 2017, according to the [American Heart Association](#).

Worldwide, [cardiovascular disease](#) is the leading cause of death, killing 17.9 million people every year — a number that's expected to grow past 23.6 million by 2030. About 80 percent of these deaths are from [heart attack](#) and [stroke](#), disproportionately affecting low- and middle-income countries, according to the [World Heart Federation](#).

In the United States, more than 126 million people had some form of cardiovascular disease between 2015 and 2018. During that time span, nearly 59 percent of non-Hispanic Black females and 60 percent of non-Hispanic Black males had some form of [cardiovascular disease](#). The total direct costs of heart disease and stroke were estimated to be more than \$200 billion between 2016 and 2017.

Despite these enormous challenges, there are some hopeful signs. Many [risk factors for heart disease can be modified](#), including lack of [physical activity](#), poor [diet](#), and tobacco use. And in the United States, the death rate from cardiovascular disease decreased by 18.6 percent between 2006 and 2016, according to an American Heart Association [report published in January 2019 in the journal Circulation](#).

These facts — showing both the huge problem that heart disease presents, and the opportunities to reduce its burden — point to the importance of heart disease awareness and action. This year, a number of advocacy and research organizations are supporting events to educate the public about cardiovascular disease and raise money for research and support services.

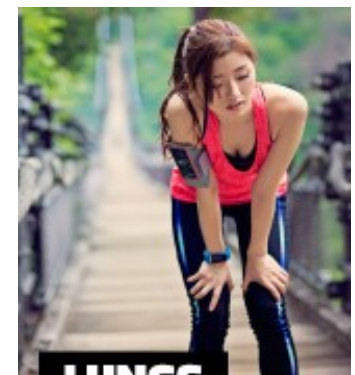
Here's an overview of events and activities related to heart health in February and beyond, and how you can get involved in your community and online.

[Heart Health Awareness Month 2021 \(everydayhealth.com\)](#)

Help a family member or friend quit tobacco by supporting them on their quit journey. Learn how at [QuitNowMontana.com](#)

**MAKE IT YOUR RESOLUTION TO HELP A FRIEND SUCCEED WITH THEIRS.**

Send your loved ones messages of support to help them quit smoking for good. Go to our "Be Smoke-Free" Facebook app.



**LUNGS  
BURNING?  
IT'S YOUR  
VAPE?**

Text "Start My Quit" to 855-891-9989.  
Free, confidential help.  
Just for teens.

**MY LIFE  
MY QUIT™**

# 8 Strategies to Use if You Want to Quit Smoking in 2024

Story by Hedy Phillips

Every year, we write our lists of things we want to accomplish to become a better version of ourselves in the New Year. For many people, quitting smoking is at the top of the list. Unfortunately, not everyone is successful because they haven't adequately prepared to quit.

Making a plan that works for you is essential. Whether you want to know how to quit smoking cold turkey or how to stop smoking with a more gradual method, we're here to help. With these practical tips, you can start 2024 on the right foot and achieve your goals.

For more health tips, check out [this supplement that will help you sleep](#) and [five tips to cope with sleep anxiety](#).

How to make a plan to quit smoking that works for you

Setting up a plan is a great way to start the process of giving up nicotine. That plan begins with examining your habits and considering what will work best for you.

## Examine your current smoking habits

Once you've decided you want to stop smoking, it's a good practice to come up with a plan you will follow through with. That starts with looking at your smoking habits and figuring out how to change them

- **Become aware of how much you smoke:** Before you cut back, it's important to understand how much you're smoking to begin with. It might be more than you think. Count how many cigarettes you're smoking each day and write it down so you can look at that number.
- **Identify the reasons you smoke:** There are certainly reasons that you smoke or use tobacco and the next step in your journey is understanding them. There's a good possibility that it's a years-old habit that doesn't feel like it has its reasons anymore -- but think about why you started in the first place and why you turn to it throughout the day now. Every time you want to smoke, write down why you're doing it.
- **Think about why you want to quit smoking:** Having a reason in place will help you stick to your guns when it comes to giving up tobacco. Whether it's for your health, the sake of your children or another reason, figure out why you really want to quit smoking -- beyond just quitting for the sake of quitting. While that is a great way to start, having something you can visualize in the tough parts of this journey can help you push through when you feel like giving up.

## Learn how smoking affects your body

Smoking and general tobacco use can have a very negative effect on your body. According to the [Centers for Disease Control and Prevention](#), "smoking can cause cancer, heart disease, stroke, lung diseases, diabetes and chronic obstructive pulmonary disease, which includes emphysema and chronic bronchitis. Smoking also increases risk for tuberculosis, certain eye diseases and problems of the immune system, including rheumatoid arthritis." All of these physical concerns can also lead to issues with your mental health with the added stress of a medical condition.

Studies have also proven that [smoking at night may be a direct cause of insomnia](#), and poor sleep health can lead to [other health issues](#) like obesity and heart problems. The CDC also points out how harmful secondhand smoke is, especially around children: Secondhand smoke causes around 400 infant deaths each year.

## Set a goal

Goals can help keep you motivated, but beyond one big goal of "quit smoking," set smaller goals that you can achieve along the way. Maybe you start with giving up smoking one day at a time. For a month, commit to not smoking on weekends. When you make it through the month, treat yourself and move on to the next goal.

## Try nicotine replacement therapy

Nicotine replacement therapy -- like a nicotine patch or gum -- can help curb cravings for nicotine. These low doses of nicotine have been proven in [numerous studies](#) as a positive resource in giving up smoking. If you're considering nicotine replacement therapy, it's not a bad idea to speak to your healthcare provider to decide which product may work best for you.

## Consider prescription pills

You can also speak to your doctor about a [prescription medication](#) to help you quit smoking. Chantix and Zyban are two popular prescription medications for smoking cessation that you can discuss with your doctor. Pfizer shared research on the [effectiveness of Chantix](#), with various studies demonstrating upwards of 40% of participants successfully abstaining from smoking while using the drug.

## Create a support system

Surrounding yourself with people to lean on while you're going through what will certainly be a difficult time can help you not only be successful but also stay motivated. When you're feeling like you want to give up, these people can help you keep going.

**Let your friends and family know your goals:** Share your goals with your trusted circle who will support you -- but leave out anyone who won't. Let them know what your goals are and let them know how they can help you. If you want them to not smoke around you, mention it. If you want them to cheer you on, tell them that. If you want them to be a silent supporter, express just that.

**Create your community:** It's also important to find people who are either currently going through the same journey as you or have at some point because they'll understand you better than anyone. Online communities and in-person communities like [Nicotine Anonymous](#) and [Smokers Anonymous](#) can be helpful.

**Seek professional help:** You can also turn to your doctor or [therapist for guidance](#) and support while you give up smoking. They can provide you with further resources or medically backed reasons for quitting. They can also help you see the positive effects your physical and mental health are going through as you smoke less and less, which can help keep you motivated.

## Plan for the side effects

Most people who give up smoking experience withdrawal symptoms. When weaning yourself off tobacco, the [CDC](#) says you can expect to feel irritable, restless, hungry, depressed, and sad. You may also have trouble sleeping and see some weight gain. All of these are common but speak to your doctor about anything that doesn't feel right to you.

The CDC also recommends exercise to deal with restless, anxious feelings. Exercise will raise your heart rate and get your endorphins going, which can improve your mood. Plus, it's a way to channel those negative side effects into something positive.

## Celebrate your wins

While it's great to celebrate reaching your big goal, it's just as important to celebrate smaller goals along the way. The first day you fully go without smoking, treat yourself. Once you hit a week, treat yourself again. Buy yourself a nice meal out or go get ice cream. Go have a spa day or buy yourself some shoes you've been eyeing. When you start, set up a bank of rewards you'll give yourself so you know exactly what you're working toward.

# Health IN THE 406

## WIC is Celebrating 50 Years

[WIC is celebrating 50 years of compassion and care!](#) The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) was created in 1974 to help families and young children during a critical time of growth and development.

Today, Montana WIC currently serves over 13,000 women, infants, and children to the age of 5 years old. There are over [80 clinics around Montana](#) that strive to serve every eligible person with nutritious food, breastfeeding services, and nutrition education.

Find out more about [WIC eligibility](#) in Montana and follow WIC's 50<sup>th</sup> anniversary celebration on [Public Health in the 406](#) social media.

**Entry Requirements**

- Size: 3x3 Round
- Theme: Exposing the illusion of nicotine as a stress reliever.

**TAKE DOWN TOBACCO**

**TDT 2024 COMPETITION**

**Competitor Requirements**

- Montana Residents only
- 6th-12th Graders
- Take the online ReACT Tobacco-free Pledge

**REACT**

It's that time of year again to stick it to Big Tobacco with ReACT's third annual sticker competition. In 2024, we are exposing the illusion of nicotine as a stress reliever; if you want to submit a sticker, visit <https://mtreact.com/get-involved/take-down-tobacco-day-sticker-competition/> today.

BIG HORN COUNTY  
**BEST BEGINNINGS**  
COMMUNITY COALITION

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Past and Current Newsletters are on the website for viewing.

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



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