



Caring for our communities,
one person at a time.

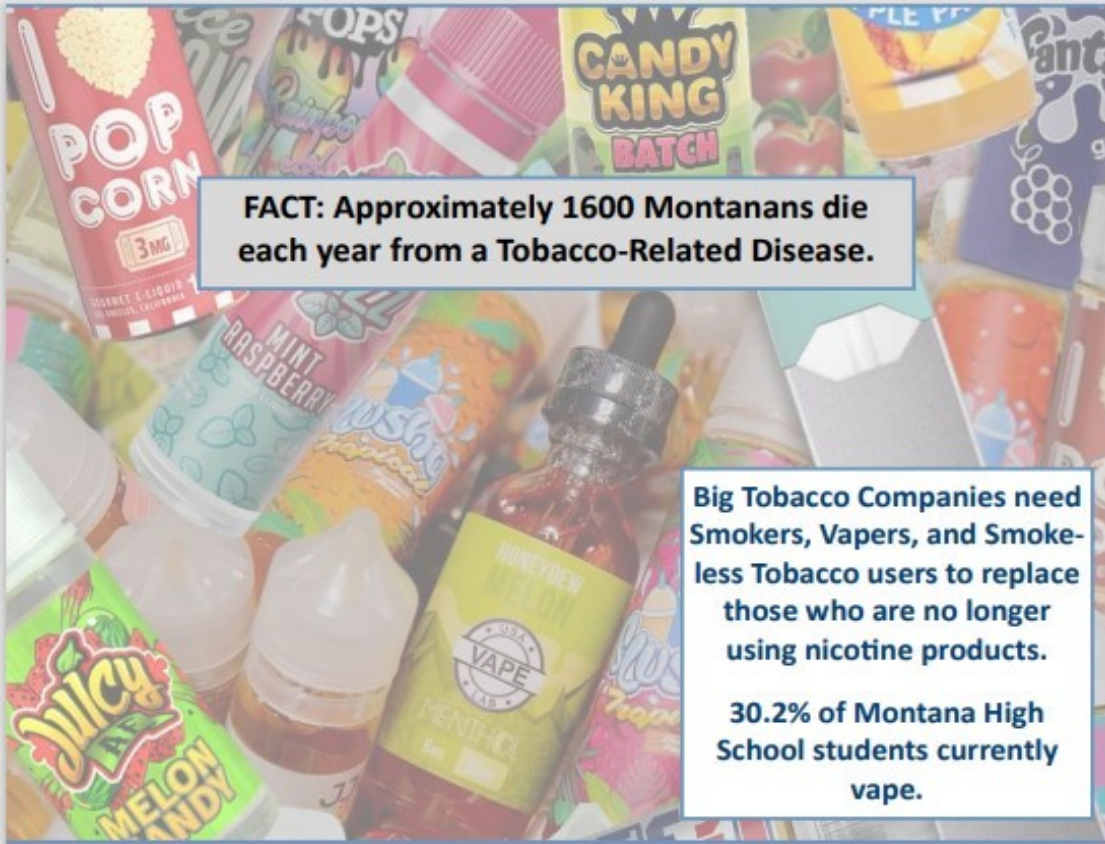


"Quality Life Through Quality Medicine"



Bringing Communities Together: Healthy Treasures Newsletter July 2023

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



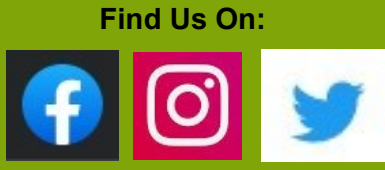
FACT: Approximately 1600 Montanans die each year from a Tobacco-Related Disease.

Big Tobacco Companies need Smokers, Vapers, and Smokeless Tobacco users to replace those who are no longer using nicotine products.
30.2% of Montana High School students currently vape.

Nicotine is an addictive organic compound found in tobacco plants. It's the chemical that makes smoking cigarettes, chewing tobacco, and vaping so hard to quit. Nicotine is associated with many health risks and problems. Tobacco is linked to cancer of the mouth, throat, and lungs. Smoking cigarettes causes emphysema and chronic obstructive pulmonary disease (COPD) Quitting smoking or chewing tobacco can lead to nicotine withdrawal symptoms. Nicotine replacement therapy like gum, lozenges, and patches are used to help people quit smoking, chewing, and vaping. The Quit Line is here to help you through the process of quitting.

MONTANA TOBACCO
QUIT LINE
1-800-QUIT-NOW
1-800-784-8669
QuitNowMontana.com

- In This Issue:**
- Nicotine Fact and The Montana Quit Line
- Firework Safety
- Light up the Sky Not Cigarettes
- Mammogram Bus is coming to Town, Call for an appointment
- Carter County Public Health - Register for the Amazing Race July 14th
- Health in the 406: How well do you know your well?
- Opioid Education and Naloxone Distribution Program
- Protect Kids! Don't Smoke Around Them.



#treasureyourhealth #TobaccoFree #NicotineFree



Light up
THE SKY

NOT CIGARETTES.

MONTANA TOBACCO

QUIT
LINE

1-800-QUIT-NOW
1-800-784-8669

QuitNowMontana.com

Celebrate your independence this 4th of July by quitting tobacco! Our quit coaches are here to walk you through the quitting process and provide you with the tools for a more successful quit. Call 1-800-QUIT-NOW or visit quitnowmontana.com to enroll.

Sparkler and Fireworks Safety

Fireworks cause [over 19,000 fires](#) every year. Take the proper precautions when operating fireworks.

- Never disassemble or try to make your own fireworks.
- Don't point sparklers, or fireworks at yourself or others, especially when lighting them.
- Only light fireworks on the ground and in areas that are dry and fire-resistant.
- Don't attempt to ignite fireworks at the same time.
- Never allow young children to handle fireworks or sparklers to prevent firework-related injuries.
- Always keep a portable fire extinguisher close by. Also, keep a water hose or buckets of water nearby to put out fires.
- If fireworks malfunction, don't relight them! Douse and soak malfunctioning fireworks with water then throw them away.



Mammogram Bus is Coming to Town

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

July 2023

July 12 – Crow Agency

July 13 – Colstrip Medical Center

July 17 – Lewistown

July 18 – Lame Deer

July 26 – Lodge Grass

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 or call 406-867-8700

Forsyth, Colstrip, Hysham, Miles City, Ekalaka, Jordan, Broadus Melanie Frame email: 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 or call 406-535-3983



CARTER COUNTY PUBLIC HEALTH
Prevent . Promote . Protect .

Amazing Race Against Tobacco open to all that pre-register. Event is July 14, 2023. [Amazing Race Against Tobacco \(jotform.com\)](https://jotform.com) click on link to register



“Dino Shindig” is a Tobacco Free Event which takes place July 20-23. This event is sponsored by Carter County Museum



**Don't Become Extinct...
Stay Tobacco Free**



Health IN THE 406

How Well Do You Know Your Well

If you are the owner of a private well, it is up to you to maintain the well and ensure the water is safe to drink. The [Private Well](#) has a free online course designed to help homeowners better understand how to properly care for their water well.

Has your private well been affected by flooding? If your well has been covered by floodwaters, the drinking water is not safe to drink. See this [EPA flooding information](#) to see how to proceed with disinfection and testing after a flood.

The [Montana State Environment Lab](#) recommends testing private wells once a year, contact them at 1-(800)-821-7284 if you have questions or would like water testing supplies.

Opioid Education and Naloxone Distribution Program

In 2021, [57% of the 198 fatal drug overdoses](#) in Montana involved opioids, with 30% of those deaths being attributed specifically to [fentanyl](#).

Between October 2021 and October 2022, [over 26,000 naloxone kits](#) were distributed through [naloxone education and distribution](#) to first responders, law enforcement officers, criminal justice settings, providers, schools, and other types of community organizations throughout Montana.

On June 20th the Montana Public Health Institute will host an [Opioid Education and Naloxone Distribution Program](#) (OENDPs) kickoff meeting in Billings with the six regional OENDPs that will work towards identifying their region's needs, increasing access to training for and distribution of [naloxone](#), and connecting communities to [resources](#) with the goal of reducing health disparities related to [opioid misuse](#).



To protect kids from secondhand smoke, don't smoke around them.

If family or friends smoke, don't let them smoke in your home or car, and encourage them to quit smoking.

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Past and Current Newsletters are on the website for viewing.

Visit us on the we at treasurecountyhealth.com



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Logo's are linked to webpages

Healthy People. Healthy Communities.

MONTANA
DPHHS
Department of Public Health & Human Services