



Caring for our communities,  
one person at a time.



Bringing Communities Together: Healthy Treasures Newsletter September 2023

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

KIWANIS  
BEER GARDEN



KICKOFF  
TO  
AWARENESS  
DOMESTIC VIOLENCE &  
BREAST CANCER



MILES CITY MAYHEM  
VS  
BILLINGS LADY FIERCE

CONNORS STADIUM  
SEPTEMBER 16  
KICKOFF 6:00  
GATES OPEN AT 5:00  
FREE WILL DONATION



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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:

## September 2023

September 5 – Colstrip Medical Center  
September 12 – Lame Deer  
September 14 – Ekalaka  
September 20 – Crow Agency  
September 27 – Jordan

September 6 – Crow Agency  
September 13 – Lewistown  
September 18 – Roundup Memorial Hosp.  
September 26 – Lame Deer

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

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## 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

[Click here to download the 2023 MCCP Enrollment form for Region 12](#)

# Vaping Doubles Risk of Lung Problems in Teens: Study

Written by Lisa O'Mary

Aug. 16, 2023 – Teens who use e-cigarettes are twice as likely to report lung problems like wheezing, shortness of breath, or bronchitis, compared to those who don't use the devices, according to a new study.

E-cigarettes are known to contain flavorings and chemical compounds that can damage the lungs, and an estimated 14% of U.S. youths use them. The resulting study included teams from Ohio State University, the University of Southern California, and the University of North Carolina at Chapel Hill.

“This study contributes to emerging evidence from human and toxicological studies that e-cigarettes cause respiratory symptoms that warrant consideration in regulation of e-cigarettes,” the researchers concluded.

In 2019, the federal government raised the minimum age for buying tobacco products from 18 to 21 years old.

The new study was published this week in the journal *Thorax*. Once per year in 2014, 2015, 2017, and 2018, people who were part of the study completed a questionnaire that asked about e-cigarette and marijuana use during the past 30 days, and also asked about respiratory symptoms. The 2014 questionnaire was completed by nearly 2,100 people in 11<sup>th</sup> and 12<sup>th</sup> grades whose average age was 17 years old. Follow-up questionnaires were completed each year by between 1,600 and 1,500 of the people in the study.

The questionnaire asked about the following symptoms: wheezing, signs of bronchitis, and shortness of breath. Wheezing was defined as reporting a wheezing or whistling in the chest in the previous 12 months. Bronchitis was defined as reporting a daily cough for 3 months straight, or a bronchitis diagnosis in the previous 12 months, or congestion or phlegm not linked to a cold. Shortness of breath was considered a condition if someone said they were troubled by shortness of breath when hurrying on level ground or walking up a slight hill.

The researchers found that the symptoms were linked to e-cigarette use regardless of whether the people in the study also reported exposure to secondhand smoke or using other tobacco products or marijuana.

The study had several limitations, including self-reporting, no measurement for how much someone vaped, and data challenges because not all questions were asked during each of the four annual questionnaires.

[Vaping Doubles Risk of Lung Problems in Teens: Study \(webmd.com\)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10388888/)



Can you spot the difference between a vape and a highlighter?

Under the disguise of "classroom supplies" students are sneaking in these e-cigarettes into schools.

According to the Detroit Free Press, [High Light](#) sells an e-cigarette, coming in 20 flavors, which look exactly like a highlighter and allowing students to sneak them into schools.

Designed with bright colors and an angled tip, the packaging of High Light's product allows people to carry a vape in secret, but school resource officers are catching on.

High Light is not the first to sell vapes disguised as everyday items. Other vapes are made to look like USB drives, ball point pens and even cell phones.

While long term effects of e-cigarettes are still being studied, nicotine can cause problems to adolescent bodies that are still developing.

[Schools on the lookout for vapes disguised as highlighters \(abc57.com\)](https://www.abc57.com/news/schools-on-the-lookout-for-vapes-disguised-as-highlighters/)



## [Wildfire Smoke & Extreme Heat](#)

Wildfire smoke and extreme heat can cause unhealthy and even deadly levels of air pollution. The best way to protect yourself is to be proactive, be informed and be prepared:

[AirNow.gov](#) – check air quality in your zip code as part of your daily routine and follow directions for limiting activity and taking other precautions.

[Poor air quality FAQ](#) – making sense of poor air quality and what all those colors mean.

[Wildfire info](#) – tips to protect yourself and what to do if you have lung disease, chronic heart disease or diabetes.

[Extreme heat](#) – what this summer’s record breaking heat means for lung health.

For more information from the [American Lung Association](#) click here.

Wildfire smoke can **trigger or worsen asthma**. The smoke can inflame the lungs, leading to shortness of breath, which can become severe when a person with asthma encounters wildfire smoke. Studies show that wildfire smoke can increase the need for asthma treatments and emergency room visits. Treatments often consist of inhalers with drugs that either open the airways or reduce inflammation in the lungs. Wildfires can cause lung irritation and inflammation when you inhale small particles of smoke, leading to coughing, wheezing and shortness of breath.

 Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

## COVID-19



### COVID-19 Vaccines

COVID-19 vaccines are safe, effective, and free. Everyone 6 months and older can get an updated COVID-19 vaccine. [Learn more.](#)

For up to date information about Covid-19, click on the image to the left. On this page there is a Covid-19 County Check to see what the level is in your State and County, or if you are traveling and would like to see what the level of Covid-19 is where you will be traveling. This information is updated weekly.

# Health IN THE 406

## Time for Your Best Hunting Season Yet!

Hunting season is almost here, time to get in shape for your best season ever! Adding a 30-minute brisk walk could decrease your weight by 10lbs. per year; explore [exercise options and consider keeping a tracker](#). Anything can happen in the backcountry and [hunting safety](#) should include [heart attack](#) and [stroke awareness](#) according to the American Heart Association. Call 911 if any signs and symptoms of heart attack or stroke are present.

- In the back country, you may not have cell service, but emergency calls still may go through. Consider investing in a satellite phone for your next hunting or back country outing.

## National Breastfeeding Month

Montana Department of Public Health and Human Services recognizes the importance of promoting and protecting breastfeeding during [National Breastfeeding Month](#). Breastfeeding has a profound impact on population health outcomes as it promotes health, prevents disease, and reduces health inequalities.

Although [most infants \(91%\)](#) in Montana start out breastfeeding, [only a third \(34%\)](#) are exclusively breastfed until the recommended duration of 6 months. This is in part due to policy, system, and environmental barriers.

Learn more about breastfeeding trends, barriers, and support systems with the [State of Breastfeeding in Montana Story Map](#).

## Montana Blind and Low Vision Services

Do you know someone who is [55 or older and visually impaired or blind](#), or someone who has trouble reading print and completing daily life tasks due to a loss of vision?

[Montana Blind and Low Vision Services](#) can help! They provide [resources and teach skills](#) to help individuals with low vision or blindness live more independently.

Find out more about [Blind and Low Vision Services available near you](#), or call them at 1-877-296-1197 or 1-406-444-2590 (voice/TTY).

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Past and Current Newsletters are on the website for viewing.

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



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Logo's are linked to webpages

