Prevention Tips

A Traumatic Brain Injury (TBI) is an injury that can change the way your brain normally works and is caused by a bump, blow, or jolt to the head. People of all ages are at risk for TBI. Falls are the leading cause of TBI with the highest rates in people 65 and older.

Other risk factors include intentional self-harm, motor vehicle accidents, sport/recreational activities, and assaults.

TBI may range from “mild” to “severe”. Health care professionals may describe a concussion as a “mild” brain injury. Although 75% of TBI’s reported are considered “mild”, all are serious injuries and have the potential for long-term consequences.

TBI is the leading cause of injury-related death and disability in the United States. It can affect cognitive functions such as impaired attention or memory, poor coordination and balance, loss of hearing, vision, perception or touch. Many people also experience mood changes such as irritability, aggression, loss of impulse control, depression, nervousness, and anxiety.

Children

Supervision is key with young children. Stay off your phone. Stay alert while they are around fall hazards such as playground equipment and stairs. Make sure you childproof your home using gates, guard rails and window guards on windows that are above ground level. Make sure all playground equipment surfaces are soft, well maintained, and free from hazards.

Seniors

People over the age of 65 are most at risk for TBI’s when a fall is the cause. Help improve your strength and balance by having a regular exercise/strengthening program in your daily routine. Have your vision checked annually and update your eyeglass prescription if needed. Review your prescriptions with your doctor and discuss side effects like sleepiness and dizziness. Make your home safer by placing frequently used objects within your reach and remove any slip or trip hazards such as cords and throw rugs. Add rails and grab bars in your shower/bath.

Vehicle Safety

Always use your seat belt. Make sure children are properly buckled in a properly fitted child restraint. Wear helmets while riding a motorcycle, scooter or bicycle. Obey all traffic laws and be aware of hazardous road conditions. Never drive while impaired and put your phone out of reach.

Sport Injuries

Always make sure athletes wear the right protective equipment for their activity and that they fit properly. Remind them that there is no such thing as a “concussion-proof” helmet. Make sure athletes follow the rules of the sport and practice good sportsmanship.

For additional information please visit: Centers for Disease Control and Prevention
www.cdc.gov

What’s New at FDHU

WELCOME
Paul Stroklund
Health Promotions Intern
Larry Knight
Environmental Health

COMING EVENTS
Feb. 6 & 7, March 6 & 7, April 3 & 4
Food Safety Class
Minot Office
Feb. 15, March 15, April 19
Kick Start Tobacco Quit Class
Minot Office
Feb. 6
Kick Start Tobacco Quit Class
Towner
Feb. 13, March 13
Car Seat Check
Ryan GMC/Buick/Cadillac
April 10
Car Seat Check
Ryan Nissan

For details and more local events, click ‘Calendar’ at www.fdhu.org

March is Colorectal Cancer Awareness Month

♦ 60% of deaths from colorectal cancer could be avoided with regular screenings
♦ Colorectal cancer is the 3rd most common type of cancer
♦ Colorectal Cancer is the 2nd leading cause of cancer deaths

50 or older- GET SCREENED

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Breastfeeding. We know it’s best for baby, but what about the perks for Mom?

- **Breastfeeding** may help with weight loss. Mothers who exclusively breastfeed can burn as many as 600 calories a day.
- **Breastfeeding** reduces the risk of breast cancer and ovarian cancer in moms.
- **Breastfeeding** can save a family more than $1,200 to $1,500 in formula-related expenses in a baby's first year alone.
- **Breastfeeding** produces Prolactin, a hormone that gives mothers a peaceful, nurturing sensation and allows them to relax and focus on baby.
- **Breastfeeding** also increases Oxytocin. This is a hormone that promotes a strong sense of love and attachment between mom and baby.

**Child Passenger Safety Tips**

- **Select** a car seat based on your child’s age, size, developmental and maturity level. Weight and height information will be on labels attached to the car seat and in the instruction manual.
- **Register** your car seat, check for recalls and monitor the expiration date of the seat. Replace your car seat if it’s involved in a crash.
- **Secure** your child in the seat snugly, following the car seat instructions.
- **Install** the seat tightly in your vehicle using the seat belt OR Lower Anchors and Tether (LATCH) system. Follow the car seat instructions and vehicle owner’s manual.

**Rear-Facing**
Children should ride rear-facing until 2 years of age. There are 2 types of rear-facing seats: **Infant Seats** - Use them until the highest weight limit of seat (22-35lbs) or until the child’s head is within one inch of the top of the seat. **Convertible Seats** - Can be used rear or forward-facing. Use them rear-facing until the highest weight or height limit allowed by the manufacturer.

**Forward-Facing**
After age of 2 or when the child has outgrown the highest rear-facing limits, they may ride forward-facing with a harness. Use until the child reaches the harness’s highest weight limit allowed by the manufacturer. Car seats with harnesses can be used up to 100 pounds. **Children under 8 are required to ride in a child restraint.**

**Booster**
The child should be at least 40 pounds and at least 4 years of age. Keep the child in the booster until about 49” tall or the seat belt fits correctly over the child’s body.

**Seat Belt**
Children should use a seat belt when it fits over their body correctly. For a seat belt to fit properly, the lap belt must lie snugly across the upper thighs and be snug across the shoulder and chest. It should not lie on the stomach or across the neck. Driver is responsible for ensuring that all occupants in vehicle are properly restrained.

**For further information please visit:**
North Dakota Department of Health [www.ndhealth.gov/injury](http://www.ndhealth.gov/injury)

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**FREE 2018 Area Car Seat Checks**

- **February 13**
  - Ryan GMC/Buick/Cadillac
  - 1111 20th Ave. SW
  - Minot

- **March 13**
  - Ryan GMC/Buick/Cadillac
  - 1111 20th Ave. SW
  - Minot

- **April 10**
  - Ryan Nissan
  - 3915 S. Broadway
  - Minot

- **May 8**
  - Ryan Nissan
  - 3915 S. Broadway
  - Minot

- **June 12**
  - Ryan Nissan
  - 3915 S. Broadway
  - Minot

- **July 10**
  - Ryan Honda
  - 3701 S. Broadway
  - Minot

- **August 14**
  - Ryan Honda
  - 3701 S. Broadway
  - Minot

- **September 11**
  - Ryan Honda
  - 3701 S. Broadway
  - Minot

- **October 9**
  - Ryan Chevrolet
  - 1800 S. Broadway
  - Minot

- **November 13**
  - Ryan Chevrolet
  - 1800 S. Broadway
  - Minot

- **December 11**
  - Ryan Chevrolet
  - 1800 S. Broadway
  - Minot

**For More Information**
Visit Website: [www.fdhu.org](http://www.fdhu.org)
Call: 852-1376
Donations Gratefully Accepted