



WARREN COUNTY COMBINED HEALTH DISTRICT

Prevent-Promote-Protect



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NEWS & INFORMATION

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Health Commissioner

www.wcchd.com

Keep Your Heart Healthy!



Heart disease is the leading cause of death for both men and women in the United States.

You can take steps today to lower your risk of heart disease and heart attack.

To help prevent heart disease:

Eat healthy and get active.

Watch your weight.

Quit smoking and stay away from secondhand smoke.

Control your cholesterol and blood pressure.

If you drink alcohol, drink only in moderation.

Take steps to prevent type 2 diabetes.

Manage stress.

For More information visit
www.heart.org

HPV Vaccine

HPV (human papillomavirus) is a very common infection that spreads through sexual activity. About 79 million Americans currently have HPV, but many people with HPV

don't know they are infected. HPV is a major cause of cervical cancer. Each year, more than 11,000 women in the United States get cervical cancer.

The good news?

- There is a vaccine. The HPV

vaccine (shot) can prevent HPV.

• Cervical cancer can often be prevented with regular screen-

ing tests (called pap tests) and follow-up care. The American Congress of Gynecologists and Obstetricians (ACOG) encourages women to start getting regular pap tests at age twenty one. It is also important for parents to make sure pre-teens get

the HPV vaccine at age 11 or 12.

Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.

WCCHD offers the HPV vaccine. To schedule an appointment with the immunization clinic call 513-695-1468 or for more information visit www.cdc.gov/hpv.

Taking these small steps can help keep you safe and healthy.

Every year in the U.S., 27,000 people get cancer caused by HPV.



That's 1 person every 20 minutes of every day, all year long.

Do You Need a Birth Certificate?

The State of Ohio has statewide issuance for birth certificates. If you or your loved one were born anywhere in Ohio you can come to or contact our office to obtain a certified copy of your birth certificate.

It is quick, easy and convenient, just follow the procedure below. Certified copies of death certificates that are on file at the Warren County Combined Health District can also be obtained by one of the following procedures:

1. Visit the Warren County Combined Health District office located at 416 South East St. Lebanon during office hours,

7:30 a.m. to 4:00 p.m., Monday thru Friday.

2. Request by mail. Please mail the request form, check or money order for \$22 per copy requested and a self addressed stamped envelope to: Warren

County Combined Health District Birth and Death Records 416 South East Street, Lebanon OH, 45036. Request forms can be found on our website at

www.wcchd.com/vital-statistics.aspx

3. For your convenience, you can also process online requests through an independent company, VitalChek

and most major credit cards are accepted. There is no need to pay for extra shipping, all certificates ordered from the Warren

County Combined Health District will be processed in 1-2 business days.

For more information check our website at www.wcchd.com or call 513-695-1249.



Crisis Text Line: Text 4HOPE to 741741

Ohio is making it easier for individuals who are experiencing a stressful situation to find immediate help, with the launch of a free, confidential, statewide Crisis Text Line. The free 24/7 text line for people in crisis is supported by the Ohio Department of Mental Health and Addiction Services and Ohio Department of Developmental Disabilities.



Ohio resident who need help coping with a crisis can now text the keyword “4hope” to 741741 to be connected to a crisis counselor.

On average, Ohio loses between 1,200-1,500 people annually to suicide. While the state’s suicide rate dropped last year to its lowest point in more than a decade, it still accounted for 10.8 deaths per 100,000 people. Nationwide, more

than 41,000 people died by suicide – roughly one death every 13.7 minutes, according to the Centers for Disease Control and Prevention.

Suicide now ranks as the second leading cause of death among Americans aged 10 to 34, and is the tenth leading cause of deaths overall. For more information on what Ohio is doing to prevent suicides, visit www.mha.ohio.gov/suicideprevention

Has Your Home Been Tested for Radon Gas?

Seatbelts. Sunscreen. Low-sodium diets. There are many actions that we can take to stay safe and healthy. Some of them, like cutting back on chocolate cake and carefree days under the sun, require a little bit of sacrifice. Others, like quitting smoking, can require a huge amount of effort. But there’s one big action we can take to help protect our health that requires very little effort or sacrifice: radon testing.

Radon exposure kills an estimated 20,000 people in the U.S. each year—a number that could be dramatically reduced by easy, inexpensive home testing and repair.

Radon is a naturally occurring, radioactive gas that can accumulate in your home and can cause cancer in you and your children. Radon usually comes from the surrounding soil and can enter through cracks and openings on the lower levels of your home.

Many people don’t know about radon because you can’t see, smell,

or taste it. But exposure to radon is the second leading cause of lung cancer in the United States and the number one cause of lung cancer among non-smokers. Although lung cancer can be treated, the survival rate is one of the lowest for those with cancer.



Radon levels vary around the country, but no home is free from risk. The only way to know if you are at risk for radon exposure is to test your home. Conducting a radon test is as easy as opening a package, placing the detector in a designated area, and after a set number of days, sending the detector back to the lab for analysis. Many kits are available at your local hardware store for under \$25. If your home does have an elevated level of radon, a qualified radon mitigation contractor can make repairs to solve the problem and protect your family.

The U.S. Surgeon General recognizes radon as a health risk and recommends that all homes across the country be tested for radon. Testing your home, and making repairs if necessary, is a small

price to pay for the health of your loved ones. The world is full of unknowns and potential hazards like radon, but thankfully, we can eliminate it before it can hurt us. Life is short enough—don’t let something as easy to fix as radon make it even shorter. For more information visit www.epa.gov/radon

**The Offices of the
Warren County
Combined Health District
will be closed Monday,
February 20th in
observance of President’s
Day.**

