

# Lakeshore Health Notes

Manitowoc County Health Department

January/February 2019

## A Secret Killer, Radon

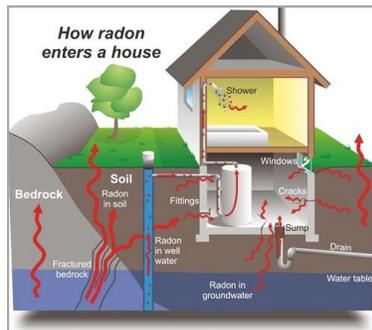


Radon is a gas that you can't see, smell, or taste, but it can be dangerous. It's the second leading cause of lung cancer in the U.S and according to the Wisconsin Department of Health Services,

high levels of radon can be found in 1 out of every 10 Wisconsin homes.

Radon is in the ground naturally. It can get into the home through cracks in the floors or walls. Having your home tested is the only effective way to determine whether you and your family are exposed to high levels of radon.

Testing homes for elevated levels of radon is simple and inexpensive. If discovered, radon problems can be fixed.



**Short term radon test kits that meet EPA guidelines can be purchased from the Manitowoc County Health Department for \$6.** Analysis is included in the price. To obtain a test kit people can come to the Health Department at 1028 S. 9th Street, Manitowoc or call the health department at 920-683-4155 for more information.

For additional information on local radon levels by zip code, how to test, the health risk and how to reduce radon levels in a house look at the Wisconsin Department of Health and Family Services website at [www.lowradon.org](http://www.lowradon.org).

## January is Cervical Health Awareness Month

Manitowoc County Health Department wants you to know that there's a lot you can do to prevent cervical cancer. Each year, more than 11,000 women in the United States get cervical cancer.

HPV (human papillomavirus) is a common infection that is spread through sexual activity, and causes almost all cases of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected.

The good news?

- The HPV vaccine can prevent HPV. CDC recommends 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. Talk to your doctor to determine if you can still get the HPV vaccine
- Cervical cancer can often be prevented with regular screening tests and follow-up care. Women should start getting regular cervical cancer screenings at age 21.

Keep your family safe and talk to a doctor about the HPV vaccine.



# This February, Don't Forget to Love Your Mouth

Here are CDC's 6 ways to care for you mouth



**Brush twice a day** with fluoride toothpaste. Keeping your teeth and gums clean can prevent cavities



**Visit the dentist regularly.** Checkups can find tooth decay, gum disease, and other problems before they lead to more serious issues.



**Drink fluoridated water** to keep teeth strong and reduce cavities.

**Avoid all forms of tobacco and limit alcohol.** Smokers have twice the risk of gum disease compared to nonsmokers.



**Avoid sugary snacks and drinks,** which can lead to tooth decay, obesity, type 2 diabetes, and other health problems.



**If you have diabetes, work with your doctor to keep your blood sugar close to your target level.** High blood sugar increases the risk of tooth decay



## **Newsletter Mailing Change Request Form**

► If there is a change in your information or if you would like to receive the newsletter by mail or electronically please complete the information and send it to:

Manitowoc County Health Department  
1028 S 9<sup>th</sup> Street  
Manitowoc, WI 54220

or

FIRSTLAST@[co.manitowoc.wi.us](mailto:co.manitowoc.wi.us)

**Please include your current information in your request.**

First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_ Last Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

- Please email my newsletter instead of postal mailing it to me.**
- My name, address and/or email has changed.
- I would like to see the following topic covered in the newsletter: \_\_\_\_\_

**COMMENTS?** \_\_\_\_\_

LAKESHORE HEALTH NOTES  
MCHD  
1028 S. 9<sup>th</sup> STREET  
MANITOWOC WI 54220



**Public Health**  
Prevent. Promote. Protect.