



2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

Serving the communities of Bayside, Brown Deer, Fox Point, Glendale, River Hills, Shorewood and Whitefish Bay

March 1, 2023: Colon Cancer Screening

March is National Colon (Colorectal) Cancer Awareness Month. Talk to a healthcare provider today about scheduling a colon cancer screening.

It is recommended adults aged 45 to 75 be screened for colon (colorectal) cancer. Those over 75, or younger than 45, and/or at increased risk of colon cancer should discuss screening needs with a healthcare provider. Almost all colon cancers start as precancerous polyps (abnormal growths) and can be present for years with no early signs or symptoms.

Colon cancer screenings can find and remove precancerous polyps before they progress into cancer.

What are colon cancer risk factors?

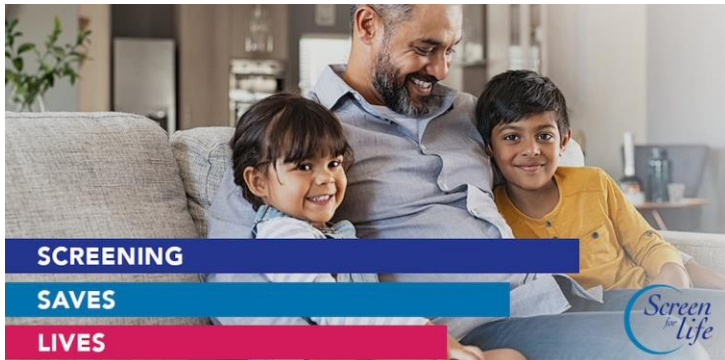
An individual's risk increases as they age. There are also health and lifestyle factors that can influence risk.

Health factors:

1. Inflammatory bowel disease (Crohn's disease or ulcerative colitis).
2. A personal or family history of colorectal cancer or colorectal polyps.
3. A genetic syndrome such as familial adenomatous polyposis (FAP) external icon or hereditary non-polyposis colorectal cancer (Lynch syndrome).

Lifestyle factors:

1. Diet choices such as a diet low in fruit and vegetables and/or low-fiber and high-fat diet, or a diet high in processed meats.
2. Lack of regular physical activity.
3. Overweight and obesity.
4. Consumption of alcohol and/or tobacco use.



SCREENING

SAVES

LIVES

Donate Blood & Save Lives

Wednesday, March 8, 2023, from 9:00 AM – 2:00 PM, the Village of Brown Deer is hosting a blood drive.

[Make an appointment](#) or call 1-877-232-4376

DONATE BLOOD & SAVE LIVES

Sign up for the blood drive at the Brown Deer Village Hall on **MARCH 8, 2023**
9:00 AM - 2:00 PM

4800 W Green Brook Dr.
Brown Deer, WI 53223
In the courtroom

Valid form of ID that displays your date of birth required. We will accept a drivers license, state issued ID or donor card.



Follow the link to schedule an appointment or call 877-232-4376



WHAT HAS NSHD BEEN WORKING ON?

In association with North Shore Fire Rescue and American Heart Association, NSHD staff celebrated American Heart Month 2023 by reviewing CPR and AED skills in the event of emergency. If you are interested in CPR certification check with your local park and recreation department. Often park and rec departments offer first aid/CPR courses, including babysitting and lifeguard specific courses.



As a steward of public health, NSHD engages in opportunities to increase interest in public health as a career path. “Women & Girls in Science” kicks off Women’s History Month and highlights female pioneers in STEAM (science, technology, engineering, arts, and math). We will be collaborating with Greendale Health Department, and many other women working in STEAM positions, so mark your calendar! The event will be from 1:00 pm to 4:00 pm, Saturday, March 4, 2023 at the Blatz Pavilion in Lincoln Park (1301 W Hampton Ave, Glendale, WI 53209). Nicole Heling from Greendale Health Department speaks more about this event with CBS58 (third video): [Wehr Nature Center: Women & Girls in Science](#)



BLOOD PRESSURE CLINICS

Please visit our website for up-to-date BP Screening information: www.nshealthdept.org/Clinics

FENTANYL AWARENESS

ONE PILL CAN KILL

“Fentanyl is the single deadliest drug threat our nation has ever encountered. Fentanyl is everywhere. From large metropolitan areas to rural America, no community is safe from this poison.” – Anne Milgram, DEA Administrator

- Fentanyl is a synthetic opioid that is 100 times more potent than morphine and 50 times more potent than heroin.¹
- Substance-related deaths due to fentanyl have been on the rise across the United States, with both Wisconsin and Milwaukee County following this trend.
- In Wisconsin, fentanyl overdose deaths grew by 97 percent from 2019 (651) to 2021 (1,280).² Approximately 80% of the drug-related deaths that occurred in Milwaukee County in 2021 involved some form of fentanyl, with preliminary data showing the same for 2022.³

Illegally produced fentanyl is being found mixed into other substances and pressed into fake pills that mimic pharmaceutical drugs, like oxycodone. You cannot see, taste or smell fentanyl, and as little as two grains of salt is enough to kill someone. This epidemic is far-reaching. Young people who experiment with pills or other substances likely don’t know the risk associated with taking even just one pill. The counterfeit pills may appear

harmless, but accidental deaths from fentanyl – or fentanyl poisonings – are on the rise.

What can you do? Parents, guardians, and families

- Talk to your kids and loved ones about the risk of substance use.
- Look out for changes in kids’ attitudes and behaviors that could indicate they are struggling with their mental health and may be considering turning to substances.
- Keep NARCAN® on hand and learn how to use it. The North Shore Health Department has NARCAN® that is free for the public. We provide brief training on how to spot the signs of an overdose and how to administer NARCAN® along with the doses we give out.
- Visit WI DHS Dose of Reality to educate yourself about fentanyl, other opioids, and how to use NARCAN®. [Learn more about Narcan and overdose response](#)

NORTH SHORE HEALTH DEPARTMENT COMMUNITY HEALTH SERIES



- +++ Health topics that matter to the North Shore Community.
- +++ Stay healthy and be well.



MARCH TOPIC: VAPING 101: INTRODUCTION

Tobacco is changing. While traditional cigarette smoking rates have dropped, use of electronic cigarettes or “vapes” still poses a threat to children’s health. Join us March 15, 2023, at Lydell Community Center (5205 N Lydell Ave, Whitefish Bay, WI 53217), from 6:30 PM – 7:30 PM to learn more about vaping. To register:

- Register for a WFB Rec Department account: <http://ow.ly/xyqu50MIkPj>
- To register for a session, visit Whitefish Bay Recreation: <http://ow.ly/3jXG50MIkPk>.
- Shorewood Rec Department sign up: <http://ow.ly/eJiW50MYK4M>.



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Follow us on social media and visit our website for health information and updates!



RESOURCES AND REFERENCES

1. [What Is Colorectal Cancer? | CDC](#)
2. [Recommendation: Colorectal Cancer: Screening | United States Preventive Services Taskforce \(uspreventiveservicestaskforce.org\)](#)
3. [What Can I Do to Reduce My Risk of Colorectal Cancer? | CDC](#)
4. [Colorectal Cancer Screening Tests | CDC](#)
5. [What Are the Risk Factors for Colorectal Cancer? | CDC](#)