

WHAT THE HEALTH!?

October is National Dental Hygiene Month!

Check out the Tioga County Public Health Website to see where our Mobile Dental Unit is traveling to this year!



1 in 8 Women Will Get Breast Cancer in Their Lifetime

Your Risk for Developing Breast Cancer Increases If...

♀ You Are Female

You have a Family History of Breast Cancer

You Are Over 40

You have high density breasts

Reduce Your Risk!

BreastFeed



Control Your Weight

Exercise at least 3 times a week

Limit alcohol consumption

IF YOU ARE A FEMALE OVER 40, MAKE SURE YOU ARE GETTING YOUR ANNUAL MAMMOGRAMS!

Keep Your Bones & Joints Healthy!

- Run or walk often to keep your bones strong, and build muscle to take strain off your joints
- Eat a balanced diet with plenty of calcium, Vitamin D, and Protein
- Maintain good posture to help the joints in your back and hips
- Avoid smoking and drinking alcohol



Public Health
Prevent. Promote. Protect.

Tioga County

Nearly **1 in 4** women



report having experienced severe physical violence from an intimate partner in their lifetime.

About **1 in 7** men



About **1 in 6** women



and **1 in 14** men



have experienced contact sexual violence by an intimate partner.

10% of women and **2% of men** report having been stalked by an intimate partner.



Are you a victim of domestic violence and are looking for help?

Contact A New Hope Center at 607-687-6866.

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