

NEWSLETTER

PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County

TOP NEWS

- Cervical Health Awareness Month
- Glaucoma Awareness Month
- American Red Cross National Blood Donor Month



JANUARY IS CERVICAL HEALTH AWARENESS MONTH



Here are some things to know about cervical cancer:

- Cervical cancer is one of the few cancers that can be prevented.
- The U.S. Preventive Services Task Force (USPSTF) recommends that women start getting Pap tests every three years, beginning at age 21.
- Most women can stop screening for cervical cancer after age 65 if they have a history of negative screening results.
- The goal of cervical cancer screening is to find problems, like cell changes, so they can be treated before they turn into cancer.

Along with screening and early detection, the HPV vaccine is another important tool to prevent cervical cancer. HPV vaccination helps prevent infection from several high-risk HPV types that can lead to cervical cancer as well as low-risk types that cause genital warts.

The Centers for Disease Control and Prevention (CDC) recommends all boys and girls get HPV vaccine at age 11 or 12. The vaccine produces a stronger immune response when taken during the preteen years. For this reason, **up until age 14, only two doses are the vaccine are required.** Women and men can get the vaccine up to age 26 but **for those 15 and older, a full three-dose series is needed.**

Consult your doctor to review your or your family's vaccination records, or you may consult with our registered nurse at 719-836- 4174. Additional information can be found on the CDC website: <https://www.cdc.gov/hpv/vaccines/index.html>

FOCUS ON EYE HEALTH

Glaucoma is a leading cause of irreversible blindness in the US. It has no noticeable symptoms in its early stages, and vision loss progresses at such a gradual rate that people affected by the condition are often unaware of it until their sight has already been compromised. During **Glaucoma Awareness Month** in January, the American Academy of Ophthalmology (AAO) advises the public that the best defense against developing glaucoma-related blindness is by having routine, comprehensive eye exams. For more information, visit: American Academy of Ophthalmology at www.aao.org

National Blood Donor Month is January 1–31, 2025

The month is a time to honor voluntary blood donors, encourage people to donate blood, and recognize the need for more blood donations.

Blood supply has dropped nearly 25% since July 2024.

The Red Cross is urging people to donate blood. You can schedule an appointment by:

- Downloading the Red Cross Blood Donor app
- Visiting Red Cross: <https://www.redcross.org/give-blood.html>
- Calling 1-800-RED CROSS (1-800-733-276)

Park County Public Health still has vaccines for Flu, Covid-19 and RSV

Please call our registered nurse at 719-836-4174 to schedule an appointment. To see the rates of respiratory illness visit:

[Respiratory Illnesses Data Channel](#) | [Respiratory Illnesses](#) | [CDC](#)



LET'S CONNECT!

Park County Public Health: call 719-836-4161

Please visit www.ParkCountyCO.Gov for more information