

NEWSLETTER

PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County



TOP NEWS

- **October is Alzheimer's Awareness Month**
- **Lung Cancer Awareness Month**

ALZHEIMER'S AWARENESS MONTH

November is National Alzheimer's Awareness Month, a time to heighten awareness about Alzheimer's disease and show support for the more than 6.2 million Americans living with it.

Did you know that Alzheimer's disease is

- the most common type of dementia.
- a brain disorder caused by damage to nerve cells in the brain.
- progressive, meaning that it develops gradually over time.
- Irreversible, the damage it does to the brain cannot be undone.

To learn more about Alzheimer's disease, including who it affects, warning signs, and what to do if you think you or a loved one might have it start here: [Alzheimer's Disease](#)

AFA
ALZHEIMER'S ASSOCIATION

**GET A FREE VIRTUAL
MEMORY SCREENING!**

Screenings
are offered daily,
Monday – Friday

Call AFA at 866-232-8484
to make an appointment

DUDE TALK DINNERS

Social interaction is essential for good mental health. Locally we offer DUDE TALK DINNERS, which is a gathering for men in a relaxed, nonjudgmental environment where they can talk openly about life's challenges. **Next meeting will be at 2 DADS EATERY in Bailey November 26 @ 6pm.** Complimentary dinner will be served.

LUNG CANCER AWARENESS MONTH

This November for Lung Cancer Awareness Month let's empower our Veterans to seek crucial screening, as they face a higher risk of developing lung cancer due to exposure to hazardous substances like asbestos and burn pits during their military service.



Lung cancer is the leading cause of cancer deaths in the United States and globally. During Lung Cancer Awareness Month this November, it's important to encourage those at high risk to consider new screening options and take proactive steps towards prevention, detection, and early treatment.

The American Lung Association is committed to defeating lung cancer and supporting those affected by this disease. They offer a variety of resources and information about lung cancer. You can find more info on their website at <https://www.lung.org/>

COVID-19

Per the National Foundation for Infectious Diseases, avoid serious illness and/or hospitalization by getting the COVID-19 vaccine! Although COVID-19 can affect anyone, individuals at greater risk of severe illness from COVID-19 include the following:

- Older adults
- People with certain medical conditions like cancer, chronic kidney disease, chronic lung disease, dementia, diabetes (type 1 or type 2), Down syndrome, heart disease, HIV, liver disease, and sickle cell disease
- Those living in a nursing home or long-term care facility
- Obesity (body mass index [BMI] >30)
- Pregnant women
- Smokers
- Those who have a weakened immune system

Call Park County Public Health 719-836-4174 to book an appointment today!



LET'S CONNECT! PARK COUNTY PUBLIC HEALTH: 719-836-4154

Please visit www.ParkCountyCO.Gov for more information