

ONEIDA COUNTY HEALTH DEPARTMENT

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NEWS RELEASE

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For Immediate Release

Women's Health Highlighted in May

"Health Department Urges Health Screens and Safety Check"

As part of *Women's Health Awareness Week*, May 12th through the 18th, the Oneida County Health Department joins with the Centers for Disease Control and Prevention in urging all women to schedule a check-up with their health care provider.

"Screenings, clinical exams and vaccinations can help you stay healthy," Patrice Bogan Interim Director of Health for Oneida County said. *"Early detection and treatment of a disease affords the best health outcomes and these screenings may be available even to those without financial resources or health insurance."*

The *Cancer Services Program of Oneida, Herkimer and Madison Counties*, which is administered through the Oneida County Health Department, offers free mammograms and clinical breast exams to eligible uninsured women in the three county area. In addition, the program offers Pap/pelvic exams and an at-home colorectal cancer screening kit to qualified women.

For more information on the Cancer Services Program or to see if you qualify for its services, call (315) 798-5248 or visit the health department's website at www.ocgov.net/oneida/health.

Vaccines are another way of maintaining good health. Women should talk with their primary care provider about *Gardasil*, the vaccine that protects against human papilloma virus (HPV), in addition to the pneumonia and flu vaccines and the shingles vaccine.

Bogan said knowing your family health history and passing it on to other family members is another key to lowering the risk for developing health problems. *"Many serious health concerns, including a number of cancers have a hereditary component that shouldn't be overlooked,"* Bogan said.

During *Women's Health Awareness Week*, the health department also encourages women to check their residence for safety risks. Each year, thousands of older women fall at home sustaining serious injuries, in some cases, because of hazards that are easy to overlook but just as easy to fix. Making a checklist will help you find those hazards in your home, the home of an older family member or friend.