



# COMMUNITY WELLNESS

January 2023

.HAPPY.  
*New Year*

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## **NEW YEAR'S RESOLUTIONS**

January is here, which means many people are making new year's resolutions. Often times, new year's resolutions are health related - such as losing weight, eating healthier, exercising more, or quitting smoking. While new year's resolutions are easy to make, they're not always easy to achieve. In order to turn your resolution into a solution, start with a plan! According to the Mayo Clinic, this plan should include:

1. Where you're headed
2. Why you want to get there
3. What challenges you may face along the way
4. How you plan to work through the challenges

Another important part of new year's resolutions is setting SMART goals. SMART stands for **S**pecific, **M**easurable, **A**chievable, **R**ealistic, and **T**ime-bound. Your SMART goals should consist of long-term and short-term goals.

Most importantly, remember to accept challenges and don't give up! Your resolutions may not be easy, but the reward will be worth it!



*New Year  
New Me!*



*"Guiding Auglaize County towards a healthier future."*

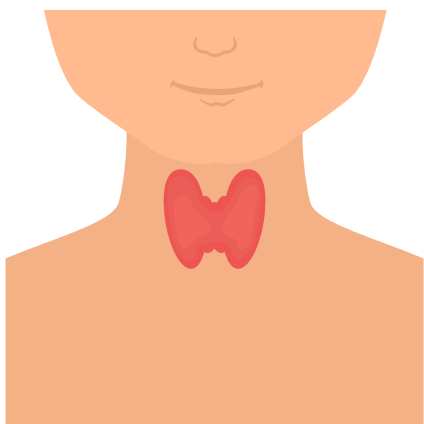
# CERVICAL HEALTH AWARENESS MONTH

Each year, more than 14,000 women are diagnosed with invasive cervical cancer, but the disease is preventable with vaccination and regular screening. Regular screenings should begin at age 21. The Pap test (or Pap smear) is a screening tool that looks for precancers, which are cell changes on the cervix that might become cervical cancer if they are not treated appropriately. The HPV test is a screening tool that looks for the virus that can cause these cell changes. Along with regular screening, another important way to prevent cervical cancer is by completing the HPV vaccination series. HPV vaccination prevents new HPV infections, but does not treat existing infections or diseases. This is why the HPV vaccine works best when given before any exposure to HPV. Contact your health care provider for more information.



# THYROID AWARENESS MONTH

The thyroid gland is a small, butterfly-shaped gland located in the base of the neck. Although relatively small, the thyroid gland plays a huge role in our body. It influences the function of many of the body's most important organs, including the heart, brain, liver, kidneys, and skin. Ensuring that the thyroid gland is healthy and functioning properly is important to the body's overall well-being. The thyroid gland produces thyroid hormone. If your thyroid is not functioning properly, it can produce too much thyroid hormone, which causes the body's systems to speed up (hyperthyroidism); or it can create too little thyroid hormone, which causes the body's systems to slow down (hypothyroidism). Untreated thyroid disease may lead to elevated cholesterol levels, heart disease, infertility, and osteoporosis. If you're concerned about your thyroid gland, you should ask your doctor to order a TSH (thyroid-stimulating hormone) blood test.





# CAR SEAT SAFETY

This winter, remember to practice good car seat habits. All children under the age of 4 years and 40 pounds are required to be properly restrained in a child safety seat. Children between the ages of 4 and 8 years, weighing 40 pounds or more and are shorter than 4 feet 9 inches are required to be in a booster seat or other approved safety seat. Remember, winter coats can be dangerous when worn under a car seat harness. Instead, cover your child up with blankets over the harness or turn their coat around so the back of the coat serves as a blanket resting on top of the harness.




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