October is Healthy Lung Month

The Centers for Medicare & Medicaid Services (CMS) is asking the provider community to keep their patients with Medicare healthy by encouraging them to take advantage of Medicare-covered smoking and tobacco-use cessation counseling benefits.

Tobacco use continues to be the leading cause of preventable disease and death in the United States. Smoking can attribute to and exacerbate heart disease, stroke, lung disease, cancer, diabetes, hypertension, osteoporosis, macular degeneration, abdominal aortic aneurysm, and cataracts. Smoking harms nearly every organ of the body and generally diminishes the health of smokers.

Medicare provides coverage of smoking and tobacco-use cessation counseling for beneficiaries who use tobacco and have a disease or adverse health effect linked to tobacco use, or who take certain therapeutic agents whose metabolism or dosage is affected by tobacco use. What Can You Do? As a health care professional who provides care to patients with Medicare, you can help protect the health of your patients by educating them about their risk factors and encourage them to take advantage of Medicare-covered smoking and tobacco-use cessation counseling benefits as appropriate. For More Information CMS has developed several educational products related to Medicare-covered smoking and tobacco-use cessation counseling:

The Guide to Medicare Preventive Services for Physicians, Providers, Suppliers, and Other Health Care Professionals ~ provides coverage and coding information on the array of preventive services and screenings that Medicare covers, including smoking and tobacco-use cessation counseling. http://www.cms.hhs.gov/MLNProducts/downloads/mps_guide_web-061305.pdf

The MLN Preventive Services Educational Products Web Page ~ provides descriptions and ordering information for Medicare Learning Network (MLN) preventive services educational products, including products related to Medicare-covered smoking and tobacco-use cessation counseling. http://www.cms.hhs.gov/MLNProducts/35_PreventiveServices.asp

Quick Reference Information: Medicare Preventive Services ~ this double-sided chart provides coverage and coding information on Medicare-covered preventive services, including smoking and tobacco-use cessation counseling. http://www.cms.hhs.gov/MLNProducts/downloads/MPS_QuickReferenceChart_1.pdf

Smoking and Tobacco-Use Cessation Counseling brochure~ this brochure provides information on coverage for Medicare-covered smoking and tobacco-use cessation counseling. http://www.cms.hhs.gov/MLNProducts/downloads/smoking.pdf

Please visit the Medicare Learning Network for more information on these and other Medicare fee-for-service educational products. For more information about the risks of smoking and resources to help encourage your patients to quit, please visit the American Lung Association’s “Quit Smoking” website at: http://www.lungusa.org/site/c.dvLUK9O0E/b.33484/k.438A/Quit_Smoking.htm.

Thank you for helping CMS improve the health of patients with Medicare by joining in the effort to educate eligible beneficiaries about the importance of taking advantage of smoking and tobacco-use cessation counseling services and other preventive services covered by Medicare.

Montana Youth Leadership Forum

www.montanaylf.org

WE’RE INVITING FUTURE COMMUNITY LEADERS TO ATTEND THE ANNUAL MONTANA YOUTH LEADERSHIP FORUM (MYLF) FOR STUDENTS WITH DISABILITIES

July 16-20, 2018

Location – Carroll College, Helena, MT

*Twenty high school freshman, sophomores, juniors and seniors will be selected.

*No expense to selected delegates (all expenses paid).

*Exciting, fun, and educational four-day training program

Applications for MYLF in Helena can be found here or contact June Hermanson for information about the program or a copy of the delegate and staff application. If links do not work please go to the website listed above.
Global study
Experts say the latest study – which includes data from more than 57 million births and 2.7 million hospital admissions – offers the most complete analysis so far of the positive impact that tobacco control policies are having on children's health worldwide.

Researchers led by the University of Edinburgh and the Erasmus University Medical Centre (Erasmus MC) in the Netherlands combined data from 41 studies from North America, Europe and China where tobacco control policies have been introduced.

Positive impact
Figures suggest that rates of children needing hospital care for severe chest infections have fallen by more than 18 per cent since anti-smoking laws were introduced.

In line with earlier research, the study estimates that severe asthma attacks have fallen by almost 10 per cent while the number of babies born premature has dropped by around four per cent overall.

Tobacco control
Raising taxes on tobacco products may also have improved child health, the researchers say, but the findings were less conclusive.

"Our evaluation provides compelling evidence of the considerable impact of tobacco control policies on child health. This work should spur governments to take action to implement tried and tested policies – strongly advocated by the World Health Organization – to reduce second-hand smoke exposure and improve a range of important health outcomes in infants and children," says Professor Aziz Sheikh.

Passive smoking
About half of all children globally are regularly exposed to tobacco smoke. Children who breathe second hand smoke are more prone to serious chest infections such as pneumonia and bronchitis.
They are more likely to develop asthma and attacks can be more severe, needing hospital care. Babies of mothers who smoke during pregnancy have a higher chance of being born early, which exposes them to health complications in later life.
The global economic cost of health complications from tobacco use is estimated to be around USD$1.4 trillion.

The study, published in The Lancet Public Health, was funded by the Chief Scientist Office of Scotland, The Farr Institute, the Netherlands Lung Foundation and the Erasmus Medical Centre.

"Our study demonstrates that children's health benefits substantially from smoke-free laws and raising tobacco prices. To protect the health of some of the most vulnerable members of society, implementation of such tobacco control policies should be accelerated across the globe. The effectiveness of additional strategies also needs to be evaluated," says Dr. Jasper Been.

Thank you for helping keep Montana communities safe and healthy!
Proper use, proper storage and proper disposal are key elements in reducing prescription drug misuse and abuse.
Deterra Medication Disposal Bags are a solution to proper disposal of medications for rural Montana families lacking access to medication drop-boxes. The simple disposal process renders potentially dangerous or abusive Pharmaceuticals inert and safe for the household trash.
Please distribute to patients, parents or households. Note that each bag can accommodate 45 pills, 6 ounces of liquid or 6 prescription patches.
The disposal bags were a one-time purchase made possible by the Substance Abuse and Mental Health Services Administration (SAMHSA) Opioid State Targeted Response grant (Opioid STR) awarded to Montana DPHHS.
For more information please contact Mallorey Vera your local prevention specialist at:
Phone: (406) 234-1687 ext. 204
Email: mallorey.vera.ps@gmail.com

Treasure County Health Department
Upcoming classes and clinics

Stepping On Falls Prevention class going until 11/2 at the Hysham Community Center.

Influenza Clinics in progress—Shots available from 8:00-12:00 Monday & Tuesdays, 9:00-12:00 Wednesdays and Thursdays by appointment! Visiting nurse flu shot day is 10/2, the Nurse will be going to the school, businesses, and senior center to provide flu shots off site.

Medicare Part D comparison plan review appointments on Mondays starting 10/16 from 8:30-12:00. Contact Pat Miller for an appointment time @ 342-5598. Will continue until 12/7/17.
Montana Tobacco Use Prevention Program

Benefits valid in 2017

https://montana.quitlogix.org/en-US/

Find out more information about our American Indian Commercial Tobacco Program

AMERICAN INDIAN
Commercial Tobacco Program

8 WEEKS OF FREE NICOTINE REPLACEMENT THERAPY
free coaching sessions
3 MONTHS OF DISCOUNTED CESSATION MEDICATION

800-QUIT-NOW

Montana Tobacco Use Prevention Program

Benefits valid in 2017

https://montana.quitlogix.org/en-US/
### October 2017

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
</tbody>
</table>

**Hysham, MT Events**

- **02**: Walking Nurse Flu shot Day
- **03**: Flu Shots available at Hysham Pharmacy Bldg 12
- **04**: Flu Shots available at Hysham Pharmacy Bldg 12 by appointment only
- **05**: Flu Shots available at Hysham Pharmacy Bldg 12 by appointment only
- **06**: Flu Shots available at Hysham Pharmacy Bldg 12 by appointment only
- **08**: Flu Shots available at Hysham Pharmacy Bldg 12 by appointment only
- **09**: Flu Shots available at Hysham Pharmacy Bldg 12
- **10**: Flu Shots available at Hysham Pharmacy Bldg 12 by appointment only
- **11**: Flu Shots available at Hysham Pharmacy Bldg 12 by appointment only
- **12**: Flu Shots available at Hysham Pharmacy Bldg 12 by appointment only
- **13**: Flu Shots available at Hysham Pharmacy Bldg 12 by appointment only
- **14**: Flu Shots available at Hysham Pharmacy Bldg 12 by appointment only
- **15**: Flu Shots available at Hysham Pharmacy Bldg 12 by appointment only
- **16**: Flu Shots available at Hysham Pharmacy Bldg 12
- **17**: Flu Shots available at Hysham Pharmacy Bldg 12 by appointment only
- **18**: Flu Shots available at Hysham Pharmacy Bldg 12 by appointment only
- **19**: Flu Shots available at Hysham Pharmacy Bldg 12 by appointment only
- **20**: Flu Shots available at Hysham Pharmacy Bldg 12 by appointment only
- **21**: Flu Shots available at Hysham Pharmacy Bldg 12 by appointment only
- **22**: Flu Shots available at Hysham Pharmacy Bldg 12 by appointment only
- **23**: Flu Shots available at Hysham Pharmacy Bldg 12
- **24**: Flu Shots available at Hysham Pharmacy Bldg 12 by appointment only
- **25**: Flu Shots available at Hysham Pharmacy Bldg 12 by appointment only
- **26**: Flu Shots available at Hysham Pharmacy Bldg 12 by appointment only
- **27**: Flu Shots available at Hysham Pharmacy Bldg 12 by appointment only
- **28**: Flu Shots available at Hysham Pharmacy Bldg 12 by appointment only
- **29**: Flu Shots available at Hysham Pharmacy Bldg 12 by appointment only
- **30**: Flu Shots available at Hysham Pharmacy Bldg 12
- **31**: Flu Shots available at Hysham Pharmacy Bldg 12

Notes: Medicare Part D prescription plan review appointments beginning Monday’s from 9:30 - 12:00. Contact Pat Miller for an appointment time at 342-0598, this will continue until 12/31/17.

---

### 12 Year Anniversary of the Montana Clean Indoor Air Act

October 1, 2009, marked an important day for tobacco use prevention in Montana. Full implementation of the Montana Clean Indoor Air Act (CIAA) requires all enclosed public places and workplaces, including bars, taverns, and casinos, to be smokefree. Laws like Montana’s CIAA protect public health and prevent diseases caused by exposure to secondhand tobacco smoke. The significance of this major public health policy extends to future generations who will grow up healthy in a smokefree Montana. We encourage you to learn more about the CIAA by clicking here.

The majority of Montanans support the CIAA. This law belongs to Montana's citizens and we appreciate your continued support. You can help save lives by complying with the Montana Clean Indoor Air Act. If you observe a violation of the law in any enclosed public place or workplace in Montana, you can report it by completing a violation report form.

http://dphhs.mt.gov/publichealth/mtupp/CIAA

---

Contact Us:

**Debra French RN**
[tcph@rangeweb.net](mailto:tcph@rangeweb.net)
(406) 671-9102

**Jane Lamb**
Tobacco Prevention Specialist
[janem@rangeweb.net](mailto:janem@rangeweb.net)
(406) 351-2139

**Tori Jonas**
Tobacco Prevention
Youth Advocate
(406) 351-9143

Visit us on the web at [www.treasurecountyhealth.com](http://www.treasurecountyhealth.com)

Southeastern Montana Tobacco Use Prevention Program
P.O. Box 201
Hysham, MT 59038