

WHAT THE HEALTH!?

Child Passenger Safety Week is September 23-29

Did you know that over 90% of the car seats checked in Tioga County last year were not installed correctly, used correctly, or were not the appropriate seat for the child?

Tioga County Public Health will be holding a Car Seat Check Event during Child Passenger Safety Week!

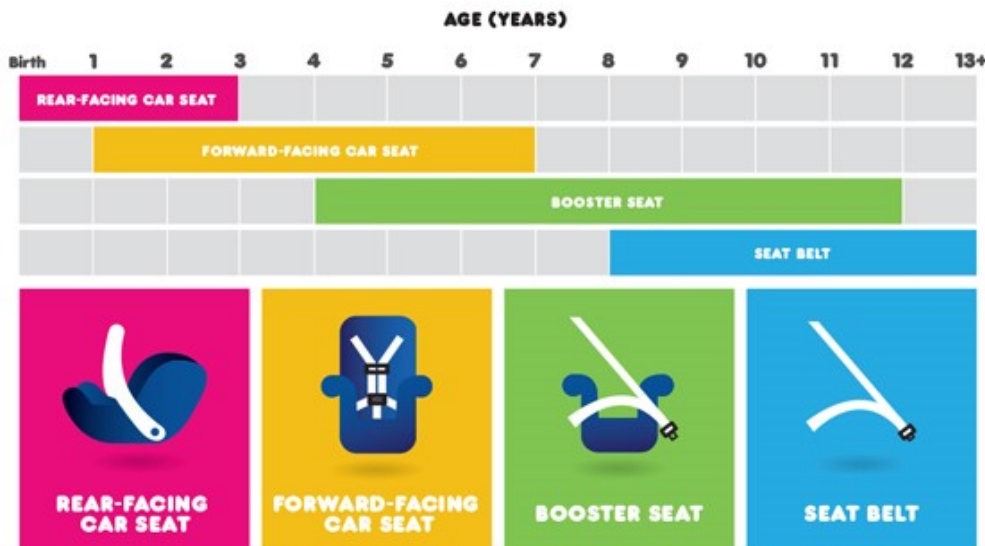
This is a FREE event. Car seats can be checked for anybody, and replacement seats may be available for qualifying individuals.

Date: September 27th

Time: 3:00 -6:00pm

Location: Holiday Inn Express

Free Happy Meal for every child who has a seat checked!



The Department of Mental Hygiene provides 24-hour a day crisis coverage for those who are experiencing a crisis situation. This service is primarily a phone service, but same-day appointments may be available in an emergency situation.

Day Time Phone: 607-687-4000
After Hours Phone: 607-687-1010



Public Health
Prevent. Promote. Protect.

Men: Know the Symptoms of Prostate Cancer

Early prostate cancer usually causes no symptoms. More advanced prostate cancers sometimes cause symptoms, such as:

- Problems urinating, including a slow or weak urinary stream or the need to urinate more often, especially at night
- Blood in the urine or semen
- Trouble getting an erection (erectile dysfunction or ED)
- Pain in the hips, back (spine), chest (ribs), or other areas from cancer that has spread to bones
- Weakness or numbness in the legs or feet, or even loss of bladder or bowel control from cancer pressing on the spinal cord

Women: Know the Symptoms of Ovarian Cancer

Ovarian cancer may cause several signs and symptoms. Women are more likely to have symptoms if the disease has spread, but even early-stage ovarian cancer can cause them. The most common symptoms include:

- Bloating
- Pelvic or abdominal (belly) pain
- Trouble eating or feeling full quickly
- Urinary symptoms such as urgency or frequency
- Fatigue (extreme tiredness)
- Upset stomach
- Back pain
- Pain during sex
- Constipation
- Changes in a woman's period, such as heavier bleeding than normal or irregular bleeding
- Abdominal (belly) swelling with weight loss