

# Did You Know?

(NAPS)—Some 5 million people in the U.S. have a hernia, yet many struggle to talk with their doctor about symptoms and treatments—but that can be changed. A group of leading hernia surgeons helped create AboutHernia.com, a comprehensive educational resource supporting patients from research to recovery.

When housing, jobs and family support are unstable, finding a washer and dryer is not simple. To help, branches of CSC ServiceWorks, Inc. (CSC), the industry leader in laundry solutions, donated commercial-grade washer and dryer equipment and in-kind maintenance service. Learn more at [cscsw.com/signature-services-program](http://cscsw.com/signature-services-program).

To prevent injuries to the face and mouth, the American Dental Association recommends the use of mouthguards in both games and practice for 29 sports. Many dental benefit programs, such as Delta Dental of Washington, cover mouthguards. Learn more at [www.deltadentalwa.com/blog](http://www.deltadentalwa.com/blog).

To create a tobacco-free California, talk to your kids about the dangers of flavored tobacco. Find further facts about flavored tobacco and find quit resources at [www.flavorhookkids.org](http://www.flavorhookkids.org). Californians looking for a free quit program can text “I Can Quit” to 66819 or visit [www.NoVapes.org](http://www.NoVapes.org).

Every three minutes, someone in the United States is diagnosed with blood cancer. You can help by joining Gift of Life’s Swab Sameach campaign this Hanukkah. It’s dedicated to finding marrow donors, volunteers and supporters for Jews and others in need. Visit [www.giftoflife.org/swabsameach](http://www.giftoflife.org/swabsameach).

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complications, than those who have received a vaccine. Learn more at [www.GetVaccineAnswers.org](http://www.GetVaccineAnswers.org).

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Children and teens catch and spread COVID-19 at an increasingly high rate. Your child may be at risk, especially with the low number of vaccinated residents in Oklahoma. Parents can learn what to do and find vaccines at [www.vaccines.gov](http://www.vaccines.gov).

Children and teens catch and spread COVID-19 at an increasingly high rate. Your child may be at risk, especially with the low number of vaccinated residents in Arkansas. Parents can learn what to do and find vaccines, at [www.vaccines.gov](http://www.vaccines.gov).

Children and teens catch and spread COVID-19 at an increasingly high rate. Your child may be at risk, especially with the low number of vaccinated residents in Montana. Parents can learn what to do and find vaccines, at [www.vaccines.gov](http://www.vaccines.gov).

Children and teens catch and spread COVID-19 at an increasingly high rate. Your child may be at risk, especially with the low number of vaccinated residents in North Dakota. Parents can learn what to do and find vaccines, at [www.vaccines.gov](http://www.vaccines.gov).