

H-3 Monthly Newsletter

March - April 2023

March is...

- National Colorectal Cancer Awareness Month
- Multiple Sclerosis Awareness Month
- National Nutrition Month
- National Kidney Month
- National Women’s History Month
- National Traumatic Brain Injury Awareness Month
- Purple Day for Epilepsy Awareness (March 26)
Members are asked to wear purple on 4th Sunday.

April is ...

- National Autism Acceptance Month
- National Child Abuse Prevention Month
- Irritable Bowel Syndrome Awareness Month
- National Minority Health Month
- National Parkinson’s Disease Awareness Month
- National Public Health Week, April 3-9
- World Health Day, April 7
- Good Friday, April 7
- EASTER, April 9

In His Service,

H-3 Ministry

1 Timothy 4:7-8

7 But have nothing to do with worldly fables fit only for old women. On the other hand, discipline yourself for the purpose of godliness; 8 for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come.



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MARCH IS NATIONAL COLORECTAL CANCER AWARENESS MONTH






SAVE LIVES WITH PREVENTION AWARENESS

Colorectal cancer, or CRC, is the second deadliest cancer in the United States. Every March, National Colorectal Cancer Awareness Month spotlights this disease and inspires more people to get checked starting at age 45. Two reasons why getting checked matters:

Screening can find the warning signs of colon and rectal cancer, letting doctors take action to prevent the disease.

Screening can also find colorectal cancer early, when treatment is most effective.

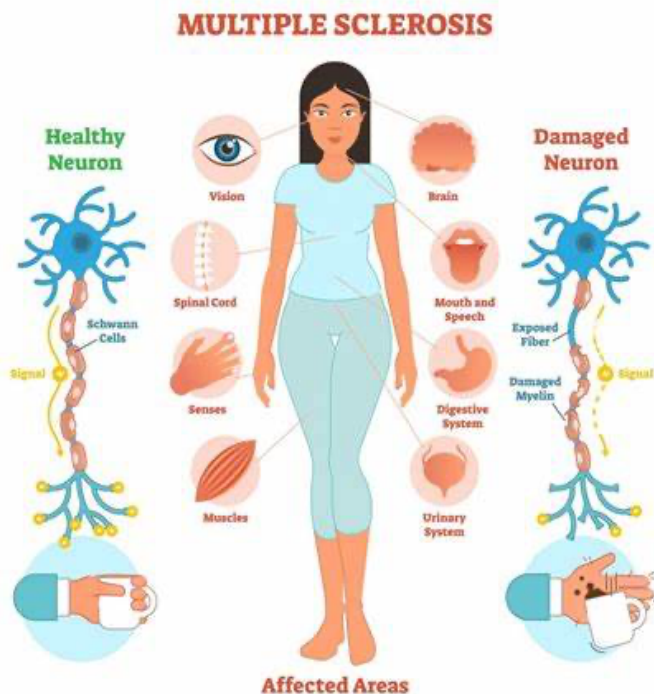
One in 24 people will be diagnosed with CRC in their lifetime, but you can make a difference today. Learn about ways to build awareness, how to get support, and more below. Tomorrow can’t wait!

<p>COLON CANCER AT-A-GLANCE</p>	 <p>#2 leading cause of cancer deaths among men and women in the U.S.</p>	 <p>1 in 20 average individual risk</p>
 <p>90% of new cases occur in people 50 or older</p>	 <p>2 - 3 Times greater risk of developing colon cancer with family history</p>	 <p>1+ Million current colon cancer survivors in the U.S.</p>



MULTIPLE SCLEROSIS (MS) AWARENESS MONTH: MARCH 2023

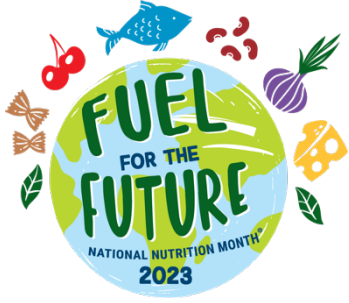
Multiple sclerosis, or MS, is a disease of the central nervous system that can cause symptoms throughout the body ranging from difficulty walking to bladder dysfunction to changes in memory and thinking abilities.



MS is believed to be an autoimmune condition, in which the immune system mistakenly attacks the myelin sheath that normally protects nerve fibers in the brain, spinal cord, and optic nerve. As the myelin sheath is gradually destroyed, the resulting scar tissue (sclerosis) disrupts the electrical impulses between the brain and other parts of the body.

It's not clear what causes the onset of this immune reaction, although recent research points to infection with the Epstein-Barr virus as a likely trigger. And while there are treatments that can slow the progression of MS, there is no cure.

The number of Americans living with MS is estimated at one million, according to research published in March 2019 in the journal *Neurology*.



FUEL FOR THE FUTURE: ACADEMY CELEBRATES 2023 NATIONAL NUTRITION MONTH®

CHICAGO – The Academy of Nutrition and Dietetics encourages consumers to fuel for the future when planning meals and snacks. *Fuel for the Future* is the campaign theme for the Academy’s 2023 National Nutrition Month®, which kicks off in March.

“Food is the fuel that keeps your body running smoothly throughout your life, so give it the nutrients it needs to meet each life stage,” says registered dietitian nutritionist Amy Bragagnini, a national Academy Spokesperson based in Grand Rapids, Mich.

“Registered dietitian nutritionists can help you meet your health goals as well as treat or reduce your risk of diet-related chronic diseases by reviewing your eating habits and lifestyle, assessing your nutritional status and creating a personalized nutrition treatment plan,” she says.

Bragagnini provides helpful eating tips during National Nutrition Month® and all year long:

- “Eat with the environment in mind by enjoying more plant-based meals. Purchase foods with minimal packaging. Buy foods in season and shop locally when possible. Start a garden to grow food at home.”
- “Ask your health care provider for a referral to an RDN who specializes in your unique needs. Learn how your nutritional needs change over time.”
- “Plan your meals and snacks to stay nourished and save money. Check your pantry before buying more food, use a grocery list while shopping and shop the sales. Educate yourself about community resources and governmental programs such as the Supplemental Nutrition Assistance Program, the Special Supplemental Nutrition Program for Women, Infants and Children and local food banks.”
- “Eat a variety of foods from all food groups whether fresh, frozen, canned or dried. Include your favorite cultural foods and traditions in your meals. Avoid fad diets that promote unnecessary restrictions and practice self-love.”
- “Learn how to make tasty foods at home with new flavors and foods from around the world. Find creative ways to use leftovers instead of throwing them away. Create happy memories by eating with friends and family when possible.”

NATIONAL NUTRITION MONTH – MARCH 2023

“Let thy food be thy medicine,” said Hippocrates (a long, long time ago), but the sentiment still rings true. National Nutrition Month, celebrated in March, stresses the importance of a balanced diet and exercise. The Academy of Nutrition and Dietetics promotes the transformative powers of healthy food choices. The Academy encourages using a registered dietitian in order to develop and stick with a healthy eating plan.

HOW TO OBSERVE NATIONAL NUTRITION MONTH

1. Move your body

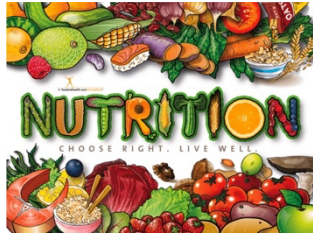
Nutrition doesn’t end at what we eat. The Academy of Nutrition and Dietetics encourages making exercise an integral part of our lives. Try a new activity like Zumba, swimming, or spinning to keep workouts fresh and exciting.

2. Find inspiration

Feeling stale in the kitchen? Pinterest provides an infinite loop of recipes and inspiration to kick-start any nutrition journey. Picking up a new cookbook or following a cool food blogger works too!

3. Meet with a dietitian

They'll provide you with a detailed meal plan that makes sense for your lifestyle and goals. Many, if not most, health insurance plans cover the cost of dietitian services and city health departments sometimes offer complimentary services or charge sliding-scale fees. Anyway, a healthier, happier outlook on life is priceless!



FIVE (REALISTIC) WAYS TO EAT HEALTHIER THIS MONTH

1. Go, go, H2O!

We all know drinking water helps in nearly every aspect of wellness, but drinking the recommended amount of water per day can be tough. Electrolyte additives offer the same, if not better benefits that drinking six or more glasses of water a day would.

2. Choose food over supplements

Though there are some who sincerely lack certain vitamins and minerals that can't be achieved through diet alone, most of the good things our bodies need come from food — not store-bought supplements. Research shows that certain supplements haven't been tested to meet many purity and safety standards, making them unreliable sources of nutrition.

3. Opt for color

When in doubt, throw some color on your plate — natural color, that is. Bright greens from crunchy vegetables or vibrant reds from tangy fruit will not only make your meal Instagram-worthy, they'll give you a healthy boost.

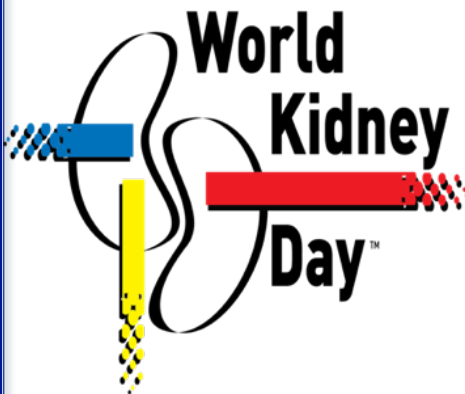
4. Pack your lunch

Avoiding typical restaurant or fast-food grease may seem obvious, but according to Harvard Health Publishing, even more important than that is the ability to control portion sizes when you pack your own lunch. Try something fun like a DIY Bento box (multi-section food container)!

5. Shop the perimeter

Shopping a supermarket's outside aisles ensures that you're getting healthy alternatives to processed foods like produce, meat, and dairy. When you move inward, most, if not all, of the products contain unnecessary additives and sugar.

MARCH IS NATIONAL KIDNEY MONTH



March is National Kidney Month, and March 9 is World Kidney Day. World Kidney Day is a global campaign to raise awareness of the importance of our kidneys to overall health and to reduce the frequency and impact of kidney disease and associated health problems worldwide. The 2023 theme is "Kidney Health for All: Preparing for the Unexpected, Supporting the Vulnerable." The campaign will focus on raising awareness about disastrous events (natural or man-made) and the impact on people living with kidney disease when access to appropriate diagnostic services, treatment, and care is impacted.

MARCH IS WOMEN'S HISTORY MONTH

THEME: "CELEBRATING WOMEN WHO TELL OUR STORIES"

Women's History Month is an annual declared month that highlights the contributions of women to events in history and contemporary society. It is celebrated during March in the United States, the United Kingdom, and Australia, corresponding with International Women's Day on March 8, and during October in Canada, corresponding with the celebration of Persons Day on October 18.

The commemoration began in 1978 as "Women's History day" in Sonoma County, California, and was championed by Gerda Lerner and the National Women's History Alliance to be recognized as a national week (1980) and then month (1987) in the United States, spreading internationally after that.



MARCH IS BRAIN INJURY AWARENESS MONTH

Did you know that every 9 seconds, someone in the United States sustains a brain injury? The lasting effects can be so severe they can impact a person's mood, personality, career and ability to function independently. The Arizona Department of Economic Security (DES) Rehabilitation Services Administration (RSA) supports Arizonans with brain injuries in completing their educational and employment goals to achieve self-sufficiency.

ACQUIRED BRAIN INJURIES

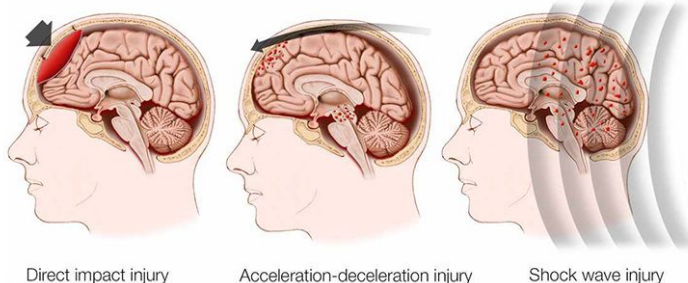


More than 3.5 million individuals sustain an acquired brain injury (ABI) each year from incidents including electric shock, near drowning, substance abuse/overdose, seizure disorder, and stroke. ABIs occur after birth and result in varying changes to the brain.

TRAUMATIC BRAIN INJURIES

At least 2.5 million individuals sustain a Traumatic Brain Injury (TBI) each year as a result of an external force which may include a fall, motor vehicle accident, assault, or other.

Types of traumatic brain injury



PREVENTING BRAIN INJURY



regular eye exams and medication review.

To reduce the instance of brain injury, the Centers for Disease Control and Prevention recommends wearing a seatbelt and never driving impaired. Children should be secured in rear-facing car seats until they are 4 years-old or have reached the manufacturers maximum weight recommendations. Children should wear helmets and well-fitted head gear while participating in activities including sports and bike riding, and safety gates should be installed to prevent children from entering dangerous areas. Older individuals should implement safety precautions to prevent falls including

HELP US SPREAD AWARENESS

When a person sustains a brain injury their families and communities are also affected. Help us destigmatize this invisible disability by sharing #ChangeYourMind on social media.



EPILEPSY AWARENESS / PURPLE DAY – MARCH 26, 2023

and treated correctly, so awareness and research are important. Join one of the grassroots campaigns to raise awareness in your community today!

Celebrated annually on March 26, Epilepsy Awareness Day, or Purple Day, was created to increase the public's understanding of this brain disorder and to eliminate the fear and stigma surrounding it. With over 3.5 million people diagnosed with epilepsy in the U.S. and over 50 million worldwide, it is likely you know someone living with the day-to-day challenges epilepsy brings. The good news is epilepsy can be easily managed if diagnosed

BY THE NUMBERS

50 million – the number of people in the world who have epilepsy.

80% – the percentage of people with epilepsy who reside in low- or middle-income countries.

70% – the percentage of people with epilepsy who can be properly treated.

3x – the increased risk of premature death in epileptic people.

¾ – the total number of people with epilepsy living in low-income countries who do not receive proper treatment.

25% – the percentage of epilepsy cases that are preventable.

EPILEPSY AWARENESS / PURPLE DAY FAQs

HOW MANY DIFFERENT TYPES OF SEIZURES EXIST?

Over 40 different types of seizures have been identified. Not all seizures include convulsions or jerky body movements. Instead, some are classified as 'vacant' where the person is in a trance or a confused state.

HOW IS EPILEPSY DIAGNOSED?

There is no singular test used to diagnose epilepsy. Among the ways to diagnose epilepsy are: electroencephalogram (EEG), magnetic resonance imaging (MRI), CT scan, blood-glucose testing, along with electrolyte- and calcium testing.

WHAT CAUSES EPILEPSY?

Frequently, epilepsy presents itself after a brain injury or trauma, stroke, or a brain infection. However, in over 50% of epilepsy cases, the cause is unknown.

5 WAYS TO HELP SOMEONE HAVING A SEIZURE

1. Prevent injuries

If someone is starting to have a seizure or is in the process of having one, remove sharp objects near them, remove eyeglasses if they wear them, and place a pillow or your leg under their head, if possible.

2. Prevent choking hazards

Attempt to turn the person onto their side so that they do not choke on fluids and ensure there is nothing in their mouth.

3. Time the seizure

Note how long the seizure lasted and inform the person and medical personnel at the appropriate time.

4. Call for help

If the seizure lasts more than five minutes or injuries are suffered during the seizure, it may be best to call an ambulance, otherwise, once the seizure is over and the person is coherent, they may also need assistance in calling loved ones.

5. Remain calm

Witnessing a seizure can be scary but, remember, most seizures will stop on their own within a few minutes — knowing how to assist someone will allow you to stay focused and support them in a meaningful way.

AUTISM ACCEPTANCE MONTH – APRIL 2023

Autism Acceptance Month, previously named Autism Awareness Month, in April aims to celebrate and promote acceptance for the condition that occurs in one in every 54 children as of 2020 in the United States. Autism, a complex developmental condition affecting the patient's ability to interact, communicate, and progress, has not one but many subtypes. First held in the year 1972 by the Autism Society, Autism Acceptance Month emphasizes the need for public awareness to promote acceptance, celebrate the differences, and be more inclusive towards autistic individuals around us.

Autism

AWARENESS VS ACCEPTANCE

Neurodiversity is not just a conversation topic! Help build a community that welcomes Autistics into your world, into your and your children's friendships, into your neighborhood gatherings, into your workplace, places of worship, schools and playgrounds!

1

Awareness means you know it exists

Acceptance means you connect personally and learn more

2

Awareness means you can identify it

Acceptance means you talk to people and gain understanding, compassion, and sensitivity

3

Awareness means you know something is happening

Acceptance means you offer help and support without judgement

4

Awareness means you cope with it deal with it tolerate it

Acceptance means you embrace it, grow from it, and build relationships with people who have it not only those who love someone with it!

5

Awareness Is Not Enough

acceptance is the next step towards a truly inclusive and community driven society!

Amanda J Friedman
AtlasForAutism.org



AUTISM ACCEPTANCE MONTH FAQS

WHAT IS AUTISM?

Autism Spectrum Disorder is a brain developmental disorder caused by genetic mutation and sometimes, by environmental triggers.

WHAT ARE THE COMMON SIGNS OF AUTISM?

Although the autism spectrum is vast, some of the common signs in autistic individuals are repetitive behaviors, hyperactivity, and extreme sensitivity to light, touch, and sound.

WHAT FLOWER REPRESENTS AUTISM?

The blue “Forget-me-not” flower represents autism to raise awareness.

5 FACTS ABOUT AUTISM THAT WILL BLOW YOUR MIND

1. Autism means alone

The word “autism” is derived from the Greek word “autos” meaning self. The literal meaning of Autism is “alone.”

2. No known cure exists

There are various treatments, however, that help reduce symptoms.

3. Dogs are autistic-friendly

Research has shown that dogs are linked to improved quality of life in autistic children, helping with their aggressive behavior, promoting independence, and safety.

4. It is more likely to occur with “older” fathers

Another study reveals autism genetically occurs more in children with fathers aged over 40 years.

5. Drowning is a leading cause of death

People with Autism Spectrum Disorder are found to commonly die by drowning.

7 IRRITABLE BOWEL SYNDROME MYTHS

Irritable bowel syndrome (IBS) is so common that it is likely you know at least one person with this functional disorder. In 2003, the Canadian Society of Intestinal Research advocated to mayors across Canada and succeeded in having April declared as IBS Awareness Month, yet the myths and misinformation surrounding IBS are pervasive. Read on as we dispel some of these common myths.



MYTH: IBS IS SIMILAR TO (OR THE SAME THING AS) IBD/CROHN'S/COLITIS.

Reality: Crohn's disease and ulcerative colitis are types of inflammatory bowel disease (IBD). While IBD sounds similar to IBS, they are very different from each other. IBD is an organic disease characterized by the presence of inflammation in the intestine. In IBS, there is no visible disease and the symptoms are a result of an improperly functioning digestive tract. IBS does not turn into IBD, and people with IBS aren't at an increased risk for any of the complications associated with IBD, such as surgery, requiring an ostomy, or developing colorectal cancer. However, it is possible to have both conditions. Go to www.badgut.org/information-centre/symptom-chart/ to view a table that demonstrates the differences between IBS and IBD.

MYTH: THIS TREATMENT WORKS FOR SOMEONE I KNOW, SO IT WILL ALSO WORK FOR ME.

Reality: Each individual with IBS has a unique experience. There are many different treatments available, and some of these will work perfectly for one person but might do nothing, or even cause unwanted side effects, for someone else. It is important for you to work together with your physician, gastroenterologist, and/or registered dietitian to find the treatment that works best for you, whatever that might be. Some common treatments include medications, physiotherapy, probiotics, alternative therapies, and dietary changes such as increasing fiber or following a low FODMAP diet. Visit badgut.org for more information on IBS treatments.

MYTH: CUTTING OUT DAIRY AND GLUTEN CAN GET RID OF IBS SYMPTOMS, SINCE IBS IS JUST ANOTHER TERM FOR THESE INTOLERANCES.

Reality: Some individuals with IBS do have intolerances to the milk-sugar, lactose, and some might have gluten intolerance as well. There are also people who do not have IBS but who do have these intolerances. Lactose intolerance is rare in people of Northern European descent, whose ancestors have historically consumed large quantities of dairy. Approximately 5% of these people are lactose intolerant. However, in people of East Asian descent, it is extremely common, with up to 90% being lactose intolerant. Lactose intolerance is also fairly common in those of West African, Jewish, Italian, Greek, and Arab descent.¹ Overall, an estimated 16% of Canadians are lactose intolerant.² Gluten intolerance, which is not the same thing as celiac disease, is less common, affecting approximately 3-6% of the population.³ In some individuals with IBS, removing these foods can reduce or eliminate symptoms. In most of the Canadian population, these foods cause no problems at all because they are not lactose or gluten intolerant. IBS is a distinct disorder with its own diagnostic criteria and neither lactose intolerance nor gluten intolerance are on the list.

MYTH: LEAKY GUT SYNDROME CAUSES IBS.

Reality: Many individuals believe that a proposed disorder called ‘leaky gut syndrome’ causes many ailments, often including IBS. The claim is that toxins and bacteria leak through damaged sections throughout the digestive tract, and then enter the blood stream where they proceed to wreak havoc on the body. However, there is no evidence that this disease even exists, let alone causes IBS, which is a functional disorder, not an organic disease.

MYTH: PEOPLE WITH IBS CAN’T EAT [INSERT ANY FOOD HERE].

Reality: Wherever you look, you will find differing views on what it means to have IBS. Online, in books, and on television, there are so many people selling different ideas on treatments and causes that it is hard to know what is true. You might find one person who says to stay away from gluten, another who suggests you avoid all sugars, and then someone else claims that you must eat a specific diet (that he/she created and is now selling). This confusion can construct a very daunting situation for those with IBS. It can be difficult to sift through the truth from the marketing ploys and the unsubstantiated opinions. Some people might find that a certain food increases symptoms in them or someone they know, so they assume it will be the same in others. However, research shows that there aren’t any foods that are expressly bad for all IBS patients. There are some foods that are more likely to create symptoms, but that still doesn’t mean they will affect every IBS patient, so they are not off-limits. This is why we recommend that people with IBS try different foods and take notes about how these foods affect them, in order to find out what actually works for them. When it comes to treating your own symptoms, it doesn’t matter what works best on average if what works for you is different. In some patients, no matter what they eat, or don’t eat, they have symptoms, so medications or other alternatives are necessary. IBS can’t always be managed through diet alone.

MYTH: IBS IS A PSYCHOLOGICAL DISORDER. IT’S ALL IN YOUR HEAD.

Reality: This myth is one of the most dangerous, and causes a lot of stigma for those with the condition. IBS is a functional disorder, which means there are no obvious visual signs of illness, such as the inflammation present in inflammatory bowel disease. However, it is still a very real gastrointestinal disorder. While mental health ailments such as stress, anxiety, and depression can increase symptoms, they do not cause IBS.

MYTH: IBS ISN’T A BIG DEAL.

Reality: Some individuals might have mild symptoms, but for others, IBS can change their entire life. The impact of the ABCD symptoms that constitute IBS can lead to a huge decrease in quality of life. Persistent diarrhea can make those affected afraid to leave home unless they are positive that they will have continuous access to a toilet. Chronic constipation can cause such intense pain and bloating that those affected are unable to get out of bed, as any type of physical movement, including sexual activity, causes intense pain. Symptoms like these can lead to social isolation and missed work or school that, in turn, can increase depression and other mental health symptoms.

NATIONAL MINORITY HEALTH MONTH – APRIL

National Minority Health Month is observed the entire month of April. It is an inclusive initiative that targets the health needs of African Americans, Hispanics, Asians, Native Americans, and other minorities. It builds awareness regarding the unequal burden of preventable death and sickness in these groups. It also promotes action through health education and early management of disease complications. In a multicultural society such as the U.S., access to healthcare for everyone is paramount for the country’s continued progress.

NATIONAL MINORITY HEALTH MONTH FAQs

WHY IS NATIONAL MINORITY HEALTH MONTH IMPORTANT?

It is vital to improve the health of racial and ethnic minorities and reduce health disparities.

WHAT IS HEALTH EQUITY?

Health equity is the absence of unfair and avoidable differences in health among population groups.

HOW IS HEALTH EQUITY ACHIEVED?

It is when everyone is given an equal chance to attain the highest possible standard of health.

5 FAST FACTS ABOUT BOOKER T. WASHINGTON

1. His middle name was Italian

The 'T' stands for Taliaferro, which in Italian means 'iron-cutter.'

2. He had to clean to enter college

Hampton Institute school principal Miss Mackie asked him to clean a recitation room before he was admitted.

3. He had a great sense of humor

Honed by years of public speaking, he could not only tell a good joke but was prone to one-liners that ironically used racial stereotypes that would be deemed inappropriate today.

4. He hated his first autobiography

Writer Edgar Webber collaborated with him on "The Story of My Life and Work," but Washington thought it was poorly written so he wrote "Up from Slavery" with Max Thrasher the year after.

5. He spent years making rich friends

Due to his commitment to improving African American education plus his knack for fundraising, he was able to receive personal contributions from wealthy friends like J.P. Morgan and John D. Rockefeller.



CHILD ABUSE AWARENESS MONTH – APRIL

Every year, Child Abuse Awareness Month is observed in April to recognize the efforts made by our communities and families in bringing up this issue in front of the world. Did you know that every one out of seven children in the U.S has experienced physical and sexual abuse? During this month, as well as the whole year, citizens are encouraged to raise the issue of child abuse and the well-being of children and families around the country.

CHILD ABUSE AWARENESS MONTH FAQs

WHAT ARE THE FOUR TYPES OF CHILD MALTREATMENT?

The four types of abuse are physical, sexual, emotional, and neglect.

WHAT IS THE MOST DIFFICULT KIND OF ABUSE TO SUBSTANTIATE?

The most difficult kind of abuse to substantiate is verbal abuse.

WHAT TYPE OF ABUSE IS THE HARDEST TO DETECT?

Emotional abuse is often mixed with other forms of abuse and is hard to detect.



5 INTERESTING FACTS ABOUT CHILD ABUSE

1. It causes many problems

Victims of child abuse are at a risk for emotional, physical, relationship problems.

2. There are various types

Common types of child abuse include emotional abuse, physical assault, and sexual assault.

3. Alcohol abuse is a big contributor

Parents abusing alcohol and drugs are more likely to neglect and abuse their children.

4. Abuse causes social problems

Abused children are not able to express emotions safely.

5. It has the same rates among all genders

Boys and girls face similar rates of child abuse.



PARKINSON'S AWARENESS MONTH – APRIL 2023

Parkinson's Awareness Month is observed in April. Parkinson's Awareness Month is an opportunity to increase awareness about the ailment and its symptoms, as well as to support victims. Parkinson's is a long-term disorder where the central nervous system degenerates and that affects the motor system. Motor symptoms like trembling, stiffness, and rigidity are usually associated with Parkinson's disease. Symptoms typically occur slowly. One side is often affected first, but as Parkinson's disease progresses, both sides are affected. Celebrities such as Muhammed Ali and Michael J. Fox were diagnosed with Parkinson's.



PARKINSON'S AWARENESS MONTH FAQS

WHEN DID WORLD PARKINSON'S DAY START AND WHY?

World Parkinson's Day on April 11 began in 1997. It commemorates the birthdate of Dr. James Parkinson, the man who first identified the disease nearly 200 years ago.

HOW MANY PEOPLE ARE DIAGNOSED WITH PARKINSON'S DISEASE EACH YEAR?

April is National Parkinson's Awareness Month in the U.S. Every year in the U.S., 60,000 people are diagnosed with this disease.

WHICH IS THE BEST SYMBOL FOR PARKINSON'S DISEASE?

The red tulip is the symbol of Parkinson's disease awareness. A purple ribbon is the chosen color to wear in support of people with the disease.

5 FACTS ABOUT PARKINSON'S THAT WILL BLOW YOUR MIND

1. Different strokes

There are no two persons that experience the same symptoms.

2. More bad news

Non-movement symptoms are more difficult to deal with than motor symptoms.

3. It's time to see the doctor

Loss of smell and small handwriting are some early symptoms of Parkinson's.

4. Expensive business

At least \$25 billion is spent per year on treatments for patients.

5. Gender-specific

More men are affected by Parkinson's than women.

NATIONAL PUBLIC HEALTH WEEK – APRIL 3-9

National Public Health Week is observed during the first week of April and takes place from April 3 to 9 this week. That's seven days to champion the health of all Americans. It's a week to recognize that everyone should lead healthier lives, irrespective of where they live, work, or come from. Since its founding in 1955, the initiative has become an important movement to highlight issues that can improve the health and happiness of a nation. You could choose to crush a workout or any workout challenge today. It's a great week to start eating healthy and stick to it. Whatever you do, remember to involve your friends, family, and the larger community. It's also a week when we campaign for health policies that are fair, inclusive, and accessible to all communities in the United States.

NATIONAL PUBLIC HEALTH WEEK FAQS

WHAT IS PUBLIC HEALTH?

Public health refers to systemic measures that promote health, prevent disease, and prolong life for a nation's population.

WHEN IS NATIONAL PUBLIC HEALTH WEEK?

People across the United States observe National Public Health Week in the first week of April.

HOW DO WE CELEBRATE NATIONAL PUBLIC HEALTH WEEK?

There are several ways to celebrate National Public Health Week. Attend online events or read up on the week and what it aims to achieve. Alternatively, host an event with a fun physical challenge.

5 INTERESTING FACTS ABOUT INFECTIOUS DISEASES

1. Yellow fever forged America's two-party system

As the death toll increased, Federalists in Philadelphia accused the Democrats of waging a biological war.

2. Encephalitis or witchcraft?

In February 1962, eight women in Salem suffered from Encephalitis-induced fever and hallucinations that doctors called 'demonic possession.'

3. AIDS hysteria

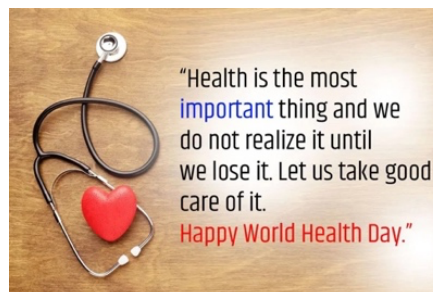
The Reagan Administration launches its first Commission on HIV in July 1987 — by that time 33,745 Americans had perished.

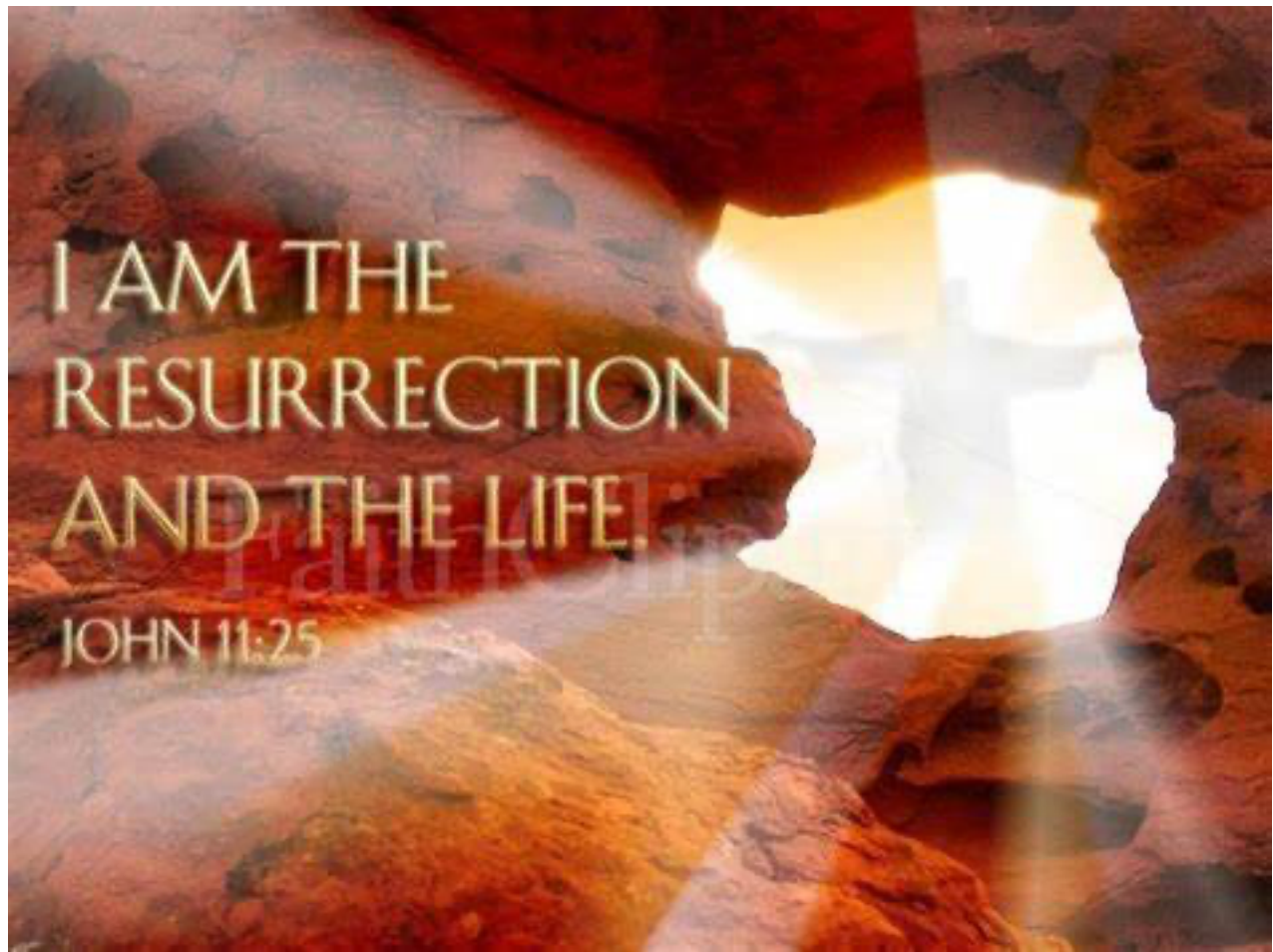
4. Dirty laundry and cholera epidemics

British physician John Snow traced the source of a cholera epidemic to a public water pump, where a bucket of water had been used to wash a child's diaper.

5. Malaria and war

During World War II, great swarms of mosquitoes forced General MacArthur's forces to retreat from the Bataan Peninsula in the Philippines.





Resources:

<https://www.ccalliance.org/about/awareness-month>

<https://www.everydayhealth.com/multiple-sclerosis/awareness-month/>

<https://www.eatrightpro.org/about-us/for-media/press-releases/fuel-for-the-future-academy-celebrates-2023-national-nutrition-month>

<https://nationaltoday.com/national-nutrition-month/>

<https://www.annanurse.org/article/world-kidney-day>

https://en.wikipedia.org/wiki/Women%27s_History_Month

<https://des.az.gov/featured-story/march-brain-injury-awareness-month>

<https://nationaltoday.com/epilepsy-awareness-purple-day/>

<https://nationaltoday.com/autism-awareness-month/>

<https://badgut.org/information-centre/a-z-digestive-topics/7-ibs-myths/>

<https://nationaltoday.com/national-minority-health-month/>

<https://nationaltoday.com/child-abuse-awareness-month/>

<https://nationaltoday.com/parkinsons-awareness-month/>

<https://nationaltoday.com/national-public-health-week/>