

April is:

- EASTER, April 17
- Physical Wellness Month
- Spring Safety / Make Preparations for Severe Weather
- Public Health Week, April 4-10
- World Health Day, April 7
- Alcohol Awareness Month
- Autism Awareness Month
- Child Abuse Prevention Month
- Infant Immunization Week, April 26-May 3
- Irritable Bowel Syndrome Awareness Month
- Oral Cancer Awareness Month
- World Parkinson's Day, April 11

In His Service,

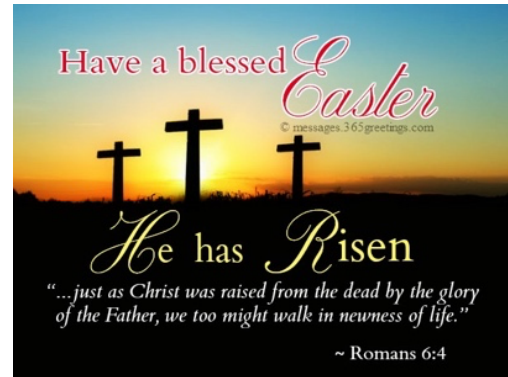


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Happy Easter!



PREPARE FOR SPRING WEATHER

Spring weather can be unpredictable. When severe weather hits unexpectedly, the risk of injury and weather-related death increases, so planning makes sense. Prepare for storms, floods, and tornadoes as if you know in advance they are coming, because in the spring, they very likely will.

Spring is the time of year when many things change—including the weather. Temperatures can swing back and forth between balmy and frigid. Sunny days may be followed by a week of stormy weather. Sometimes extreme weather changes can occur even within the same day. Mark Twain once said, "In the spring I have counted one hundred and thirty-six kinds of weather inside of four and twenty hours."

Thunderstorms cause most of the severe spring weather. They can bring lightning, tornadoes, and flooding. Whenever warm, moist air collides with cool, dry air, thunderstorms can occur. For much of the world, this happens in spring and summer.

Because spring weather is so unpredictable, you may be unprepared when severe weather hits—particularly if you live in a region that does not often experience thunderstorms, tornadoes, or flooding. And when severe weather hits unexpectedly, the risk of injury and death increases. So planning ahead makes sense; prepare for storms, floods, and tornadoes as if you know in advance they are coming, because in the spring, they very likely will.



Advance planning for thunderstorms, lightning, tornadoes, and floods requires specific safety precautions.

You can follow many of the same steps for all extreme weather events. Keep an emergency kit on hand. Some items to include are:

- A battery-operated flashlight, a battery-operated NOAA Weather Radio, and extra batteries for both
- An emergency evacuation or shelter plan, including a map of your home and, for every type of severe weather emergency, routes to safety from each room
- A list of important personal information, including:
 - telephone numbers of neighbors, family, and friends
 - insurance and property information
 - telephone numbers of utility companies
 - medical information
- According to the American Red Cross a first aid kit may include:
 - non-latex gloves
 - assortment of adhesive bandages
 - antibiotic ointment
 - sterile gauze pads in assorted sizes
 - absorbent compress dressings
 - tweezers
 - scissors
 - adhesive cloth tape
 - aspirin packets (81 mg each)
 - first aid instruction booklet (NOTE: Customize your first aid kit to meet your individual and family needs.)
- A 3–5 day supply of bottled water and nonperishable food
- Personal hygiene items
- Blankets or sleeping bags
- An emergency kit in your car



Prepare your family members for the possibility of severe weather. Tell them where to seek appropriate shelter as soon as they are aware of an approaching storm. Practice your emergency plan for every type of severe weather. Show family members where the emergency supplies are stored, and make sure they know how to turn off the water, gas, and electricity in your home.

Often by the time we are aware of an approaching storm, we have little if any time to prepare for it. But we do know that when spring arrives, thunderstorms, tornadoes, and floods are real possibilities. So why not take the surprise factor out of severe weather and prepare

yourself, your family, and your home? If thunderstorms, tornadoes, and floods do occur, you'll be ready for them.

PUBLIC HEALTH WORKFORCE: ESSENTIAL TO OUR FUTURE

For science.

The strain of the COVID-19 pandemic and its politicization weakened public health, which was already facing a worker deficit. Public health workers have reported symptoms of mental distress due to burnout, exhaustion and job-related harassment. The pandemic has further highlighted the need for a diverse public health workforce to serve diverse communities. Health workers of color are a smaller proportion of the workforce, but they are more likely to work in lower-wage positions.

For action.

Tell Congress you support a loan repayment program for public health workers and other provisions to ensure public health readiness. Sign APHA's action alert to urge Congress to support strong and sustained public health infrastructure funding. Call on lawmakers to support programs that strengthen the public health workforce, such as those at the U.S. Health Resources and Services Administration. Advocate in your workplace for paid sick leave, including mental health days. Uphold standards that protect workers during a pandemic, including legal protections for state public health officials. Champion peer support and mental health services in your workplace. Advocate for diversity within the public health workforce and for training that addresses implicit bias and cultural competency.

For health.

When health workers feel they're supported in their work, they have better mental health outcomes. In places where public health authority is strong, communities see lower rates of COVID-19 infections and deaths. Funding a robust public health workforce supports strong programs to protect communities and help people get and stay healthy physically and mentally. Building a more diverse health workforce would help identify and address structural biases within the health care system to improve health outcomes in underserved communities.

Where you are.

Research shows that every robust health system must have skilled, motivated and well-supported health workers. Public health programs need the support and involvement of the communities they serve, so building public trust and confidence is crucial to building healthy communities. A diverse public health workforce that reflects the diversity of the community is better prepared to address health disparities. The public health workforce is essential to addressing the health challenges of our present and future. For example, it's crucial that public health workers are included in the planning for and mitigation of climate change. Then, the public health workforce can continue to foster and support the health of their community members, wherever they are.

ALCOHOL-AWARENESS

Alcohol abuse is a disease and disorder of the mind; it is much more common than alcoholism. The intake of large alcohol amounts causes personal, social, and business problems. It affects those closest to the person suffering from this disorder. Their children and emotional partners are exposed to stressful situations, putting children at risk to experience social isolation, depression, and alcohol or drug addiction in the future.

During the first weekend of April, the National Council on Alcoholism and Drug Dependence (NCADD) focuses on supporting individuals to abstain from alcohol consumption. On National Alcohol Screening Day (NASD), health care professionals give support and opportunity for those who are addicted to alcohol to start therapy and win the battle against alcoholism.

10 ALCOHOL ABUSE FACTS

Many people are not ready to face problems that come with a chronic alcohol addiction. Before you take the next drink, think about these facts about alcohol abuse.

1. Alcohol affects your brain and body

Excessive alcohol consumption leads to reversible brain damage. It affects brain structures such as brain cortex, hypothalamus, small brain, and amygdala. These structures are responsible for coordinating movement, balance, physiological functions, and emotional stability.

Chronic and excessive alcohol consumption leads to dangerous and illegal behaviors and addiction. It causes liver cirrhosis – liver insufficiency, and consequently death.

2. Ethanol is the most popular psychoactive addictive substance

Those who tried alcohol in childhood have increased the risk to become addicted. Recent research shows that 70% of college students drink alcohol almost every day. Nearly 17 million Americans suffer from alcohol abuse.

3. Binge drinking is dangerous

Concerning fact is that many young people report excessively drinking in a short period of time. For men, it is more than five, and for women more than four alcoholic drinks within two hours. Large amounts of ethanol provoke vomiting, dehydration, and depresses breathing.

4. Alcohol has a negative impact on your hormones

Large amounts of alcohol have negative health consequences for both men and women. It can impair the physiological hormone balance of the ovaries and testes.

Binge drinking increases circulating estrogen level and decreases sex hormone binding globulin, which increases the risk of breast cancer. It also lowers testosterone level, which leads to decreased sex drive, low energy, depression, reduced bone, and body mass.

5. Alcohol abuse has a genetic component

Children who have someone in their family suffering from alcohol use disorder, have a higher risk of becoming addicted. Scientists have found specific genes that contribute to alcohol use disorder.

6. Dark colored drinks cause severe hangovers

Brandy, bourbon, red wine, and whiskey contain natural chemicals called congeners. These chemicals give the drinks their dark color and irritate blood vessels in the brain, which makes a hangover worse. Drinking light colored drinks may give you less of a hangover. However, the best way to prevent nausea, vomiting, fatigue, weakness, etc. is just to drink less.

7. Some drinks contain more pure alcohol than you think

It is not recommended to drink more than 14 alcohol units per week. If you drink beer, be aware of light beers because sometimes they contain more pure alcohol compared to others. You should avoid drinking cocktails because you will never know how many units your drink contains.

8. Red wine is good for your body

A 5 oz glass of wine is usually recommended by health professionals. Good red wine contains antioxidants, reduces blood pressure, cholesterol, and the risk of a stroke. It improves memory and protects the brain from neurodegenerative diseases.

9. Alcohol is a leading cause of violent behavior and traffic accidents

There is a strong link between alcohol abuse and violence. Men behave more violent after alcohol intake when compared to women.

Alcohol increases the risk of car accidents and violent deaths, especially on weekends.

10. Alcohol withdrawal symptoms range from mild to serious

Withdrawal symptoms show up as early as eight hours after you stop drinking. They can be different and their characteristics depend on the amount and frequency of alcohol consumption.

Symptoms include sweating, anxiety, headache, insomnia, depression, etc. Serious symptoms may require treatment by health care professionals. In these conditions, a person's struggle with addiction becomes more intense.

Different factors in a person's life may lead them to struggle with alcohol abuse. Nowadays, there are different treatment options available that can help you win the battle against addiction. Detoxing, medications, supplements, social, and family support are extremely important for those who are determined to start a new life.

AUTISM ACCEPTANCE MONTH – APRIL 2022

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.

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.

WHY AUTISM ACCEPTANCE MONTH IS IMPORTANT

1. *It is the fastest-growing developmental disorder*

There are approximately 70 million recognized cases of autism worldwide. Besides genetic mutation, environmental triggers such as exposure to heavy metals, antibiotics, chemicals, drugs, and even extensive T.V. viewing can cause autism.

2. *Autism has to be accepted with love*

The increasing occurrences of autism in the United States is a telltale sign that it is high time the general public is factually educated on the disorder to inspire change and support. This month reminds us to be empathetic, warm, and welcoming to autistic individuals and families around us.

3. *Early intervention help dealing with autism*

If we can screen autism at an early age by being aware of its signs and symptoms, we can improve quality of lives such as by underlying brain development, behavior therapy, and occupational therapy.

CHILD ABUSE AWARENESS MONTH – APRIL 2022

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.

WHY DO WE OBSERVE CHILD ABUSE AWARENESS MONTH

1. It helps to predict child abuse signs

Child Abuse Awareness Month helps in making us learn about the signs of child abuse. It lets us study the behavior of an abused child.

2. Every child deserves a safe childhood

We believe that every child should have a secure childhood. Child Abuse Awareness month emphasizes greatly on protecting our children from mistreatment of any kind.

3. The children grow up to become good human beings

Children who have experienced a safe childhood grow up to become happy and well-behaved.

NATIONAL INFANT IMMUNIZATION WEEK 2022

National Infant Immunization Week (NIIW) was established to raise the profile of the infant immunization program in the United States.

Infant immunization protects people from vaccine-preventable diseases throughout their life.

NIIW is also a time to appreciate and celebrate the achievements immunization programs have had in promoting good health. Supported by the Center for Disease Control and Prevention, the first National Infant Immunization Week took place in 1994.

While aspects of the campaign may differ each year, the message behind this week is always, 'Love Them. Protect Them. Immunize Them' and parents are encouraged or reminded to have their children immunized by the age of 2.

IRRITABLE BOWEL SYNDROME

OVERVIEW

Irritable bowel syndrome (IBS) is a common disorder that affects the large intestine. Signs and symptoms include cramping, abdominal pain, bloating, gas, and diarrhea or constipation, or both. IBS is a chronic condition that you'll need to manage long term.

Only a small number of people with IBS have severe signs and symptoms. Some people can control their symptoms by managing diet, lifestyle and stress. More-severe symptoms can be treated with medication and counseling.

IBS doesn't cause changes in bowel tissue or increase your risk of colorectal cancer.

SYMPTOMS

The signs and symptoms of IBS vary but are usually present for a long time. The most common include:

- Abdominal pain, cramping or bloating that is related to passing a bowel movement
- Changes in appearance of bowel movement
- Changes in how often you are having a bowel movement

Other symptoms that are often related include bloating, increased gas or mucus in the stool.

When to see a doctor

See your doctor if you have a persistent change in bowel habits or other signs or symptoms of IBS. They may indicate a more serious condition, such as colon cancer. More-serious signs and symptoms include:

- Weight loss
- Diarrhea at night
- Rectal bleeding
- Iron deficiency anemia
- Unexplained vomiting
- Difficulty swallowing
- Persistent pain that isn't relieved by passing gas or a bowel movement

CAUSES

The precise cause of IBS isn't known. Factors that appear to play a role include:

- **Muscle contractions in the intestine.** The walls of the intestines are lined with layers of muscle that contract as they move food through your digestive tract. Contractions that are stronger and last longer than normal can cause gas, bloating and diarrhea. Weak intestinal contractions can slow food passage and lead to hard, dry stools.
- **Nervous system.** Abnormalities in the nerves in your digestive system may cause you to experience greater than normal discomfort when your abdomen stretches from gas or stool. Poorly coordinated signals between the brain and the intestines can cause your body to overreact to changes that normally occur in the digestive process, resulting in pain, diarrhea or constipation.
- **Severe infection.** IBS can develop after a severe bout of diarrhea (gastroenteritis) caused by bacteria or a virus. IBS might also be associated with a surplus of bacteria in the intestines (bacterial overgrowth).
- **Early life stress.** People exposed to stressful events, especially in childhood, tend to have more symptoms of IBS.
- **Changes in gut microbes.** Examples include changes in bacteria, fungi and viruses, which normally reside in the intestines and play a key role in health. Research indicates that the microbes in people with IBS might differ from those in healthy people.

Triggers

Symptoms of IBS can be triggered by:

- **Food.** The role of food allergy or intolerance in IBS isn't fully understood. A true food allergy rarely causes IBS. But many people have worse IBS symptoms when they eat or drink certain foods or beverages, including wheat, dairy products, citrus fruits, beans, cabbage, milk and carbonated drinks.
- **Stress.** Most people with IBS experience worse or more-frequent signs and symptoms during periods of increased stress. But while stress may aggravate symptoms, it doesn't cause them.

APRIL IS ORAL CANCER AWARENESS MONTH

April is Oral Cancer Awareness Month, a time when dental professionals join with surgeons and other medical professionals to highlight the dangers oral cancer brings, and to call attention to the progress made in fighting this disease.

CLARITY

Oral cancer refers to cancer of the mouth, while pharyngeal cancer refers to cancer of the pharynx, or back of the throat. Your dental professionals are a first line of defense and

diagnosis for oral and pharyngeal cancer. Be sure to discuss this with your dentist and hygienist at every checkup.

MORTALITY

Sadly, the death rate from oral and pharyngeal cancers remains frustratingly high, at around 43 percent five years after diagnosis. This, according to the Oral Cancer Foundation, is because so few cases are diagnosed early enough to allow doctors to treat the disease. This year:

- More than 45,000 Americans will hear the diagnosis from their doctors
- More than 8,000 Americans will die from oral cancer

WORD OF MOUTH

Because this treatable cancer causes needless deaths due to late diagnosis, a number of professional organizations are coming together to spread the word on prevention, early diagnosis, and the search for cures:

- Academy of General Dentistry
- American Academy of Oral and Maxillofacial Pathology
- American Academy of Oral Medicine
- American Academy of Periodontology
- American Association of Oral and Maxillofacial Surgeons
- American Dental Association
- American Dental Hygienists' Association

CAUSES

Doctors and surgeons are constantly striving to understand oral cancer's origins, though the issue is complex. Some behaviors, according to the Mayo Clinic, place you at greater risk of contracting oral and pharyngeal cancers:

- Human papillomavirus (HPV)—HPV 16 is the leading cause of oropharyngeal cancer
- Tobacco—smoked or smokeless tobacco causes cancer; smokeless tobacco causes cancers of the mouth, throat and esophagus
- Alcohol—combining tobacco with alcohol greatly increases your risk of contracting oral cancer
- Sun exposure—you risk lip cancer
- Diet—not eating enough fruits and vegetables can increase your risk

Age, too, is a factor—most oral cancer victims are aged 40 and over.

PREVENTION

The causes themselves provide ample direction on helping to lower your risks of developing oral cancer:

- Cut out tobacco in all forms
- Drink moderately, and never combine alcohol and tobacco use
- Limit exposure to the sun, using a high Sun Protection Formula (SPF) sunscreen and lip balm
- Eat plenty of natural foods, including more fruits and vegetables

Additionally, brush and floss regularly, exercise to maintain a healthy immune system, and see your dentist regularly.

EARLY DETECTION

Your dental professional is best equipped to detect early signs of oral and pharyngeal cancer, but you can monitor your own body for symptoms:

- Difficulty chewing or swallowing, or difficulty moving your jaw or tongue
- Numbness of the tongue or other areas in your mouth
- Pain in only one ear, unaccompanied by hearing loss
- A sore, lump or other irritation in your mouth, on your lip, or in your throat
- A white or red spot in your mouth, especially on the mucosal membrane (inside cheek)

CURES

If detected early, oral cancer can be treated effectively. The best course is a team approach, combining the skills of your dentist, surgeons, oncologists, nutritionists and others. Choices of therapies to fight oral cancer include:

- surgery, radiation, and additional surgery
- radiation, surgery, and chemotherapy

ATTITUDE

No cancer is minor. The emotional aspects of receiving a diagnosis and fighting a cancer can be as important for a good prognosis as the finest team of medical professionals. Early detection is still the best way to lower the risk of oral and pharyngeal cancer. This April, make detection and prevention of oral cancer a priority in your life.

WORLD PARKINSON'S DAY

Every year on April 11th, World Parkinson's Day raises awareness for this progressive nervous system disorder. It's also a day to help the general public understand the reality of this disease for those who have it.

According to recent statistics from the Parkinson's Foundation, over 10 million people in the world have this disease. This neurodegenerative disorder occurs when neurons in the brain break down or die. When these nerve cells die, it reduces dopamine levels in the brain. Dopamine is a neurotransmitter that sends messages from one nerve cell to another. Low dopamine levels cause abnormal brain activity, which results in impaired movement. This is why tremors are usually the first symptom of Parkinson's disease.

Other early symptoms of this disease include:

- Changes in handwriting
- Loss of smell
- Trouble sleeping
- Stiffness in arms or legs
- Constipation
- Soft or hoarse voice
- Dizziness
- Hunched over posture

Just because someone has one of these symptoms doesn't automatically mean they have Parkinson's disease. However, if someone has more than one of these symptoms, they may want to see their doctor. When the disease progresses, it can cause dementia, depression, and limited mobility.



resources this issue

<https://www.fountainhillsrecovery.com/blog/april-alcohol-awareness-month/>

<https://nationaldaycalendar.com/world-parkinsons-day-april-11/>

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

<https://nphw.org/>

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

<https://www.whatthehealth.com/awareness/event/nationalinfantimmunizationweek.html>

<https://www.dhamadison.com/news/april-oral-cancer-awareness-month/>

<http://www.cdc.gov/nceh/features/springweather/>

<https://www.mayoclinic.org/diseases-conditions/irritable-bowel-syndrome/symptoms-causes/syc-20360016>