

June is:

- Trinity's Return to In-Person Worship, June 6 (Protocols being followed / Registration required)
- National Cancer Survivors' Day, June 6
- Happy Father's Day, June 20
- Family Health and Fitness Day, June 12
- Men's Health Week, June 14-20
- National Safety Month
- National Migraine & Headache Awareness Month
- Alzheimer's & Brain Awareness Month
- Cataract Awareness Month



¹³ As a father pities his children, So the Lord pities those who fear Him.
Psalm 103:13

In His Service,
H-3 Ministry



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Celebrate National Cancer Survivors Day June 6

Every year, on the first Sunday in June, cancer survivors gather with loved ones to celebrate their lives, raise awareness and serve as an inspiration to anyone facing a cancer diagnosis.

As of January 1, 2019, there were estimated to be almost 17 million cancer survivors alive in the US. This number is expected to grow to more than 22 million by 2030 due to both advances in early detection and treatment and the growth and aging of the population.

66%

In 2020, an estimated 1,806,590 new cases of cancer were diagnosed in the United States and 1,200,070 - 66% - people would survive their disease.

More than one-half (56%) of survivors were diagnosed within the past 10 years, and almost two-thirds (64%) are aged 65 years or older.

The cancer death rate rose until 1991, then fell continuously through 2017, resulting in an overall decline of 29% that translates into an estimated 2.9 million fewer cancer deaths than would have occurred if peak rates had persisted. This progress is driven by long-term declines in death rates for the 4 leading cancers (lung, colorectal, breast, prostate).

Every year, on the first Sunday in June, cancer survivors gather with loved ones to celebrate their lives, raise awareness and serve as an inspiration to anyone facing a cancer diagnosis.

There are nearly 17 million cancer survivors in the U.S., according to statistics from the National Cancer Institute, and the cohort is growing. Survivorship numbers are expected to hit 22 million by the year 2030.

More than 3,000 cases of mesothelioma cancer are diagnosed each year in this country. While the prognosis is generally poor for this disease caused primarily by exposure to asbestos, advances in treatment continue to bring hope.



Family Health & Fitness Day will be held on June 12, 2021! Celebrated the second Saturday in June each year, this special day promotes the importance of parks and recreation in keeping communities healthy.



National Men's Health Week – June 14-20, 2021

National Men's Health Week is June 14-20, the week leading up to Father's Day, because what better way to celebrate dad than to encourage him to take care of his health? The week is all about healthy bodies, hard exercise, good diet, and regular visits to the doctor. It's part of National Men's Health Month, a month-long recognition of men's health with activities and events to remind men to take care of their bodies. So whether you are a man or just love them, take some time this week to celebrate the male form and keeping it in tip-top shape!



NATIONAL MEN'S HEALTH WEEK ACTIVITIES

1. Make an appointment

One of the best ways to celebrate Men's Health Week is to make an appointment you've been putting off! Have a mole you need looked at, or an elbow injury that keeps flaring up? Feel like your digestion has been off or maybe it's just time for you schedule a test? Use Men's Health Week as an excuse to make a call and get that appointment on the calendar.

2. Head to the gym

Use Men's Health Week to get yourself moving! Go the gym, take a long walk, swim some laps, or take a bike ride. You're body with thank you, and just maybe it'll be the start of a weekly ritual.

3. Wear a blue ribbon

The blue ribbon is the symbol for Men's Health, and wearing one this week will show your commitment to the cause. It also does double duty as a conversation starter, helping you spread the good news about Men's Health Week to anyone curious enough to ask!

WHY WE LOVE NATIONAL MEN'S HEALTH WEEK

1. We love men

We all have fathers, brothers, sons, grandfathers, and friends that are men! Some of us are even men ourselves! We want the men in our life to be healthy, happy, and with us for a long time, and encouraging them to take care of themselves is a big part of that. Men's Health Week helps us talk to the men in our life about their health!

2. Health is hard

Especially in America, many men are encouraged to be macho and invincible, and oftentimes that means they ignore symptoms and put off doctor appointments because "they're fine." Men's Health Week is all about peer pressure in the other direction!

3. An excuse to follow your bliss

It can be hard to find time to do the things we love to do, but Men's Health Week is a good reminder that health is also about happiness. Take a hike, go on a walk, play a round of golf, read a book, take a nap. Do what relaxes you! It's all healthy.



National Safety Month

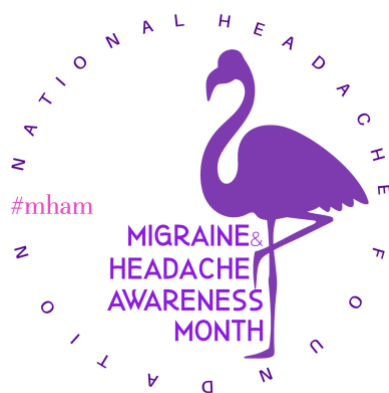
Each week throughout National Safety Month in June is an opportunity to make a difference in your home, work, and community.

Identifying risks around the home or improving safety standards at home and in your community protects everyone. Whether we increase first aid and emergency awareness through drills or provide water safety tips for summer recreation, we're taking steps to provide a safer neighborhood.

HOW TO OBSERVE #NationalSafetyMonth

Get involved!

- Report repairs as they are needed
- Hold drills at home to help children know what to do in the even of
 - fire
 - tornado
 - medical event
 - another natural disaster
- Volunteer to participate in community emergency preparedness events
- Put together a [first aid kit](#)
- Take a CPR class
- Teach someone to change a tire properly and safely
- Learn about proper storage and disposal of medications
- Take a defensive driving course
- Learn how to identify fall hazards in a home



National Migraine & Headache Awareness Month – 2021

June is National Migraine & Headache Awareness Month (MHAM), an opportunity to raise awareness about migraine and other headache diseases. Migraine impacts forty million people in the United States, one billion people across the globe, and is recognized as the #2 cause of disability worldwide. Currently, about 16 million people with migraine in the U.S. are undiagnosed. Approximately 400,000 Americans experience [cluster headaches](#), recognized as one of the

most painful diseases a person can have.

This year, [MHAM](#) is focused on A New Era of Care and the impact of COVID-19 on individuals with migraine and other headache diseases.

“There is currently no cure for migraine, but we are in a renaissance of new treatments, therapies, and approaches to managing the disease,” explained Wendy Bohmfalk, Chairperson of the MHAM Committee. “If you have been struggling in silence, now is the time to speak up, educate yourself, and seek care. You might just change your life.”

A New Era of Care & COVID-19 Impact

During the pandemic, there has been a significant rise in telemedicine. According to [a survey](#) by the Headache and Migraine Policy Forum and MigraineAgain, 78% of migraine and headache patients used telemedicine after the start of the pandemic, in comparison to just 22% before the pandemic. This trend is ushering in a new era of care, where patients can interact with health professionals from the convenience and comfort of their homes. The survey also revealed that there has been a nearly 70%

rise in the number of migraine attacks during the pandemic and 84% of people have more stress managing their disease.

On the treatment front, there are new options for patients to explore. “Migraine and headache patients now have more options due to a wave of innovation in acute and preventive care,” noted Dr. William Young, Professor of Neurology, Thomas Jefferson University and Medical Advisor for the Coalition for Headache and Migraine Patients. “These include CGRP monoclonal antibodies, gepants, lasmiditan, and several neuromodulation devices.”



“Alzheimer’s And Brain Awareness Month” is declared each June by the *Alzheimer’s Association* to help raise awareness about the disease, as well as show support for the millions of people worldwide living with Alzheimer’s or another form of dementia. It’s also a time to recognize caregivers for the support they provide to those living with Alzheimer’s and other forms of dementia.

Every three seconds someone in the world develops dementia, with nearly 50 million people currently living with the disease worldwide. Perhaps more alarmingly, that number is expected to reach 132 million by 2050.

Facts About Alzheimer’s Disease And Dementia

Dementia is a brain condition that affects parts of the brain that control thought, memory, and language. and Alzheimer’s disease is the most common form of dementia. While the risk of developing Alzheimer’s disease increases with age, Alzheimer’s disease is not considered a “normal” part of aging. Most people living with Alzheimer’s disease are older than 65 years; however, people younger than age 65 can develop Alzheimer’s disease (though it is not common.)

One of the first steps toward raising awareness is educating people on important facts concerning the progression of the illness and the number of older adults that it affects around the world. Here are a few essential facts that everyone should know as we head through Alzheimer’s and Brain Awareness Month:

- Many Seniors Living With Alzheimer’s Do Not Know They Have It: the early signs of dementia include problems speaking or finding the right words during conversations, behavioral changes and difficulty with daily tasks like dressing. However according to the Alzheimer’s Association, even

after these symptoms are recognized by a health professional, only 45% of patients are told by their doctors of their diagnosis. The failure to disclose the diagnosis to patients and their caregivers can prevent seniors from receiving the early treatment they need.

- **Dementia Impacts More People Ever Year:** it is estimated that around 44 million people in the world are currently living with dementia. While this is already a high number, it's supposed to continue to increase over the years, rising to 135 million by 2050.
- **Alzheimer's Often Leads To Premature Death:** Many people know that Alzheimer's disease causes debilitating memory loss that can make daily tasks difficult. However, it's essential that individuals are aware that Alzheimer's is actually the sixth leading cause of death among the U.S. population, explained the Alzheimer's Association. As there is currently no cure for dementia, the disease is the only illness in the country's top 10 causes of death that can't be prevented or even slowed, noted the source.

Normal Memory Loss – Or Alzheimer's Disease/Dementia?

Although everyone's brain changes as they age, it's important to understand that Alzheimer's disease is not a normal part of aging. Memory loss is typically one of the first warning signs of Alzheimer's disease, but occasionally forgetting words or names does not mean a person has Alzheimer's. There are other signs that someone in the early stages of Alzheimer's disease may experience in addition to memory problems.

In the early stages of the disease, these can include:

- Getting lost in familiar places
- Having trouble handling money and paying bills
- Repeating questions
- Taking longer to complete normal daily tasks
- Displaying poor judgment
- Losing things or misplacing them in odd places
- Displaying mood and personality changes



When To Consider A Dementia Evaluation

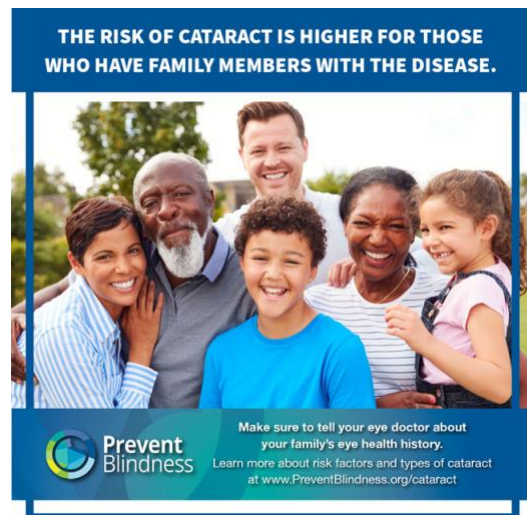
It's time to consult a doctor when memory lapses become frequent enough or sufficiently noticeable to concern you or a family member. If you get to that point, make an appointment as soon as possible to talk with a primary physician to have a thorough physical examination. Your doctor can assess your personal risk factors, evaluate your symptoms, eliminate reversible causes of memory loss, and help obtain appropriate care. Early diagnosis can treat

reversible causes of memory loss, or improve the quality of life in Alzheimer's or other types of dementia.

You might consider having your loved one screened for dementia if they have begun having difficulty with the following:

- Remembering new things
- Dealing with numbers and logical thinking

- Performing familiar activities
- Understanding the passage of time:change of months/seasons
- Changes In Vision Or Perception
- Carrying On A Conversation
- Losing Things
- Poor Decision Making
- Socializing/Hobbies
- Drastic Change In Personality Or Mood



June Declared Cataract Awareness Month to Educate Public on World’s Leading Cause of Vision Loss

A cataract is a clouding of the eye’s lens, which blocks or changes the passage of light into the eye. The lens of the eye is located behind the pupil and the colored iris, and is normally transparent. Vision may become blurry or dim because the cataract stops light from properly passing through to the retina. Generally, a cataract does not cause pain, redness or tears.

Risk factors for cataracts include:

- Older age
- Intense heat or long-term exposure to UV rays from the sun
- Certain diseases, such as diabetes
- Inflammation in the eye
- Hereditary influences
- Events before birth, such as German measles in the mother
- Long-term steroid use
- Eye injuries
- Eye diseases
- Smoking

Most cataract cases in the United States are in older adults, but children may also develop pediatric cataracts. According to the [American Academy of Ophthalmology](#), cataracts in a child can be congenital (present at birth) or acquired (develop after birth). Without treatment, cataracts in young children can cause poor development of the visual pathway between the brain and the eye, leading to vision impairment. Therefore, diagnosing and treating cataracts early in children is critical to promoting normal vision development.

5 Surprising Facts for Cataract Awareness Month

Prevent Blindness America [designated June as Cataract Awareness Month](#) to bring attention to this devastating, yet curable, disorder. While cataracts are one of the most common eye

disorders in the United States and around the world, too few people understand the causes, symptoms and [treatment options](#).

Here are five cataract facts you may find surprising...

1. Cataracts are the leading cause of vision loss in the U.S.

The [U.S. Centers for Disease Control and Prevention](#) estimates that nearly 30 million Americans have cataracts. That's more than twice the total number of people with glaucoma, diabetic retinopathy and age-related macular degeneration – combined.

2. Babies can be born with cataracts.

Although rare, some babies are born with cataracts, a condition known as congenital cataracts. Infections in the mother during pregnancy, such as rubella, syphilis, chicken pox and cytomegalovirus, can cause the condition, as can some other metabolic problems, diabetes, trauma, inflammation and drug reactions.

3. One out of every six Americans over age 40 has cataracts.

Most people think of cataracts as only affecting the elderly, but [symptoms and vision loss from cataracts](#) often start as early as age 40. The likelihood of developing cataracts doubles in your 50's and doubles again in your 60's. By the age of 80, more than 50% of Americans have cataracts.

4. Smoking and excessive sunlight add to the risk of developing cataracts.

Smoking doubles the risk of developing nuclear sclerotic cataracts and triples the risk for subcapsular cataracts. Ultraviolet (UV) rays from the sun can also promote cataract development, reinforcing the importance of wearing [UV-blocking sunglasses](#) outdoors.

5. Surgery is the only effective treatment for cataracts.

Cataracts permanently damage the natural eye lens. The only way to restore a patient's vision therefore is by surgically replacing the natural lens with an artificial lens. [Cataract surgery](#) is one of the most common surgical procedures in the world and is recognized as safe and effective. Traditional and [laser-assisted surgical options](#) are available.

Resources:

<https://www.asbestos.com/blog/2021/06/03/national-cancer-survivors-day/>

<https://www.nrpa.org/events/family-fitness-day/>

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

<https://nationaldaycalendar.com/national-safety-month-june/>

<https://headaches.org/2021/05/27/national-migraine-headache-awareness-month-2021/>

<https://www.unityhealthcare.com/june-is-alzheimers-and-brain-awareness-month-showing-support-for-those-living-with-dementia/>

<https://preventblindness.org/ataract-awareness-month-2020/>

<https://www.northfloridavision.com/blog/post/2020/06/02/5-Surprising-Facts-for-Cataract-Awareness-Month.aspx>