

H-3 Monthly Newsletter

June is :

- Cancer Survivor's Day, Sunday, June 5
- Alzheimer's & Brain Awareness Month
- Cataract Awareness Month
- Men's Health Month
- Father's Day, June 19
- National Migraine & Headache Awareness Month
- Scoliosis Awareness Month
- Summertime Food Safety

In His Service,



“Let us not love in word, neither in tongue; but in deed and in truth.”

1 John 3:18

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National
Cancer
Survivors Day –
June 5, 2022

On the first Sunday in June each year, on June 5 this year, the nonprofit National Cancer Survivors Day Foundation rallies its forces and resources to promote National Cancer Survivors Day in the U.S. and worldwide, as it has done since 1988. The NCSD Foundation bills the holiday as a “celebration of life” where survivors — described as anyone who has a history of the disease, from the point of diagnosis through the remainder of life — gather with friends, families, and supporters to raise awareness, spread information, provide services, and honor other survivors, all to show that life after a cancer diagnosis can be full and fruitful.

Alzheimer's & Brain Awareness Month begins June 1

KNOXVILLE, Tenn. (WATE) — The month of June is Alzheimer's and Brain Awareness Month, according to the Alzheimer's Association, which is encouraging people to make brain health a priority while also informing them about the six things people living with Alzheimer's Disease wished others knew.

"Many Americans struggle with what to say and do when a family member, friend, co-worker or neighbor is diagnosed with Alzheimer's disease or another dementia," a news release states. "The shock of someone revealing a dementia diagnosis can leave many at a loss for how to engage. Efforts to be supportive can be dampened by concerns of saying or doing the wrong thing. Worse, not knowing what to say or do, some individuals distance themselves from diagnosed individuals, further deepening the sadness, stigma and isolation people living with Alzheimer's and dementia can experience in the wake of a diagnosis."

The Alzheimer's Association recently asked those living with early-stage Alzheimer's and/or other dementia what they want others to know about living with the disease. Below are the six things they shared.

6 THINGS ALZHEIMER'S AND OTHER DEMENTIA PATIENTS WANT YOU TO KNOW:

- My Alzheimer's diagnosis does not define me
- If you want to know how I am doing, just ask me
- Yes, younger people can have dementia
- Please don't debate my diagnosis or tell me I don't look like I have Alzheimer's
- Understand sometimes my words and actions are not me, it's my disease
- An Alzheimer's diagnosis does not mean my life is over

"During Alzheimer's & Brain Awareness Month in June, the Alzheimer's Association encourages everyone to learn more about disease-related challenges facing those living with Alzheimer's and other dementia. Educating yourself and others about the disease is one of the best ways to reduce stigma and misperceptions. The Alzheimer's Association offers guidance for navigating every stage of the disease. The Association's Live Well series provides tips to help early-stage individuals live their best lives. For other disease-related information and resources, visit alz.org."

Looking Out for Your Sight This National Cataract Awareness Month

June marks not only the start of summer but also National Cataract Awareness Month, a time where we recognize the danger of cataracts as well as the preventative measures people can take to protect their vision. A cataract is a progressive clouding of the eye that is often painless, but when left untreated, can eventually lead to blindness. While cataracts are common in older people – half of U.S. adults between 75 and 85 years old have lost some vision due to a cataract – there isn't a specific time or age where cataracts can begin forming. Some people can start developing cataracts as early as 40 because of eye trauma, diabetes, corticoid medications, radiation treatments or other reasons.

If you're unsure whether you have a cataract, common symptoms can include: A decrease in the clarity of vision, seeing colors that are faded or washed out, sensitivity to light and frequent changes to eyeglass prescriptions. Monitoring your eyesight for any of these changes is a good first step, but the only true way to diagnose a cataract is through a non-invasive, dilated eye exam from an eye care professional.

Although there is no definitive way to prevent a cataract from forming, there are lifestyle changes you can make to better protect your eyes and vision and decrease your risk, including:

- **Wearing sunglasses:** There is evidence that protecting your eyes from ultraviolet rays may prevent or slow down the progression of cataracts.
- **Quitting smoking:** Smoking increases the risk of cataracts, as well as other eye diseases, including age-related macular degeneration, glaucoma and diabetic retinopathy.
- **Having routine eye exams:** Consistent eye care can diagnose cataracts and other eye problems at their earliest stages.
- **Eating healthy:** Adding fruits, vegetables and fish that are high in vitamins and nutrients can help to slow the growth or progression of cataracts. For example, including foods high in antioxidants like vitamins C and E into your diet have been found to help in cataract prevention.
- **Managing other chronic conditions:** Chronic conditions, especially diabetes, can increase the risk of cataracts by causing the eye lens to swell from rising sugar levels in the blood. Participating in regular exercise, taking prescriptions for conditions and other preventative measures can help manage cataracts and eye health too.

Because harmful UV rays will be at their strongest in the coming weeks, now is the perfect time for health plans to educate their members on the changes they can make to their routines to not only benefit their eye health but also preserve their lifestyle and save substantial medical costs down the road.

National Men's Health Month – June 2022

June is National Men's Health Month! This month is all about encouraging the men in your life (including you, men out there!) to take care of their bodies by eating right, exercising, and working to prevent disease. The official symbol for the month is a blue ribbon and the purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease, and depression.

WHY NATIONAL MEN'S HEALTH MONTH IS IMPORTANT

A. That checks out

If you're stressing about a symptom—a busted knee, a persistent headache—it can be easy to get in a cycle of worrying about it. But going to the doctor can do two incredible things: one, it can figure out what's wrong, but two, it can keep you from worrying! Men's Health Month encourages you to get yourself checked out so you can feel better—and stop worrying.

B. A conversation starter

Men's Health Month gets people talking about health, which gets people acting about health. Gyms get joined, appointments get made, and resolutions get promised. It's a beautiful thing. Join in!

C. An excuse for pampering

Lots of things that are good for your body are also good for your soul! Play some golf, get a massage, take an extra long nap. It's all healthy, and if anyone asks the occasion, you've got an answer at the ready: Men's Health Month!

June is Migraine and Headache Awareness Month

HEADACHE DISORDERS ARE SOME OF "THE MOST COMMON DISORDERS OF THE NERVOUS SYSTEM." (WHO)

Everyone has a headache now and then, but not everyone with a headache has a headache disorder such as chronic migraine or cluster headaches. The WHO also states that 1 in 7 adults worldwide has migraine, and that it can be 3 times more common in women than men.

ADDRESSING THE STIGMA

June is National Migraine & Headache Awareness Month (#MHAM), and the full headache, migraine and cluster communities are working together for our diseases to be recognized. A disease awareness month plays a vital role in raising public knowledge, addressing stigma and building a stronger community of patient advocates.

Headaches and migraines are among the most common disorders of the human nervous system. It has been estimated that more than half of the adult population has had at least one headache in the last year. Symptoms range from excruciating migraines, dull and throbbing head pain, piercing cluster pain, neck pain and tension, nausea, and hypersensitivity to light, sound and smells.

When left unresolved, headaches and migraines can lead to depression and isolation and self-medication.

WHEN TO SEE A DOCTOR

- Occasional headaches are common, and usually require no medical attention. However, consult your doctor if:
- You usually have two or more headaches a week
- You take a pain reliever for your headaches most days
- Your headaches are disabling
- You need more than the recommended dose of over-the-counter pain remedies to relieve your headaches
- Your headache pattern changes or your headaches worsen
- Is sudden and severe
- Gets worse despite rest and pain medication
- Follows a head injury
- Accompanies a fever, stiff neck, confusion, seizure, double vision, weakness, numbness or difficulty speaking

FACTS ABOUT MIGRAINE

The World Health Organization places migraine as **one of the 10 most disabling medical illnesses** on Earth.

Migraine impacts over 37 million men, women and children in the United States.

Non-specific oral preventative medications reduce headache frequency by 1/2 in about 40% of patients who take these medications – more than 80% discontinue them by 12 months.

It's estimated that up to 148 million people in the world suffer from chronic migraine.

PEDIATRIC MIGRAINE

- Colic in infants may be the earliest sign of migraine attacks.
- Approximately 10% of children experience migraine.
- Children with one parent suffering from migraine have a 50% chance of having it too.
- The risk of children having migraine increases to 75% if both parents have it.

Fewer than 5% have been seen by a health care provider, received an accurate diagnosis, and obtained appropriate care.

Migraine is 3x more common in women than men. Migraine affects over 30% of women over a lifetime.

Most people with migraine have a few attacks per month, but 2% of the population have chronic migraine, and experience headache on more than 15 days per month.

- For more than 90% of those affected, migraine interferes with education, career or social activities.
- In 2018, the FDA approved three preventive treatments designed specifically for migraine.
- 1 in 4 households in America has a member with migraine.
- Migraine is the third most common disease in the world, affecting 1 out of every 7 people globally.

Costs more than \$20 million each year in the United States due to direct medical expenses and lost productivity.

Scoliosis Awareness Month: Straighten Your Mindset While You Straighten Your Back

This Scoliosis Awareness Month—which takes place every June—it is important to remember that this condition not only affects the spine, but it also affects the mind. A scoliosis diagnosis can lead to negative thoughts and, if you let them run, can snowball into anxiety and depression.

WHAT IS SCOLIOSIS?

Scoliosis is an abnormal curvature of the spine. A healthy spine has three curves:

- Lordosis—a slight curving toward the front of the body—in the neck (cervical spine)
- Kyphosis—a slight curving toward the back of the body—in the thoracic spine

- Lordosis in the lower back (lumbar spine)

However, if viewed directly from the back, a healthy spine is more or less straight up and down, perpendicular to the ground. In scoliosis, the spine curves to the left or right in addition to the normal kyphotic and lordotic curvatures.

PHYSICAL SYMPTOMS OF SCOLIOSIS

Many people with scoliosis report no symptoms other than cosmetic. Scoliosis may cause a visible disorder, but it is usually not painful.

Symptoms are usually visual in nature, meaning they can be seen. These may include:

- Rounded shoulders
- Sway back
- Asymmetrical chest
- One leg appearing to be shorter than the other

More serious symptoms are rare, but can include:

- Back pain
- Tingling or numbness in the legs
- Fatigue
- Difficulty breathing

Serious symptoms appear generally in severe and untreated cases of scoliosis only. As a rule, scoliosis is a cosmetic deformity with few other physical symptoms.

SCOLIOSIS AND MENTAL HEALTH

Although scoliosis usually causes few problems physically, the same cannot be said for mental and emotional conditions. A 2016 literature review details the mental health impact of scoliosis.

According to numerous studies cited in the review, people with scoliosis have a higher rate of the following mental health conditions or quality-of-life issues:

- Lower rate of social participation
- Lower rates of marriage
- Poor self-image

- Negative self-talk
- Difficulties finding and keeping jobs
- Depression
- Anxiety
- Personality disorders

One 2014 study of 19-year-old Korean males even showed a higher incidence of schizophrenia than the general population.

SCOLIOSIS TREATMENT

The most severe cases of scoliosis are usually treated with back braces or spinal fusion surgery, but even these treatments can have effects on mental health, especially in children and adolescents.

A 2010 study found an association with multiple surgeries and abnormal behavior—aggression, rule-breaking and misconduct—in 34 children. Another found high levels of neuroticism in people who have had surgery versus people who have had conservative treatment and the general population.

At Edison Spine Center, we follow a conservative treatment philosophy: We don't operate unless it is absolutely necessary. If you or child has scoliosis that is affecting quality of life, request an appointment with us. We can recommend various nonoperative treatments that can greatly improve health—both of the spine and of the mind.

10 SYMPTOMS EXPRESSED BY SCOLIOSIS SUFFERERS

- Chronic pain
- Aesthetic deformity
- Discomfort
- Low self esteem
- Inability to perform
- Shortness of breath
- Trouble with simple tasks
- Tingling, numbness
- Lack of compassion
- Inability to sleep

Understanding Scoliosis

What is scoliosis?

Scoliosis is a sideways curve of the spine.



Types of scoliosis:

Idiopathic

Can occur at any age, usually in adolescence.

Neuromuscular

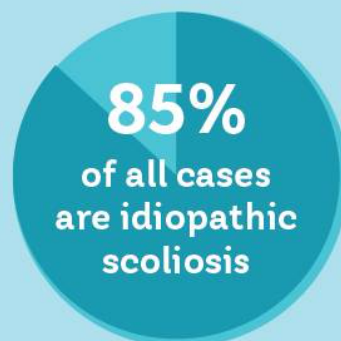
Occurs when an underlying affects muscle tone.

Congenital

Relatively rare; starts as a baby's spine forms in-utero.

Early Onset

An uncommon form that develops before age 10.





Seven Super Steps to Safe Food in the Summer

During warm weather, it is especially important to take extra precautions and practice safe food handling when preparing perishable foods such as meat, poultry, seafood and egg products. The warmer weather conditions may be ideal for outdoor picnics and barbecues, but they also provide a perfect environment for bacteria and other pathogens in food to multiply rapidly and cause foodborne illness. Follow the suggestions below to Fight BAC!® (foodborne bacteria) and reduce the risk of foodborne illness this summer.

1. Wash, Wash, Wash Your Hands. Always wash your hands with warm water and soap for at least 20 seconds before and after handling food. Sing Row, Row, Row Your Boat twice to get a sense of how long you should wash.
2. Marinating Mandate. Always marinate food in the refrigerator. Don't use sauce that was used to marinate raw meat or poultry on cooked food. Reserve a portion of the unused marinade to use as a sauce.
3. Hot, Hot, Hot. When grilling foods, preheat the coals on your grill for 20 to 30 minutes, or until the coals are lightly coated with ash.
4. Temperature Gauge. Use a food thermometer to ensure that food reaches a safe internal temperature.
5. Where's the Beef? Chicken and Fish? Hamburgers should be cooked to 160 °F, while large cuts of beef such as roasts and steaks may be cooked to 145 °F for medium rare or to 160 °F for medium. Poultry must reach a temperature of 165 °F. Fish should be opaque and flake easily.
6. Stay Away from that Same Old Plate. When taking foods off the grill, do not put cooked food items back on the same plate that held raw food, unless it has been washed with hot water and soap first. And in hot weather (above 90°F) foods should never sit out for more than one hour before going in the refrigerator.
7. Icebox Etiquette. A full cooler will maintain its cold temperatures longer than one that is partially filled so it is important to pack plenty of extra ice or freezer packs to ensure a constant cold temperature. Keep the cooler out of the direct sun. Keep drinks in a

separate cooler from foods. The beverage cooler will be opened frequently while the food cooler stays cold.

Home Food Safety®
www.homefoodsafety.org
A Collaboration Between
Academy of Nutrition and Dietetics | CanAgg Foods

Food Safety at the Grill

DOWNLOAD THE FREE IS MY FOOD SAFE? APP

WASH
Scrub the grill with **hot, soapy water** before each use.
Wash hands thoroughly with **warm, soapy water** before, during and after food preparation.
Wash **all** utensils and cutting boards after use.

SEPARATE From
Cooked and ready-to-eat foods
Raw meat and poultry
Have a **clean platter and utensils** ready at grill-side for serving.

COOK
Always use a **food thermometer** to cook to a safe temperature.

REFRIGERATE
Don't let perishables sit out for longer than **two hours**, or **one hour** if the outdoor temperature is above **90° F**.
Make sure perishable foods stay below **40°F**.
Transport food in the passenger part of the car, **not in the trunk**.
40°F

Are you packed for the cookout?
These non-food items are indispensable for a "safe barbecue."
ICE, Moist Towellettes, Trash Bags, Paper Towels, Hand Sanitizer, SOAP, Bring extra plates and utensils, Food Thermometer.

Hot Dog 165°F
Chicken 165°F
Hamburger 160°F
Bratwurst 160-165°F
Fin Fish 145°F
Pork 145°F
Steak 145°F

8.

HAVE A FOOD SAFE SUMMER

While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

1 in 6

Approximate number of Americans stricken with food poisoning each year



128,000

Estimated annual hospitalizations from foodborne illnesses



Did You Know?

U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about **\$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK** (according to the National Cattlemen's Beef Association).



Basic Tips

CLEAN



CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER. If you're at a picnic, bring moist towelettes to use!

Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them!



SEPARATE



SEPARATE PLATES AND UTENSILS. When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).

COOK



USE A FOOD THERMOMETER.

Burgers: 160°F



Just because your burger is brown, not pink, doesn't mean it's safe to eat!

CHILL



CHILL RAW AND PREPARED FOODS PROMPTLY if not consuming after cooking.



Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.

What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

BARBECUE

Cook all meat and poultry to recommended internal temperatures.

Burgers: 160°F.

Chicken and Turkey: 165°F.

Sausage: 160°F.

Steaks: 145°F with a 3-minute rest time.

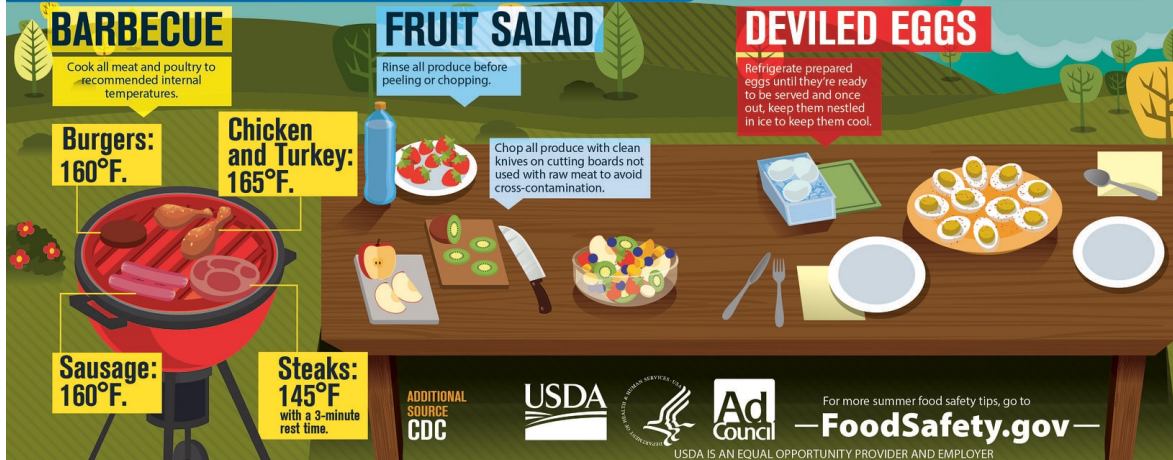
FRUIT SALAD

Rinse all produce before peeling or chopping.

Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.

DEVILED EGGS

Refrigerate prepared eggs until they're ready to be served and once out, keep them nestled in ice to keep them cool.



ADDITIONAL SOURCE: CDC



For more summer food safety tips, go to

FoodSafety.gov

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

Resources:

- <https://nationaltoday.com/national-cancer-survivors-day/>
- <https://www.wate.com/news/top-stories/alzheimers-brain-awareness-month-begins-june-1/>
- <https://versanthealth.com/blog/looking-out-for-your-sight-this-national-cataract-awareness-month/>
- <https://nationaltoday.com/national-mens-health-month/>
- <https://www.chcw.org/june-is-migraine-and-headache-awareness-month/>
- <https://edisonspinecenter.com/scoliosis-awareness-month/>
- <https://www.fightbac.org/seven-super-steps-to-safe-food-in-the-summer/>