

August-October 2023

- "CONVERSATIONS on Cancer & Health", Sunday, October 22, immediately after the morning service. This educational program will be hosted by The TMBC H-3 Ministry. Cancer Awareness & General Health will be emphasized.
- The Importance of Immunizations / Vaccinations
- CDC Recommends Updated COVID 19 Vaccines
- Childhood Cancer Awareness
- Prostate Cancer Awareness
- Breast Cancer Awareness
- Ways to Practice Self-Care
- Coping After Suicide Loss

*In His Service,*  
*H-3 Ministry*



*Jeremiah 33:6*

*Behold, I will bring to it health and healing, and I will heal them; and I will reveal to them an abundance of peace and truth.*



256.766.9958

[info@tmbcal.org](mailto:info@tmbcal.org)

606 S. Marietta Street  
Florence, AL 35630



## THE COLOR AND MEANING OF CANCER RIBBONS

While the pink ribbon is a well-recognized symbol of breast cancer awareness and support, many different awareness ribbons, representing many different types of cancers, exist. You might be surprised to learn that more than 50 ribbons represent different cancers and their survivors and caregivers today.

But where did it all start? Awareness ribbons initially sprang from a 1970s tune, "Tie a Yellow Ribbon Round the Ole Oak Tree," which inspired the wife of a hostage in Iran to tie yellow ribbons around trees in an effort to heighten awareness and bring her husband home. In the 1990s, AIDS activists brought the red ribbon to life. Since the 1990s, ribbons have decorated the chests and homes of many cancer patients, families, and friends as an outward show of support and compassion.

### RIBBONS OF ALL HUES

In addition to pink for breast cancer, a rainbow of ribbons mark months of awareness and action for other types of cancers. Some of these include:

- Bladder cancer (May): Yellow, purple, and navy
- Bone cancer (July): Yellow
- Bone marrow transplants (November): Green
- Brain cancer (May): Gray
- Cancer survivors (June): Lavender
- Childhood cancer (September): Gold
- Colon cancer (March): Dark blue
- Gynecological cancer (September): Purple
- Leukemia (September): Orange
- Liver cancer (October): Green
- Lung cancer (November): Pearl or white
- Pancreatic cancer (November): Purple
- Prostate cancer (September): Light blue
- Skin cancer (May): Black
- Uterine cancer (September): Peach

Ribbons can be combined to represent multiple cancers, and lavender is sometimes used to recognize cancer as a whole. They can be worn anytime to send love to someone in need, share your commitment with others, and inspire action for awareness and treatment.

In a world where cancer affects so many lives, the diverse colors of awareness ribbons unite us in a shared pursuit: to raise awareness, promote early detection, and support the patients and survivors in our lives. Together, we stand as a powerful force, offering hope and compassion to all those impacted by cancer of any kind.

## 10 REASONS TO GET VACCINATED

### 1. Vaccine-preventable diseases have not gone away.

The viruses and bacteria that cause illness and death still exist and can be passed on to those who are unvaccinated and not protected. While many diseases are no longer common in the US, global travel makes it easy for diseases to spread.



### 2. Vaccines will help keep you healthy.

The Centers for Disease Control and Prevention (CDC) recommends vaccinations throughout your life to protect against many infections. When you skip vaccines, you leave yourself vulnerable to illnesses such as shingles, flu, and HPV and hepatitis B—both leading causes of cancer.



### 3. Vaccines are as important to your overall health as diet and exercise.

Like eating healthy foods, exercising, and getting regular check-ups, vaccines can play a vital role in keeping you healthy. Vaccines are one of the safest preventive care measures available.



### 4. Vaccination can mean the difference between life and death.

Vaccine-preventable infections can be deadly. Prior to the COVID-19 pandemic, approximately 50,000 adults died from vaccine-preventable diseases in the US each year.



### 5. Vaccines are safe.

The US has a robust approval process in place to ensure that all licensed vaccines are safe. Potential side effects associated with vaccines are uncommon and much less severe than the diseases they prevent.



### 6. Vaccines cannot cause the diseases they are designed to prevent.

Vaccines contain either killed or weakened viruses, making it impossible to get the disease from the vaccine.



**7. Young and healthy people can get very sick, too.**

Infants and older adults are at increased risk for serious infections and complications, but vaccine-preventable diseases can strike anyone, at any time. If you are young and healthy, getting vaccinated can help you stay that way.



**8. Vaccine-preventable diseases are expensive.**

Diseases have a direct impact on individuals and their families, and also carry a high price tag for society as a whole, exceeding \$10 billion per year. An average flu illness can last up to 2 weeks, typically with 5 or 6 missed work or school days. Adults who get hepatitis A lose an average of one month of work.



**9. When you get sick, your children, grandchildren, and parents may also be at risk.**

Adults are the most common source of pertussis (whooping cough) infection in infants which can be deadly. When you get vaccinated, you help protect yourself and your family as well as those in your community who may not be able to be vaccinated.



**10. Your family and co-workers need you.**

In the US, millions of adults get sick from vaccine-preventable diseases each year, causing them to miss work and leaving them unable to care for those who depend on them, including children and/or aging parents.



Talk with a healthcare professional about vaccines recommended for you and your family

---

## CDC RECOMMENDS UPDATED COVID-19 VACCINE FOR FALL/WINTER VIRUS SEASON

CDC recommends everyone 6 months and older get an updated COVID-19 vaccine to protect against the potentially serious outcomes of COVID-19 illness this fall and winter. Updated COVID-19 vaccines from Pfizer-BioNTech and Moderna will be available later this week.

Vaccination remains the best protection against COVID-19-related hospitalization and death. Vaccination also reduces your chance of suffering the effects of Long COVID, which can develop during or following acute infection and last for an extended duration. If you have not received a COVID-19 vaccine in the past 2 months, get an updated COVID-19 vaccine to protect yourself this fall and winter.

The virus that causes COVID-19 is always changing, and protection from COVID-19 vaccines declines over time. Receiving an updated COVID-19 vaccine can restore protection and provide enhanced protection against the variants currently responsible for most infections and hospitalizations in the United States. Last season, those who received a 2022-2023 COVID-19 vaccine saw greater protection against illness and hospitalization than those who did not receive a 2022-2023 vaccine. To date, hundreds of millions of people have safely received a COVID-19 vaccine under the most intense safety monitoring in U.S. history.

Most Americans can still get a COVID-19 vaccine for free. For people with health insurance, most plans will cover COVID-19 vaccine at no cost to you. People who don't have health insurance or with health plans that do not cover the cost can get a free vaccine from their local health centers; state, local, tribal, or territorial health department; and pharmacies participating in the CDC's Bridge Access Program. Children eligible for the Vaccines for Children program also may receive the vaccine from a provider enrolled in that program.

"We have more tools than ever to prevent the worst outcomes from COVID-19," said Director Mandy Cohen, M.D., M.P.H. "CDC is now recommending updated COVID-19 vaccination for everyone 6 months and older to better protect you and your loved ones."

This is the first fall and winter virus season where vaccines are available for the three viruses responsible for most hospitalizations – COVID-19, RSV, and flu. In addition to safe, updated COVID-19 vaccines, at-home tests for the virus can identify infection so you can protect your family, coworkers, and the general public. If you do get sick, talk to your doctor about proven, effective treatments that can reduce the risk of severe illness, hospitalization, and death.

For more information on updated COVID-19 vaccines visit: [Coronavirus Disease 2019 \(COVID-19\) | CDC](#)

---

## SEPTEMBER IS CHILDHOOD CANCER AWARENESS MONTH

This month, we honor those with pediatric cancer. St. Jude won't stop until no child — anywhere — dies from cancer.

### CHILDHOOD CANCER AWARENESS MONTH FACTS

St. Jude has helped push the overall childhood cancer survival rate from 20% in 1962 to 80% today.

**43 CHILDREN IN THE U.S. ARE DIAGNOSED WITH CANCER EVERY DAY.**

Treatments developed at St. Jude have helped push the overall childhood cancer survival rate from 20% to more than 80% since it opened in 1962. **St. Jude leads more clinical trials for childhood cancer than any other children's hospital in the U.S.**

**WORLDWIDE, ABOUT 400,000 CHILDREN AND ADOLESCENTS DEVELOP CANCER EACH YEAR, ONLY HALF OF WHOM ARE DIAGNOSED.**

Our global initiative with the World Health Organization aims to cure at least 60% of children with six of the most common cancers by 2030. To further advance cures, we share our research worldwide through data-sharing and analysis resources.

**NEARLY 10% OF CHILDREN WITH CANCER DEVELOP THE DISEASE BECAUSE THEY INHERITED A GENETIC MUTATION.**

St. Jude works to uncover these mutations and increase the chances of early detection and treatment. We are finding out why some cancers run in families and why certain people get more than one cancer.

MORE THAN 95% OF CHILDHOOD CANCER SURVIVORS WILL HAVE SIGNIFICANT CHRONIC HEALTH ISSUES.

About 483,000 childhood cancer survivors live in the U.S. Our groundbreaking survivorship studies provide a greater understanding of the long-term effects of pediatric cancer treatment and help researchers develop novel therapies to minimize those late effects.



The proclamation of Childhood Cancer Awareness Month was made to raise awareness about childhood cancer, which remains the leading cause of death by disease for children under the age of 14.

## FACTS ABOUT CHILDHOOD CANCER

- Cancer is one of the leading causes of death among children and adolescents worldwide; approximately 280,000 children ages 0-19 are diagnosed with cancer each year.
- In Latin America and the Caribbean, it is estimated that at least 29,000 children and adolescents under the age of 19 will be affected by cancer annually. Of these, about 10,000 will die from this disease.
- In high-income countries, more than 80% of children with cancer are cured, but in many low- and middle-income countries, the cure rate is about 20%
- The impact of childhood cancer translates into years of life lost, more significant inequalities, and economic difficulties. This situation can and should change.

## WHAT PAHO DOES

To strengthen the health system response to childhood cancer, the Pan American Health Organization and St. Jude Children's Research Hospital are collaborating with the Ministries of Health, pediatric oncologists, and foundations to develop National Childhood Cancer Plans within the framework of the Global Initiative for Childhood Cancer (GICC).

The GICC aims to reduce the suffering of children with cancer and achieve a cancer survival rate of at least 60% by 2030.

### WHAT TO KNOW ABOUT Prostate Cancer

- More common than you think**  
1 in 8 men will be diagnosed with prostate cancer in their lifetime.
- Easy to stay ahead of the game**  
One common way to screen for prostate cancer is a simple blood test known as the **prostate-specific antigen (PSA) test**.
- Silence isn't always golden**  
Screening is important because many early prostate cancers do not cause symptoms. **Early detection** can save lives.
- You've got options**  
Treatment may be **personalized to the patient** and can include surgery, radiation, focal therapy, hormonal therapy, immunotherapy, or a combination of treatments.
- Knowing where you stand matters**  
Although highly treatable when caught early, prostate cancer can be deadly when caught at late stages. Cases of advanced-stage prostate cancer have **increased by 4-5%** annually for almost a decade.

Source: American Cancer Society. Cancer Facts & Figures 2023. Atlanta: American Cancer Society; 2023.

# PROSTATE CANCER AWARENESS

September is Prostate Cancer Awareness Month. Though prostate cancer may not receive as much media attention as breast cancer, it is nearly as common, affecting about 1 in 8 men in their lifetime.

This year, about 288,300 men will be newly diagnosed with prostate cancer, more than any type of cancer aside from skin cancer, and about 34,700 men will die from prostate cancer—the most deaths from any cancer in men after lung.\*

Receiving proper health screenings can be lifesaving. Unfortunately, research shows that men are less likely to visit their primary care doctor than women. A 2022 survey by the Cleveland Clinic revealed that more than half of men surveyed said they do not receive regular health screenings, and 77 percent of men did not know their complete family history regarding urological issues.

The American College of Surgeons (ACS) has partnered with the American Urological Association (AUA) to share vital information about the concerning rise in advanced cases of prostate cancer and how men can protect their health and make the most informed decisions about their healthcare.

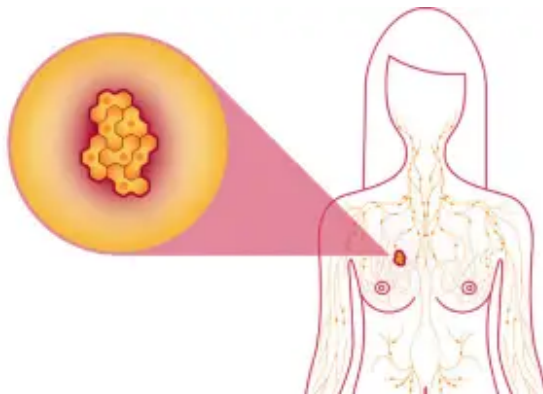
## BREAST CANCER FACTS & STATS

1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime. In 2023, an estimated 297,790 women and 2,800 men will be diagnosed with invasive breast cancer. Chances are, you know at least one person who has been personally affected by breast cancer.

But there is hope. When caught in its earliest, localized stages, the 5-year relative survival rate is 99%. Advances in early detection and treatment methods have significantly increased breast cancer survival rates in recent years, and there are currently over 3.8 million breast cancer survivors in the United States.

### WHAT IS BREAST CANCER?

Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. There are many different types of breast cancer that can affect both women and men.



To determine the extent of an individual's breast cancer and if it has spread outside of the breast, the cancer is assigned a stage upon diagnosis. The early detection of breast cancer through annual mammography and other breast exams is the best defense against receiving a late-stage breast cancer diagnosis. Generally speaking, the earlier the cancer is detected, the greater the likelihood of a successful outcome.

## KEY STATISTICS & FACTS ABOUT BREAST CANCER IN THE UNITED STATES



- In 2023, an estimated 297,790 new cases of invasive breast cancer will be diagnosed in women in the U.S., as well as 55,720 new cases of non-invasive (in situ) breast cancer.
- There are currently over 3.8 million breast cancer survivors in the United States.
- An estimated 43,700 U.S. women will die from breast cancer in 2023.
- Risk of breast cancer recurrence depends on the type and staging of the initial breast cancer. Typically, the highest risk of recurrence is during the first few years after treatment and decreases over time.

## BREAST CANCER INCIDENCE IN THE UNITED STATES

- 1 in 8 women, or approximately 13% of the female population in the U.S., will develop breast cancer in their lifetime.
- Breast cancer is the most common cancer in American women, except for skin cancers.
- It is estimated that in 2023, approximately 30% of all new female cancer diagnoses will be breast cancer.
- On average, every 2 minutes a woman is diagnosed with breast cancer in the United States.
- Approximately 64% of breast cancer cases are diagnosed at a localized stage, before cancer has spread outside of the breast, when it is easiest to treat.
- The 5-year relative survival rate for cancer diagnosed at the localized stage is 99%.
- Approximately 15% of women diagnosed have a family history of breast cancer. Those with a first-degree relative (mother, sister, daughter) with breast cancer are nearly twice as likely to develop breast cancer themselves.

## BREAST CANCER STATISTICS BY AGE

Though breast cancer in the United States occurs primarily in middle-aged and older women, age is not the only risk factor for a breast cancer diagnosis. Many risk factors beyond age may contribute to a breast cancer diagnosis, and sometimes there are no discernable risk factors at all.

- The average age of U.S. women diagnosed with breast cancer is 62 years old.
- Half of U.S. women who develop breast cancer are 62 years of age or younger when they are diagnosed.
- About 9% of all new breast cancer cases in the U.S. are diagnosed in women younger than 45 years old.
- Younger people, particularly those under age 35 at the time of their original breast cancer diagnosis, face a higher risk of breast cancer recurrence.

## BREAST CANCER STATISTICS BY ETHNICITY

In the United States, breast cancer occurs within every racial and ethnic group. However, there are variations in statistics and outcomes across the different groups. Learn more about how NBCF is addressing disparities in breast cancer.

### Black Women:

- The average age of Black women diagnosed with breast cancer is 60 years old, compared to an average age of 62 for white women.
- Black women are 40% more likely to die from breast cancer than white women.
- Black women have the lowest 5-year relative breast cancer survival rate of any racial or ethnic group.
- 1 in 5 Black women with breast cancer are diagnosed with triple-negative breast cancer, which is harder to treat. This is higher than any other racial or ethnic group.

### Hispanic Women:

- Overall, Hispanic women have a 20% lower incidence rate of breast cancer than other groups.
- Hispanic women are more likely than white women to be diagnosed with breast cancer at later stages when it is more difficult to treat.
- Breast cancer is the leading cause of cancer death for Hispanic women.

### Asian, Pacific Islander, American Indian, and Alaska Native Women:

- Asian and Pacific Islander women are more likely to be diagnosed with localized (earlier stage, more treatable) breast cancer than other groups.
- Asian and Pacific Islander women have the lowest death rate from breast cancer.
- American Indian and Alaska Native women have the lowest incidence rate of developing breast cancer.
- Chinese and Japanese women have the highest breast cancer survival rates.

## BREAST CANCER SURVIVAL & MORTALITY STATISTICS

Breast cancer survival rates are calculated using different forms of data, including the type and staging of breast cancer at diagnosis. These rates give an idea of what percentage of people with the same type and stage of cancer are still alive after a certain time period—usually 5 years—after they were diagnosed. This is called the 5-year relative survival rate.

- The 5-year relative survival rate in the U.S. for all types and stages of breast cancer combined is 91%.
- The 5-year relative survival rate in the U.S. of localized (early stage) breast cancer is 99%.

Breast Cancer (SEER*) Stage	5-Year Relative Survival Rate
Localized** (invasive cancer has not spread outside of the breast)	99%
Regional (cancer has spread outside of the breast to nearby structures or lymph nodes)	86%
Distant (cancer has spread to other parts of the body, such as lungs, liver, or bones)	30%
All SEER stages combined	91%

\*SEER IS THE SURVEILLANCE, EPIDEMIOLOGY, AND END RESULTS DATABASE, MAINTAINED BY THE NATIONAL CANCER INSTITUTE (NCI).

\*\*LOCALIZED STAGE ONLY INCLUDES INVASIVE CANCER. IT DOES NOT INCLUDE DUCTAL CARCINOMA IN SITU (DCIS).

**CHART SOURCE: AMERICAN CANCER SOCIETY**



- Breast cancer is the second leading cause of cancer death in U.S. women, behind lung cancer. The chance that a woman will die from breast cancer is 1 in 39, or about 2.5%.
- In 2023, an estimated 43,700 women will die from breast cancer in the U.S.
- Breast cancer death rates have slowly decreased since 1989, for an overall decline of 43% through 2020. This is in part due to better screening and early detection efforts, increased awareness, and continually improving treatment options.
- Women who receive regular screenings for breast cancer have a 26% lower breast cancer death rate than women who do not receive screenings.

## BREAST CANCER IN MEN STATISTICS

All people are born with some breast cells and tissue, including men. Although rare, men get breast cancer too.

- In 2023, an estimated 2,800 men will be diagnosed with invasive breast cancer in the United States.
- An estimated 530 U.S. men will die from breast cancer in 2023.
- The lifetime risk of a U.S. man developing breast cancer is about 1 in 833.
- Black men with breast cancer tend to have a worse prognosis, or outlook, than white men with breast cancer.

## *8 Powerful Ways* to Practice Self-Care

- 

1. Press pause and give yourself a moment for your Self
- 

2. Treat yourself to healthy rewards
- 

3. Go outside, move your body, and enjoy the sunshine.
- 

4. Be curious and invest time into trying new things.
- 

5. Connect with the people in your life
- 

6. Focus on what you want to accomplish.
- 

7. Practice mindfulness on a daily basis.
- 

8. Keep a journal of your reflections and emotional experiences.

 Healthy Sense of Self

# COPING AFTER SUICIDE LOSS

Tips for grieving adults, children, and schools dealing with a death by suicide.



Death by suicide is always a tragic event. It can trigger a host of complicated and confusing emotions. Whether you are coping with the loss of a loved one or are helping a child or adult navigate such a loss, these tools can help.

## HOW TO COPE WHEN A FRIEND OR LOVED ONE DIES BY SUICIDE

**Accept your emotions.** You might expect to feel grief and despair, but other common feelings include shock, denial, guilt, shame, anger, confusion, anxiety, loneliness, and even, in some cases, relief. Those feelings are normal and can vary throughout the healing process.

**Don't worry about what you "should" feel or do.** There's no standard timeline for grieving and no single right way to cope. Focus on what you need, and accept that others' paths might be different from yours.

**Care for yourself.** Do your best to get enough sleep and eat regular, healthy meals. Taking care of your physical self can improve your mood and give you the strength to cope.

**Draw on existing support systems.** Accept help from those who have been supports in the past, including your family, your friends, or members of your faith-based community.

**Talk to someone.** There is often stigma around suicide, and many loss survivors suffer in silence. Speaking about your feelings can help.

**Join a group.** Support groups can help you process your emotions alongside others who are experiencing similar feelings. People who don't think of themselves as support group types are often surprised by how helpful such groups can be.

**Talk to a professional.** Psychologists and other mental health professionals can help you express and manage your feelings and find healthy coping tools.

## TALKING TO CHILDREN AND TEENS ABOUT DEATH BY SUICIDE

Parents, teachers, school administrators, and other adults in a child's life often feel unprepared to help a young person cope with a death by suicide. These strategies can help you foster open dialogue and offer support.

**Deal with your own feelings first.** Pause to reflect on and manage your own emotions so you can speak calmly to the child or children in your life.

**Be honest.** Don't dwell on details of the act itself, but don't hide the truth. Use age-appropriate language to discuss the death with children.

**Validate feelings.** Help the child put names to her emotions: "It sounds like you're angry," or "I hear you blaming yourself, but this is not your fault." Acknowledge and normalize the child's feelings. Share your own feelings, too, explaining that while each person's feelings are different, it's okay to experience a range of emotions.

**Avoid rumors.** Don't gossip or speculate about the reasons for the suicide. Instead, when talking to a child or teen, emphasize that the person who died was struggling and thinking differently from most people.

**Tailor your support.** Everyone grieves at his or her own pace and in his or her own way. Some people might need privacy as they work through their feelings. Respect their privacy, but check in regularly to let them know they don't have to grieve alone. Other children might want someone to talk to more often. Still others prefer to process their feelings through art or music. Ask the child how they'd like you to help. Let them know it's okay to just be together.

**Extend the conversation.** Use this opportunity to reach out to others who might be suffering. Ask children: How can you and your peers help support each other? Who else can you reach out to for help? What can you do if you're struggling with difficult emotions?

## TIPS FOR SCHOOLS

**Handle the announcement with care.** Schools should not report the cause of a death as suicide if the information hasn't been released by the family or reported in the media. When discussing a student's death by suicide, avoid making announcements over the public address system. It's helpful if teachers read the same announcement to each classroom, so that students know everyone is getting the same information.

**Identify students who need more support.** These can include friends of a student who died by suicide, those who were in clubs or on teams with the deceased, and those who are dealing with life stressors similar to the stressors experienced by the deceased. Less obviously, peers who had unfriendly relationships with the deceased—including those who teased or bullied the deceased or were bullied by the deceased. These students may also have complicated feelings of guilt and regret that require extra support.

**Prevent imitation.** Researchers have found news stories that use graphic language, sensationalize the death, or explicitly describe the method of suicide can increase the risk of additional deaths by suicide. When talking to children, avoid graphic details and focus instead on hope, healing, and the value of the person when they were alive.

**Minimize positive attention.** Dedicating special events to the deceased can make him or her seem like a celebrity. Vulnerable children might see such attention and think suicide is a way to be noticed. Instead of memorials, consider acknowledging the death through events such as suicide awareness walks or campaigns.

**Choose words carefully.** To protect peers who may also have suicidal thoughts, avoid phrases such as “She’s no longer suffering,” or “He’s in a better place.” Instead, focus on positive aspects of the person’s life. Avoid the term “committed suicide,” and instead use “died by suicide.”

**Keep the lines of communication open.** Help students identify adults they can trust and other resources they can draw on if they struggle with sadness or with their own suicidal feelings. Make sure students know where they can turn for help, not only after this loss, but in the months and years to come.



\*\*\*\* “CONVERSATIONS on CANCER and HEALTH”\*\*\*\*

Join Trinity’s Health, Heart & Healing Ministry, on the 4th Sunday (October 22) for Conversations / Discussions on Cancer & Health. Program participants will range from local health professionals, sharing preventive health tips to cancer survivors sharing personal cancer journeys / testimonies!!!



Resources:

<https://www.nationalbreastcancer.org/blog/charitable-partner/the-color-and-meaning-of-cancer-ribbons/>

<https://www.nfid.org/immunization/why-get-vaccinated/10-reasons-to-get-vaccinated/>

<https://www.cdc.gov/media/releases/2023/p0912-COVID-19-Vaccine.html#print>

<https://www.stjude.org/get-involved/other-ways/childhood-cancer-awareness-month.html>

<https://www.paho.org/en/campaigns/childhood-cancer-awareness-month-september-2023>

<https://www.facs.org/media-center/resources-for-journalists/prostate-cancer-awareness/>

<https://www.nationalbreastcancer.org/breast-cancer-facts/>

<https://www.apa.org/topics/suicide/coping-after>