



On Sunday, June 5, cancer survivors and supporters in communities around the world will gather to celebrate the 29th annual National Cancer Survivors Day® and raise awareness of the issues of cancer survivorship. There are nearly 14.5 million people living with and beyond cancer in the U.S. today, and more than 32 million cancer survivors worldwide.

National Cancer Survivors Day® is an annual worldwide Celebration of Life that is held on the first Sunday in June. It is the one day each year that people around the world come together to recognize the cancer survivors in their community, to raise awareness of the challenges these survivors face, and, most importantly, to celebrate life.



June is National Safety Month

The final school bell has rung, the pencils and notebooks are packed away and the kids are ready for some summer fun! Children love the hot summer months, because they provide the perfect opportunity to spend lots of time outside. Whether it's swimming in the pool, hiking through the woods, taking long walks, or going for a bike ride, there is something for everyone, no matter how young or old.

We hope that everyone enjoys this special time of year, but we want to also remind everyone that there are potential dangers during the summer months, and it's important to be aware of what they are. The more information one learns about how to prevent illnesses and injuries, the less likely they will occur.

Heat Stroke

"Heat stroke is a big problem for workers, who are overdoing it on the job and can't say, 'I have to cool down and take a break,'" says Sue Leahy, president of the American Safety and Health Institute in New Paltz, N.Y. Older people, too, are susceptible, especially in a hot apartment or home with no air conditioning.

Stay ultra-hydrated to avoid heat stroke. "Water is OK, but Gatorade and PowerAde with electrolytes are far better because they help replace salt and retain fluid," according to Sue Leahy.

Knowing the warning signs is also key to staving off serious trouble. The first sign is cramping in the legs, and if that occurs, cool off and drink fluid until it goes away because if you don't, it can progress to heat exhaustion and then heat stroke. "Cramping -- especially a cramp in the leg -- is a sign that the body is losing salt and electrolytes, and you really ought to heed it. Cramping and light sweating gives way to more profuse, heavier sweating, feeling lightheaded and maybe a little nauseous, and then you hit heat stroke, your body stops sweating, and can no longer cool itself.

Another peril of heat stroke is that as the body gets hotter and hotter, your blood gets thick and sludgy and makes you more likely to have a stroke.

Some of the signs of heat stroke include:

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| Red, hot, dry skin | • Rapid pulse | • Throbbing headache |
| Confusion | • Dizziness | |

Let the body cool down naturally in early stages of heat exhaustion, but if you miss the signs and it progresses, put ice packs on the groin, armpits and neck where blood flows close to the surface.

Other ways to cool the body include immersing the body in cool water, placing the person in a cool shower, or wrapping the person in a cool, wet blanket.

News You Can Use

Sunday, June 5th is
National Cancer Survivors' Day.

Saturday, June 11 is Popcorn and a Movie Night.
The movie will be "Woodlawn".

The "Health Colors" for the second Sunday (June 12) are Blue, Lavender, Purple, and White in observance of Safety, Cancer Survivors' Day, Alzheimer's disease and Cataracts.

CATARACTS



Healthy Lens



Cataract Lens

A cataract is a clouding of the eye's natural lens, which lies behind the iris and the pupil. Cataracts are the most common cause of vision loss in people over age 40 and are the principal cause of blindness in the world. In fact, there are more cases of cataracts worldwide than there are of glaucoma, macular degeneration and diabetic retinopathy combined, according to Prevent Blindness America (PBA).

Today, cataracts affect more than 22 million Americans age 40 and older. And as the U.S. population ages, more than 30 million Americans are expected to have cataracts by the year 2020, PBA says.

Types of cataracts include:

1. A **subcapsular cataract** occurs at the back of the lens. People with diabetes or those taking high doses of steroid medications have a greater risk of developing a subcapsular cataract.
2. A **nuclear cataract** forms deep in the central zone (nucleus) of the lens. Nuclear cataracts usually are associated with aging.
3. A **cortical cataract** is characterized by white, wedge-like opacities that start in the periphery of the lens and work their way to the center in a spoke-like fashion. This type of cataract occurs in the lens cortex, which is the part of the lens that surrounds the central nucleus.

ALZHEIMER'S

Alzheimer's is a disease that attacks the brain. It is the most common form of dementia.

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. If you or a loved one have concerns about memory loss or other symptoms of Alzheimer's or a related dementia, it is important to be evaluated by a physician. Stages show how the disease unfolds, but progression will vary greatly from person to person. There are medications available to help ease symptoms.

The number of Americans living with Alzheimer's disease is growing — and growing fast. An estimated 5.4 million Americans of all ages have Alzheimer's disease in 2016.

- Of the 5.4 million Americans with Alzheimer's, an estimated 5.2 million people are age 65 and older, and approximately 200,000 individuals are under age 65 (younger-onset Alzheimer's).
- One in nine people age 65 and older has Alzheimer's disease.
- By mid-century, someone in the United States will develop the disease every 33 seconds.

These numbers will escalate rapidly in coming years, as the baby boom generation has begun to reach age 65 and beyond, the age range of greatest risk of Alzheimer's. By 2050, the number of people age 65 and older with Alzheimer's disease may nearly triple, from 5.2 million to a projected 13.8 million, barring the development of medical breakthroughs to prevent or cure the disease. Previous estimates based on high range projections of population growth provided by the U.S. Census suggest that this number may be as high as 16 million.

In His service,

H-3 Ministry

3 John 1:2 "Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." (NIV)

References: <http://www.ncsd.org/news-1/for-immediate-release-NCSD-2016-communities-to-celebrate-June-5>; http://www.alz.org/alzheimers_disease_1973.asp;
<http://www.allaboutvision.com/conditions/cataracts.htm>; <http://www.webmd.com/women/features/surviving-summer>