

National Preparedness Month

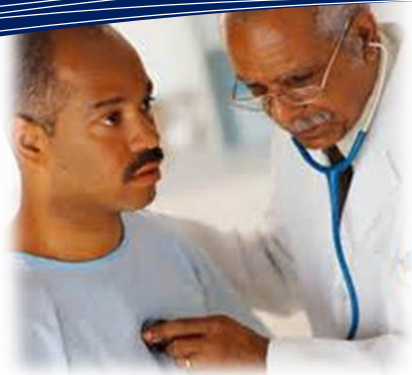
September is recognized as National Preparedness Month (NPM) which serves as a reminder that we all must take action to prepare, now and throughout the year, for the types of emergencies that could affect us where we live, work, and also where we visit.

We can't put enough emphasis on preparedness for youth, older adults, and people with disabilities and others with access and functional needs.

- Contact family and friends before, during, and after an emergency.
- Make a family emergency communication plan
- Consider that your entire family may not be together during a disaster- make a plan of how you will reunite after an emergency.
- Prepare for the unique needs of your family members, friends and neighbors.
- Understand the importance of community preparedness.
- Get involved with your community organization or plan with neighbors.
- Highlight local preparedness efforts in your community.
- Celebrate first responders.
- Celebrate emergency-focused organizations who serve communities.

Ready

Prepare. Plan. Stay Informed.



Prostate Cancer

Risk Factors

Some common risk factors for prostate cancer include:

GENERAL

- Race: Studies show that African American men are approximately 60 percent more likely to develop prostate cancer in their lifetime than Caucasian or Hispanic men.
- Age: The risk of developing prostate cancer increases with age. While only one in 10,000 men under age 40 will be diagnosed with prostate cancer, one in 15 men in their 60s will be diagnosed with the disease.

GENETICS

Family history: Men with an immediate blood relative, such as a father or brother, who has or had prostate cancer, are twice as likely to develop the disease. If there is another family member diagnosed with the disease, the chances of getting prostate cancer increase.

LIFESTYLE

- Diet: A diet high in saturated fat, as well as obesity, increases the risk of prostate cancer.
- High testosterone levels: Men who use testosterone therapy are more likely to develop prostate cancer, as an increase in testosterone stimulates the growth of the prostate gland.

News You Can Use

September is "Prostate Cancer, Emergency Preparedness, and Better Breakfast" Month.

The "Health Colors" for the second Sunday (September 11) is **Light Blue**.

Popcorn & A Movie Night,
2nd Saturday (September 10), @ 6 pm.
Movie: "Catching Faith"

OTHER CONDITIONS

- Prostatic intraepithelial neoplasia (PIN): This condition may be associated with increased risk of prostate cancer. PIN is a condition in which prostate gland cells look abnormal when examined with a microscope. It is not necessarily linked with any symptoms. Nearly one half of men will be diagnosed with PIN before age 50.
- Genome changes: Certain genes have been known to elevate prostate cancer risks, such as BRCA1 and BRCA2 genes.

Symptoms

In most cases, prostate cancer symptoms are not apparent in the early stages of the disease. The symptoms of prostate cancer may be different for each man and any one of these symptoms may be caused by other conditions. As a result, routine screenings in the form of digital rectal exams (DRE) and prostate specific androgen (PSA) tests are important.

The American Cancer Society recommends that men make an informed decision with their doctor about whether to be tested for prostate cancer, beginning at age 50. Men with one or more risk factors for prostate cancer should consult their physician about whether to start routine screening earlier.



Urinary symptoms of prostate cancer

Because of the proximity of the prostate gland in relation to the bladder and urethra, prostate cancer may be accompanied by a variety of urinary symptoms. Depending on the size and location, a tumor may press on and constrict the urethra, inhibiting the flow of urine. Some prostate cancer signs related to urination include:

- Burning or pain during urination
- Difficulty urinating, or trouble starting and stopping while urinating
- More frequent urges to urinate at night
- Loss of bladder control
- Decreased flow or velocity of urine stream
- Blood in urine (hematuria)

Other prostate cancer signs & symptoms

Prostate cancer may spread (metastasize) to nearby tissues or bones. If the cancer spreads to the spine, it may press on the spinal nerves. Other prostate cancer symptoms include:

- Blood in semen
- Difficulty getting an erection (erectile dysfunction)
- Painful ejaculation
- Swelling in legs or pelvic area
- Numbness or pain in the hips, legs or feet
- Bone pain that doesn't go away, or leads to fractures



The Most Important Meal of the Day!

Wish you could be more productive, focused and efficient at work? Consider breakfast.
Trying to work on a weight management plan? How about eating breakfast?
Want your kids to perform better in school? Feed them breakfast!

Breakfast truly is the meal of champions, but that doesn't just mean champion athletes. If you want to be the superstar of your own day, whatever that demands, you'll be more successful if you start your day with a healthy meal.

Research supports the positive impact of breakfast on our mental and physical performance. Try thinking of your body and brain like an engine that needs a constant stream of fuel and nutrients to perform their best. Eating a nutritious breakfast is linked to better test grades in school for kids, better work performance and weight control for adults, and better moods for all of us.

Breakfast doesn't have to be elaborate and it doesn't have to mean cooking and washing dishes. There are many simple ways that you can eat healthy and still eat, pretty much, on the run. To plan a simple and yet healthy meal, follow a few basic guidelines as you plan.

First, try to include either a fruit or a vegetable in your daily breakfast. This will add low calorie antioxidants and fiber. Next, include some form of protein. This helps to keep your energy level more stable and keep you feeling full longer. This could mean milk, yogurt, soy milk, eggs, legumes or nut butter. If possible strive to choose foods from 3 food groups. This gives your body a wider variety of nutrients and will keep you from depending too much on starch and coffee to fuel up your day.

In His Service,
H-3 ministry

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

References: http://www.cancercenter.com/prostate-cancer/symptoms/?source=GGLPS01&channel=paid+search&invsrc=Non_Branded_Paid_Search_Google_Site_Links&utm_device=m&utm_budget=Corporate&utm_site=GOOGLE&utm_campaign=Non+Brand%3ESitelinks&k_clickid=00d9ad00-fef6-48c2-a052-d9b30ca362e2&k_profid=422, <http://www.cancercenter.com/prostate-cancer/risk-factors/>, <http://www.culinaryservicesgroup.com/september-national-better-breakfast-month/>, <https://www.ready.gov/september>