

September is:

- Baby Safety Month
- Childhood Cancer Awareness Month
- Cholesterol Education Month
- Food Safety Education Month
- Prostate Health/Prostate Cancer Month
- National Preparedness Month-Create a Family Game Plan. In an emergency, every second counts- that's why it's crucial to have a game plan, and why this year's National Preparedness Month theme is "Don't Wait Communicate."

In His Service,



H-3 Ministry

Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.

1 Corinthians 6:19-20

**Baby Safety Month**

September is Baby Safety Month, sponsored annually by the Juvenile Products Manufacturers Association (JPMA). This year, JPMA is helping educate parents and caregivers on the importance of properly choosing and using all the best products for your child's age and developmental stage as outlined by the manufacturer.

It's A Fact

Most injuries can be prevented! Parents and caregivers play a huge role in protecting children from injuries. Choosing the right baby products for your family can be overwhelming, but safety should never be compromised.

What Can You Do?

1. Choose and use age and developmentally appropriate products.
2. Read and follow all manufacturer's instructions, recommendations for use, and warning labels.
3. Register your products and establish a direct line of communication with the manufacturer.
4. Actively supervise- watch, listen and stay near your child.

5. Frequently inspect products for missing hardware, loose threads and strings, holes, and tears.
6. Monitor your child's growth and development and discontinue use when needed.

Top Hidden Hazards

- Magnets - Small magnets can be easily swallowed by children. Once inside the body, they can attract to each other and cause significant internal damage.
- Loose Change- Change floating around in pockets or purses may wind up on tables around the house, where curious children may be attracted to the shiny coins and ingest them.
- Tipovers - Tipovers are a leading cause of injury to children and the best way to avoid them is to make sure all furniture and televisions are secured to the wall.
- Pot Handle Sticking Out from Stove - When cooking, it is best that pot handles turn inward instead of sticking out from the stove where little ones may reach up and grab the hot handle
- Loose Rugs or Carpet -Area rugs or carpet that is not secured to the floor causes a tripping hazard for little ones who may already be unstable on their feet. Make sure that all corners are taped down and bumps are smoothed out.
- Detergent Pods -It is estimated that thousands of children have been exposed to and injured by detergent pods. Easily mistaken by children as candy, these pods pose a risk to the eyes and, if ingested, to their lives.
- Hot Mugs -A relaxing cup of coffee or tea can quickly turn into an emergency if hot mugs are left unattended or are placed to near the edge of tables where little hands can grab them.
- Cords- Cords can pose strangulation hazards to children, whether they are connected to blinds, home gym equipment or baby monitors.
- Button Batteries -Button batteries are flat, round batteries that resemble coins or buttons. They are found in common household items such as flashlights, remotes or flameless candles.

CHILDHOOD CANCER AWARENESS MONTH

HOW CAN YOU HELP RAISE AWARENESS THIS SEPTEMBER?

Families, caregivers, charities and research groups across the United States observe September as **Childhood Cancer** Awareness Month. In the U.S., 15,780 children under the age of 21 are diagnosed with cancer every year; approximately 1/4 of them will not survive the disease. A diagnosis turns the lives of the entire family upside down. The objective of **Childhood Cancer** Awareness Month is to put a spotlight on the types of cancer that largely affect children, survivorship issues, and – importantly – to help raise funds for research and family support.

2012 PROCLAMATION BY THE FORMER U.S. PRESIDENT, BARACK OBAMA, EXPLAINS THE IMPORTANCE OF PLACING EMPHASIS ON CHILDHOOD CANCERS.

Every year, thousands of children across America are diagnosed with cancer – an often life threatening illness that remains the leading cause of death by disease for children under the age of 15. The causes of pediatric cancer are still largely unknown, and though new discoveries are resulting in new treatments, this heartbreaking disease continues to scar families and communities in ways that may never fully heal. This month, we remember the young lives taken too soon, stand with the families facing **childhood cancer** today, and rededicate ourselves to combating this terrible illness.

While much remains to be done, our Nation has come far in the fight to understand, treat, and control **childhood cancer**. Thanks to ongoing advances in research and treatment, the 5 year survival rate for all childhood cancers has climbed from less than 50 percent to 80 percent over the past several decades. Researchers around the world continue to pioneer new therapies and explore the root causes of the disease, driving progress that could reveal cures or improved outcomes for patients. But despite the gains we have made, help still does not come soon enough for many of our sons and daughters, and too many families suffer pain and devastating loss.

My Administration will continue to support families battling pediatric cancer and work to ease the burdens they face. Under the Affordable Care Act, insurance companies can no longer deny health coverage to children because of pre existing conditions, including cancer, nor can they drop coverage because a child is diagnosed with cancer. The law also bans insurers from placing a lifetime dollar limit on the amount of coverage they provide, giving families peace of mind that their coverage will be there when they need it most. And as we work to ensure all Americans have access to affordable health care, my Administration will continue to invest in the cutting edge cancer research that paves the way for tomorrow's breakthroughs.

This month, we pay tribute to the families, friends, professionals, and communities who lend their strength to children fighting pediatric cancer. May their courage and commitment continue to move us toward new cures, healthier outcomes, and a brighter future for America's youth.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim September 2012 as National **Childhood Cancer** Awareness Month. I encourage all Americans to join me in reaffirming our commitment to fighting **childhood cancer**.

IN WITNESS WHEREOF, I have hereunto set my hand this thirty first day of August, in the year of our Lord two thousand twelve, and of the Independence of the United States of America the two hundred and thirty-seventh.



DID YOU KNOW

46
estimated number
of children
diagnosed with cancer
in the US each day

50k
estimated number
of children
fighting cancer inside
hospitals today

250k
estimated number
of children
affected by cancer today

**KIDS GET CANCER TOO
BUT CAN'T FIGHT ALONE**

**WORLD CANCER DAY
WE ARE ALL BETTER TOGETHER**

NEVER EVER GIVE UP
www.facebook.com/AspieReefFoundation

September is National Cholesterol Education Month

It's September again, and while summer may now be over, that means that **it's National Cholesterol Education Month once again!** We've discussed this important event in the past, but we're hoping that even more people will take this opportunity to get their cholesterol levels checked and take steps to improve their heart health.

Amongst Americans 20 years old and above, health care experts estimate that **more than 100 million individuals have a total cholesterol levels which exceed 200 mg/dL.** That means that just about a third of Americans are living with high cholesterol. When you see these numbers, it starts to make more sense why conditions like heart disease and type 2 diabetes have become so widespread in this day and age.

One should know that the human body could not function properly without cholesterol. This waxy, fatty substance that plays a whole host of vital roles, such as reinforcing cellular walls. However, clinical studies have shown that **the human body is capable of producing all it needs on its own.** A diet that is too high in cholesterol can lead to several complications as a result of plaque buildup in the arteries.

How Do You Know if You Have High Cholesterol?

Unfortunately, high cholesterol doesn't normally produce any noticeable physical symptoms. This means that most people have no idea that their cholesterol is too high. This is why it is so important to get your levels checked at the doctor's office, and there is a simple blood test that will do just that.

If you find that your levels are a little high, this is not the end of the world. **High cholesterol can be brought back under control through a variety of lifestyle changes** such as exercising more and improving your overall diet. However, there are some genetic factors which may require additional cholesterol medications to overcome.

How Often Should You be Screened for High Cholesterol?

According to the National Cholesterol Education Program (NCEP), **Adults should consider getting their cholesterol levels checked every five years after turning 20.** Health care professionals suggest screenings for younger individuals if present with risk factors for cardiovascular disease, such as:

- High blood pressure (hypertension)
- Regular smokers
- Obesity
- Family medical history
- Diabetes



There are a number of medications which can be prescribed for high cholesterol, but **it's still even more important to incorporate healthier habits into your daily routine,** such as:

- Maintaining a healthy weight.
- At least 2.5 hours of moderate exercise a week for adults (although there are more vigorous exercises you can do if you have less time).
- Avoid taking up smoking as a habit.
- Limiting things like trans fats and saturated fats
- Incorporate more sources of omega 3 and other cholesterol lowering foods.

It's important to know that **children can also be at risk for high cholesterol** depending on several factors such as diet and genetics. Studies have produced enough evidence to suggest that cholesterol screening is recommended for children who are:

- Overweight or obese
- Have a family history of high cholesterol
- Have been diagnosed with certain chronic conditions such as chronic kidney disease or congenital heart disease

SEPTEMBER CHOICES & CHALLENGES



NATIONAL CHOLESTEROL EDUCATION MONTH

Food Safety at Home



Each year millions of people get sick from food illnesses which can cause you to feel like you have the flu. Food illnesses can also cause serious health problems, even death. Follow these four steps to help keep you and your family safe.

1. Clean

Always wash your food, hands, counters and cooking tools.

- Wash hands in warm soapy water for at least 20 seconds. Do this before and after touching food.
- Wash your cutting boards, dishes, forks, spoons, knives and counter tops with hot soapy water. Do this after working with each food item.
- Rinse fruits and veggies.
- Clean the lids on canned goods before opening.

2. Separate (Keep Apart)

Keep raw foods to themselves. Germs can spread from one food to another.

- Keep raw meat, poultry, seafood, and eggs away from other foods.
- Do this in your shopping cart, bags, and fridge.
- Do not reuse marinades used on raw foods unless you bring them to a boil first.
- Use a special cutting board or plate for raw foods only.

3. Cook

Foods need to get hot and stay hot. Heat kills germs.

- Cook to safe temperatures:
 - Beef, Pork, Lamb 145 °F
 - Fish 145 °F
 - Ground Beef, Pork, Lamb 160 °F
 - Turkey, Chicken, Duck 165 °F
- Use a food thermometer to make sure that food is done. You can't always tell by looking.

4. Chill

Put food in the fridge right away.

- 2-Hour Rule: Put foods in the fridge or freezer within 2 hours after cooking or buying from the store. Do this within 1 hour if it is 90 degrees or hotter outside.
- Never thaw food by simply taking it out of the fridge.
- Thaw food:
 - In the fridge
 - Under cold water
 - In the microwave
- Marinate foods in the fridge.

National Prostate Health Month

National Prostate Health Month (NPHM) is observed every September in North America by health experts, health advocates, and individuals concerned with men's prostate health. Designating a month for the issue serves the purpose of:

- Increasing public awareness of the importance of prostate health
- Providing easily accessible prostate health screenings
- Educating about risk factors and symptoms of prostate related diseases and
- Advocating for further research on prostate health issues.

What is prostate cancer?

Prostate cancer is cancer that begins in tissues of the prostate gland. Located just below the bladder and in front of the rectum, the prostate is the male sex gland responsible for the production of semen.

Every case of prostate cancer is different. The disease may behave differently from one patient to another. By age 50, about half of all men experience small changes in the size and shape of the cells in the prostate, as part of the typical aging process. Understanding whether those changes are signs of disease and knowing your risk for developing prostate cancer are the first steps in protecting your health.

Fortunately, prostate cancer is one of the most treatable malignancies if it's caught early. Routine screening has improved the diagnosis of prostate cancer in recent years. In addition, evidence-based therapies may help to minimize the side effects of prostate cancer treatment, including incontinence and erectile dysfunction.



resources this issue

Resources: <https://babysafetyzone.org/hot-topics/baby-safety-month>
<https://www.acco.org/childhood-cancer-awareness-month/>
<https://www.achievetheclinical.com/news/national-cholesterol-education-month/>
<https://www.fda.gov/forconsumers/byaudience/forwomen/ucm111852.htm>
<https://www.cancercenter.com/prostate-cancer/learning/>
https://en.wikipedia.org/wiki/National_Prostate_Health_Month