

## October is:

- Flu Shot Clinic – Sunday, October 7<sup>th</sup> from 12:00-2:00 P.M.
- Becca Pink Paint Night – Thursday, October 11
- Domestic Violence Month
- Health Literacy Month
- Eye Injury Prevention Month
- National Breast Cancer Awareness Month
- PINK / PURPLE DAY – Sunday, October 21  
Wear your FAVORITE PINK and / or PURPLE to support BREAST CANCER & DOMESTIC VIOLENCE AWARENESS

*In His Service,*



*H-3 Ministry*

*Do you not know that you are a temple of God and that the Spirit of God dwells in you? If any man destroys the temple of God, God will destroy him, for the temple of God is holy, and that is what you are.*

*1 Corinthians 3:16-17*



### NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

National Domestic Violence Awareness Month is an annual designation observed in October. For many, home is a place of love, warmth, and comfort. It's somewhere that you know you will be surrounded by care and support, and a nice little break from the busyness of the real world. But for millions of others, home is anything but a sanctuary. The U.S. Department of Justice estimates that 1.3 million women and 835,000 men are victims of physical violence by a partner every year.

Every 9 seconds, a woman in the U.S. is beaten or assaulted by a current or ex-significant other.

Here's another shocking statistic: the number of U.S. troops killed in Afghanistan and Iraq between 2001 and 2012 is 6,488. The number of women that were murdered by current or ex-male partners during that same time frame is 11,766, according to the Huffington Post. That's almost double the number of people that were killed fighting in war. People who are in an abusive relationship will stay with their partner for a number of reasons:

- Their **self-esteem is totally destroyed**, and they are made to feel they will never be able to find another person to be with.
- The **cycle of abuse**, meaning the 'honeymoon phase' that follows physical and mental abuse, makes them believe their partner really is sorry, and does love them.

-It's dangerous to leave. Women are **70 times more likely to be killed** in the weeks after leaving their abusive partner than at any other time in the relationship, according to the Domestic Violence Intervention program.

-They feel personally responsible for their partner, or their own behavior. They are made to feel like **everything that goes wrong is their fault**.

-**They share a life**. Marriages, children, homes, pets, and finances are a big reason victims of abuse feel they can't leave.

#### HOW TO OBSERVE

Here are a few ways to know if you're in an abusive relationship that you need to get out of.

- Your partner has **hit you, beat you, or strangled you** in the past.
- Your partner is **possessive**. They check up on you constantly wondering where you are; they get mad at you for hanging out with certain people if you don't do what they say.
- Your partner is **jealous**. (A small amount of jealousy is normal and healthy) however, if they accuse you of being unfaithful or isolate you from family or friends, that means the jealousy has gone too far.
- Your partner **puts you down**. They attack your intelligence, looks, mental health, or capabilities. They blame you for all of their violent outbursts and tell you nobody else will want you if you leave.
- Your partner **threatens** you or your family.
- Your partner **physically and sexually abuses you**. If they EVER push, shove, or hit you, or make you have sex with them when you don't want to, they are abusing you (**even if it doesn't happen all the time**.)

#### resources this issue

Resources <https://nationaldaycalendar.com/national-domestic-violence-awareness-month-october/>  
<http://blog.medicalgps.com/the-importance-of-health-literacy/>  
<https://naspa.us/2017/08/october-21-national-check-meds-day>  
<https://www.preventblindness.org/eye-safety-home>  
<https://www.cancercenter.com/breast-cancer/symptoms/>  
<https://www.cancercenter.com/breast-cancer/risk-factors/>



# THE IMPORTANCE OF HEALTH LITERACY



## What is Health Literacy?

According to the Center for Disease Control (CDC), health literacy is the degree to which an individual has the capacity to obtain, communicate, process, and understand basic health information and services needed to make appropriate health decisions.

Health literacy may include choosing and comparing different health plans, prescription drug premiums, copays, and deductibles. It requires numeric proficiency skills for calculating blood sugar levels, understanding nutrition labels, and calculating cholesterol. It also requires knowledge of the human body and various health topics. As medical science is continuously evolving and progressing, it is easy to understand how health information can overwhelm even those with the most advanced literacy skills.

## Who is Most Likely to be Affected by Low Health Literacy?

According to the National Assessment of Adult Literacy, nine out of ten adults may not have the skills needed to manage their health and prevent disease. These numbers suggest that a large majority of patients may have difficulty understanding medication instructions, filling out complex health forms, managing chronic health conditions, and navigating the healthcare system.

Individuals most likely to experience low health literacy include older adults, racial and ethnic minorities, those medically underserved, non-native speakers of English, and persons with a lower level of education. Factors that affect a person's health literacy skills include education, language, culture and access to resources.

## Why is Health Literacy Important?

Health literacy is important for everyone because eventually, we all need to be able to utilize and understand health information and services. Limited health literacy is associated with lower health outcomes, increased rates of hospitalization, decreased use of preventative services, poor health management, and higher costs.

- **Poor health outcomes-** Low literacy has been linked to poor health outcomes including increased rates of hospitalization and decreased use of preventive services. Both being associated with higher healthcare costs.
- **Increased rates of hospitalizations-** Research has demonstrated that poor health literacy skills are associated with increased emergency service use and higher preventable hospitalizations.
- **Lower use of preventative services-** Individuals with limited health literacy skills are also less likely to utilize preventative services such as mammograms, pap smears, and flu shots. In addition, research has demonstrated that patients with limited health literacy skills enter the healthcare system when they are sicker.
- **Poor health management-** Patients with limited health literacy skills are more likely to have chronic conditions and are less able to manage them effectively. They are also more likely to report their health as poor.

## What Can be Done to Improve Low Health Literacy?

Improving health literacy is the responsibility of health organizations, healthcare systems, and healthcare professionals worldwide. It is critical for patients to develop health literacy so that they can take a more proactive role in their health. When patients are actively engaged, they are able to make more informed decisions which increases patient satisfaction, adherence, and can ultimately improve outcomes.

## Eye Safety at Home

Believe it or not, the average home is full of dangers that often go unnoticed.

In fact, accidents involving common household products cause 125,000 eye injuries each year.

Ninety percent of these eye injuries can be prevented through understanding, safety practices and the use of proper eye protection.

You can reduce the risks of eye injuries for yourself and other family members by using this simple checklist for different areas of your home:

### Indoor Safety

- Provide lights and handrails to improve safety on stairs.

### Outdoor Safety

- Inspect and remove debris from lawns before mowing.
- Keep paints, pesticides, fertilizers, and similar products properly stored in a secure area.
- Keep your tools in good condition; damaged tools should be repaired or replaced.
- Wear safety glasses or dust goggles to protect against flying particles, and chemical goggles to guard against exposure to fertilizers and pesticides.

### Chemical Safety

- Wear chemical safety goggles when using hazardous solvents and detergents.
- Read and follow all manufacturer instructions and warning labels.
- Do not mix cleaning agents.
- Know that regular eyeglasses don't always provide enough protection.

### Around the Home

Each year, thousands of children 5 and under have eye accidents at home, at play, or in the car. These eye injuries can damage a child's sight and even cause blindness. Taking a few simple steps can help prevent eye injuries to your child.

### The most common causes of eye injuries to children are:

- Misuse of toys
- Falls from beds, against furniture, on stairs, and when playing with toys
- Misuse of everyday tools and objects (work and garden tools, knives and forks, pens and pencils)
- Contact with harmful household products (detergents, paints, glues, etc.)
- Automobile accidents.

## What Are the Signs and Symptoms of Breast Cancer?

### Breast cancer symptoms

Perhaps the most recognized symptom of breast cancer is a lump or mass in the breast tissue. While many women go to the doctor after finding a lump, every woman should also be aware of any other changes to the breast or nipple.

With the different types of breast cancer come a variety of related symptoms. For example, invasive ductal carcinoma (IDC), which forms in the milk ducts, may cause a distinct breast lump that you can feel. Invasive lobular carcinoma (ILC), which forms in milk-producing glands, may cause a thickening in the breast.

Symptoms of breast cancer vary from person to person. Some common breast cancer signs and symptoms include:

- Skin changes, such as swelling, redness, or other visible differences in one or both breasts
- An increase in size or change in shape of the breast(s)
- Changes in the appearance of one or both nipples
- Nipple discharge other than breast milk
- General pain in/on any part of the breast
- Lumps or nodes felt on or inside of the breast

Symptoms more specific to invasive breast cancer are as follows:

- Irritated or itchy breasts
- Change in breast color
- Increase in breast size or shape (over a short period of time)
- Changes in touch (may feel hard, tender or warm)
- Peeling or flaking of the nipple skin
- A breast lump or thickening
- Redness or pitting of the breast skin (like the skin of an orange)








# BREAST CANCER RISK FACTORS




Each year, more than 190,000 people are diagnosed with breast cancer. According to the National Cancer Institute, the incidence of breast cancer in the United States has decreased by about two percent from 1999 to 2006. The reason for the decrease is not completely understood.


Knowing the risk factors for breast cancer may help you take preventative measures to reduce the likelihood of developing the disease.


## GENERAL

 **Ageing:** On average, women over 60 are more likely to be diagnosed with breast cancer. Only about 10 – 15 percent of breast cancers occur in women younger than 45. However, this may vary for different races or ethnicities.


 **Gender:** Although nearly 2,000 men will be diagnosed with breast cancer each year, breast cancer is 100 times more common in women. The National Cancer Institute estimates that over 190,000 women will be diagnosed with breast cancer annually.


## GENETICS


 **Family history:** Having a family history of breast cancer, particularly women with a mother, sister or daughter who has or had breast cancer, may double the risk.


 **Inherited factors:** Some inherited genetic mutations may increase your breast cancer risks. Mutations in the BRCA1 and BRCA2 genes are the most common inherited causes. Other rare mutations may also make some women more susceptible to developing breast cancer. Gene testing reveals the presence of potential genetic problems, particularly in families that have a history of breast cancer. Read about Angelina Jolie's decision based on her BRCA1 test.


## BODY

 **Obesity:** After menopause, fat tissue may contribute to increases in estrogen levels, and high levels of estrogen may increase the risk of breast cancer. Weight gain during adulthood and excess body fat around the waist may also play a role.


 **Not having children:** Women who have had no children, or who were pregnant later in life (over age 35) may have a greater chance of developing breast cancer. Breast-feeding may help to lower your breast cancer risks.


 **High breast density:** Women with less fatty tissue and more glandular and fibrous tissue may be at higher risk for developing breast cancer than women with less dense breasts.

 **Certain breast changes:** Certain benign (noncancerous) breast conditions may increase breast cancer risk.


 **Menstrual history:** Women who start menstruation at an early age (before age 12) and/or menopause at an older age (after age 55) have a slightly higher risk of breast cancer. The increase in risk may be due to a longer lifetime exposure to the hormones estrogen and progesterone.


## LIFESTYLE


 **A sedentary lifestyle:** Physical activity in the form of regular exercise for four to seven hours a week may help to reduce breast cancer risk.


 **Heavy drinking:** The use of alcohol is linked to an increased risk of developing breast cancer. The risk increases with the amount of alcohol consumed.

## PREVIOUS TREATMENTS

 **Birth control pills:** Using oral contraceptives within the past 10 years may slightly increase the risk of developing breast cancer. The risk decreases over time once the pills are stopped.

 **Combined post-menopausal hormone therapy (PHT):** Using combined hormone therapy after menopause increases the risk of developing breast cancer. Combined HT also increases the likelihood that the cancer may be found at a more advanced stage.

 **Diethylstilbestrol exposure (DES):** Previous use of DES, a drug commonly given to pregnant women from 1940 to 1971 to prevent miscarriage, may slightly increase the risk of developing breast cancer. Women whose mothers took DES during pregnancy may also have a slightly higher risk of breast cancer.

 **Radiation exposure:** Women who, as children or young adults, had radiation therapy to the chest area as treatment for another cancer have a significantly increased risk for breast cancer.