

October is

- Breast Cancer Awareness Month
- Domestic Violence Awareness Month
- Eye Injury Prevention Month
- Health Literacy Month
- National Bullying Prevention Month**
- National Dental Hygiene Month**
- Sudden Infant Death Syndrome (SIDS) Awareness Month**
- Mental Illness Awareness Week, October 6-12
- World Food Day, October 16
- National Healthcare Quality Week / National Health Education Week, October 20-26**

** These topics will be covered in an H3-Part 2 Supplement later this month.

In His Service,



"Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security."

Jeremiah 33:6

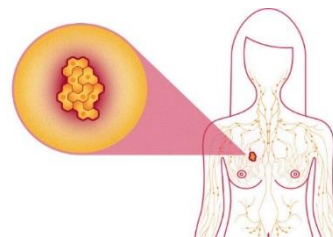


BREAST CANCER FACTS

What Is Breast Cancer?



Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast.



- In 2019, an estimated 268,600 new cases of invasive breast cancer will be diagnosed in women in the U.S. as well as 62,930 new cases of non-invasive (in situ) breast cancer.
- 62% of breast cancer cases are diagnosed at a localized stage, for which the 5-year survival rate is 99%.
- This year, an estimated 41,760 women will die from breast cancer in the U.S.
- Although rare, men get breast cancer too. The lifetime risk for U.S. men is about 1 in 1,000.
- An estimated 2,670 men will be diagnosed with breast cancer this year in the United States and approximately 500 will die.
- 1 in 8 women in the United States will develop breast cancer in her lifetime.
- Breast cancer is the most common cancer in American women, except for skin cancers.
- There are over 3.5 million breast cancer survivors in the United States.
- On average, every 2 minutes a woman is diagnosed with breast cancer in the United States.
- Female breast cancer represents 15.2% of all new cancer cases in the U.S.

INVITATION: PLEASE join H3 Ministry on the third **Sunday, October 20** for a Breast Cancer Awareness Program, immediately following morning service. Our speaker will be Ms. Sandra Cross, Breast Health Specialist with Huntsville Hospital Breast Center. General breast cancer information and the breast cancer journey will be discussed.



October is... National Domestic Violence Awareness Month
www.NationalDayCalendar.com



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.

1 in 4 men are victims of some form of physical violence by an intimate partner.

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 who 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 who were killed fighting in the 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.
- Statistics suggest that almost **5 percent of male homicide victims** each year are killed by an intimate partner.
- 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

Use #DomesticViolenceAwareness to post on social media. Sometimes, people don't know if they are really in an abusive relationship because they're used to their partner calling them crazy or making them feel like all the problems are their own fault. Here are a few ways to know if you're in an abusive relationship that you need to get out of.

1. Your partner has **hit you, beat you, or strangled you** in the past.
2. 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.
3. 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.
4. 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.
5. Your partner **threatens** you or your family.
6. 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.**)



MAKE SAFETY A PRIORITY DURING EYE INJURY PREVENTION MONTH

With half of all eye injuries happening in the home, we could all use a gentle reminder about the importance of eye safety. The American Academy of Ophthalmologists sponsors Eye Injury Prevention Month every October to reinforce the importance of preventing accidents and injury. This is appropriate because World Health Organization's World Sight Day is observed on the second Thursday of October each year to bring attention to blindness and vision impairment.

Experts claim that more than 90 percent of eye injuries can be prevented by wearing protective eyewear and taking some simple precautions. Goggles or safety glasses should be worn while doing yard work, using power tools and playing sports. The most effective eyewear should be snug with a wrap-style frame to keep airborne particles from getting behind the lenses.

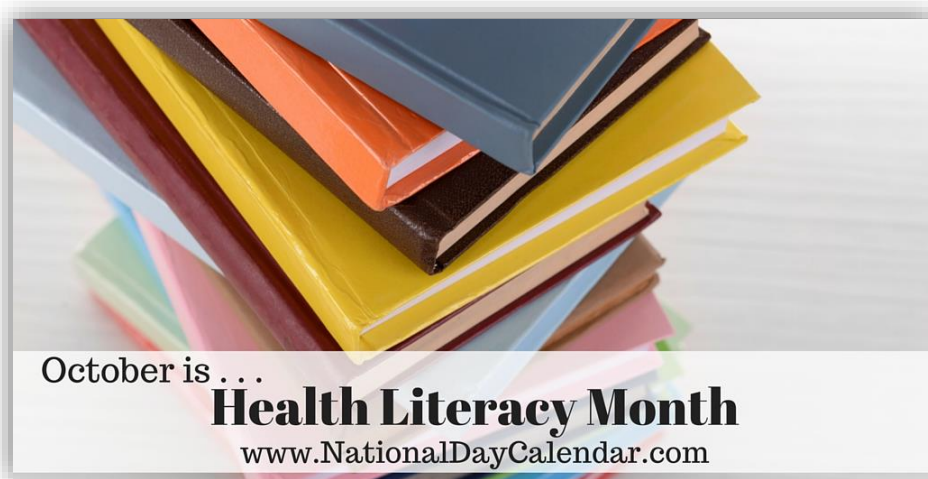
Careless accidents can happen when we are not regularly assessing our surroundings. Our homes are full of everyday objects that can cause eye injury: kitchen knives, scissors, letter

openers, pencils, rubber bands, and champagne corks. There are countless ways to permanently damage our eyes if we do not store sharp objects correctly or if we use them irresponsibly.

To assess whether a task requires safety glasses or goggles, ask yourself if it will involve:

- Hazardous chemicals or other substances that could damage your eyes upon contact
- Flying debris or other small particles. Note that both active participants and bystanders can be at risk from such activities.
- Projectiles or objects that could fly into the eyes unexpectedly

Your vision is irreplaceable, so treat it with care!



HEALTH LITERACY MONTH

October recognizes Health Literacy Month. During this time, organizations and individuals promote the importance of understandable health information. Health Literacy Month brings awareness to breaking down the barriers of understanding. According to health experts, there is a large gap between the way health care issues are communicated by professionals, and the ability of the average person to understand them. Most people have limited health literacy... Not just those with limited reading or writing skills. If someone struggles to understand health literacy, statistically, they are more likely to skip important medical tests, have a harder time living with conditions, and visit the emergency room more often. This is why understanding health literacy is so important for **everyone**.

HOW TO OBSERVE

Use #HealthLiteracyMonth to post on social media. The good news is, many health care facilities are trying to improve the way they communicate with patients to make sure everything is clear before the patient leaves. They are doing things like simplifying their written materials, using video and photos to teach patients, and more to help doctors clearly get their message across. There are a few things you can do to improve your own health literacy, too.

1. Improve your communication with health professionals. Make a list of your symptoms before you go in, have questions written down, and take a few notes when your doctor is explaining things to you.
2. Make sure you know who to call with any questions when you leave.
3. Attend health education programs at a library, community center, or anywhere you can find them in your community.
4. Talk to local schools and request that kids are taught about health literacy and education so they are prepared as they get older.

15 Physical Symptoms of Mental Illnesses

SIGNIFICANT TIREDNESS, LOW ENERGY OR PROBLEMS SLEEPING

fatigue

obesity

THOSE WITH SEVERE MENTAL ILLNESS (SMI) MAY BE AT HIGHER RISK FOR ATTAINING UNHEALTHY BODY MASS

THOSE WITH DEPRESSION ARE 3-TIMES MORE LIKELY TO DEVELOP ASSOCIATED CHRONIC PAIN

chronic pain

tic and twitches

THERE IS A CONNECTION BETWEEN MENTAL SUFFERING AND TWITCHES

CHRONIC SINUS ISSUES HAVE BEEN LINKED TO DEPRESSION

sinus problems

nausea

FEELING SICK TO YOUR STOMACH MAY BE A SIGN THAT YOUR MIND IS NOT DOING ITS BEST

INDIVIDUALS WITH ANXIETY AND DEPRESSION DISORDERS OFTEN LOSE THE DESIRE FOR THINGS THEY FIND ENJOYABLE – EVEN FOOD.

weight loss

irritated skin

THERE IS AN ASSOCIATION BETWEEN LOW LEVELS OF OMEGA-3 FATTY ACIDS IN FEMALES ARE ASSOCIATED WITH BOTH DEPRESSION AND ECZEMA

ADRENALIN ACTIVATES THE FIGHT OR FLIGHT RESPONSE TO GET US READY TO FACE DANGER, TO RUN, OR TO FIGHT

adrenaline rush

cavities

INDIVIDUALS SUFFERING FROM MENTAL ILLNESSES SUCH AS DEPRESSION OFTEN FIND EVERYDAY TASKS RATHER DIFFICULT AND POTENTIALLY SKIP THEM ALTOGETHER

CALMCLINIC.COM CONFIRMS A POSSIBLE PHYSICAL SYMPTOM OF MENTAL HEALTH DISORDERS IS SWELLING

swelling

strep throat

PEOPLE WITH STREPTOCOCCAL THROAT INFECTION MAY BE AT HIGHER RISK OF HAVING A MENTAL DISORDER.

MIGRAINES AND MENTAL ILLNESSES SUCH AS DEPRESSION AND ANXIETY DISORDER ARE HIGHLY RELATED

headaches

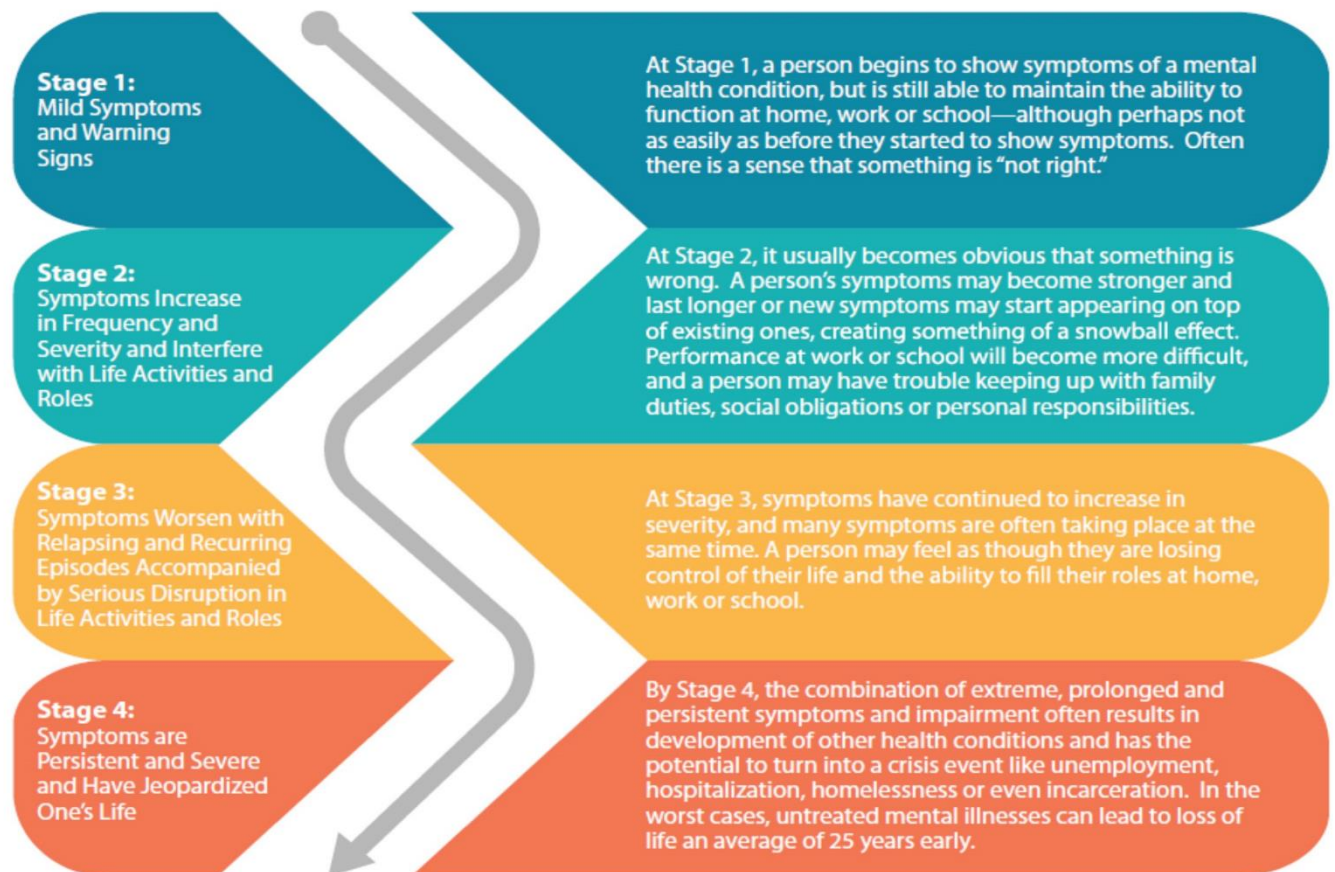
jaw pain

YOU MAY BE EXPERIENCING MYSTERIOUS ACHES AND PAINS AS A RESULT OF DEPRESSION OR ANXIETY YOU MIGHT ALSO DEVELOP A CONDITION CALLED TEMPOROMANDIBULAR JOINT (TMJ) DISORDER.

EXCESSIVE SWEATING HAS BEEN LINKED TO MENTAL HEALTH

unexplained sweating

Stages of Mental Health Conditions





Mental Health Facts CHILDREN & TEENS

Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.¹



20% of youth ages 13-18 live with a mental health condition²



11% of youth have a mood disorder²



10% of youth have a behavior or conduct disorder¹



8% of youth have an anxiety disorder¹

ABOUT MENTAL HEALTH



Impact



50%

50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.¹



10 yrs

The average delay between onset of symptoms and intervention is 8-10 years.¹

37%



37% of students with a mental health condition age 14 and older drop out of school—the highest dropout rate of any disability group.¹

70%



70% of youth in state and local juvenile justice systems have a mental illness.¹

Suicide

3rd



Suicide is the 3rd leading cause of death in youth ages 10 - 24.¹



90%

90% of those who died by suicide had an underlying mental illness.¹

Warning Signs



Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).



Trying to harm or kill oneself or making plans to do so.



Out-of-control, risk-taking behaviors that can cause harm to self or others.



Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.



Not eating, throwing up or using laxatives to lose weight; significant weight loss or gain.



Severe mood swings that cause problems in relationships.



Repeated use of drugs or alcohol.



Drastic changes in behavior, personality or sleeping habits (e.g., waking up early and acting agitated).



Extreme difficulty in concentrating or staying still that can lead to failure in school.



Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.

4 Things Parents Can Do



Talk with your pediatrician



Get a referral to a mental health specialist



Work with the school



Connect with other families

This document cites statistics provided by the National Institute of Mental Health: www.nimh.nih.gov

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National Alliance on Mental Illness
www.nami.org



WORLD FOOD DAY - OCT 16

Where would we be without food? We certainly wouldn't be at Starbucks, grocery stores or restaurants. We wouldn't, in fact, be anywhere for very long, because we need food to live. Food is seen as a basic human right, and yet one in nine people globally experience chronic hunger. As far back as 1945 the United Nations recognized food as not a privilege, but a right, and that's why they created World Food Day, observed annually on October 16, in 1979. It's a day of observance to draw attention to the plight of the hungry. So, today, join us in eradicating hunger.

HOW TO OBSERVE WORLD FOOD DAY

Give to a local food bank

In the United States it's estimated 1 in 7 people rely on food banks as their primary or supplemental food source—many of these are working families who suffer from underemployment and cannot afford the groceries needed to help their family live healthfully. The top requested items for food banks are healthy, non-perishable items high in protein, such as canned or dry beans, peanut butter, rolled oats, low-sodium soups and vegetables and tuna canned in water.

Support small scale farms

Ninety-eight percent of the farms in the world are family farms. They usually practice sustainable agriculture with plants that are indigenous to the area, rotating crops and limited use of pesticides. Sadly, many family farmers are unable to produce the variety of crops needed for their own survival and without support, can suffer from malnutrition themselves. On World Food Day, shop locally and support family farms.

Raise money to end hunger

On World Food Day there are typically a number of food drives. If you don't know of a local food drive, organize one yourself and donate the food to a local food drive. Globally there are hunger walks, World Food Day dinners or food packaging rallies. Get involved and let's end world hunger!

resources this issue

Resources: <https://www.nationalbreastcancer.org/breast-cancer-facts>
<https://nationaldaycalendar.com/national-domestic-violence-awareness-month-october/>
<https://yoursightmatters.com/make-safety-a-priority-during-eye-injury-prevention-month/>
<https://nationaldaycalendar.com/health-literacy-month-october/>
<https://namimn.org/events/mental-illness-awareness-week/>
<https://www.activebeat.com/your-health/6-physical-symptoms-of-mental-illnesses/>
<https://www.nami.org/get-involved/awareness-events/mental-illness-awareness-week>
<http://www.fao.org/world-food-day/theme/en/>
<https://nationaltoday.com/world-food-day/>