

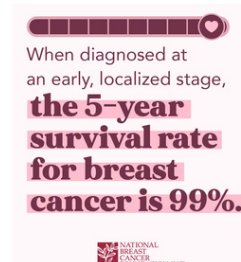
# FOR THE HEALTH OF IT!



# Breast Cancer Awareness Month

1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime. In 2025, an estimated 316,950 women and 2,800 men will be diagnosed with invasive breast cancer, and an additional 59,080 new cases of non-invasive breast cancer will be diagnosed. Chances are, you know at least one person who has been personally affected by breast cancer.

But there is hope! When caught in its earliest, localized stages, the 5-year relative survival rate is 99%. Advances in early detection and treatment methods have significantly increased breast cancer survival rates in recent years, and there are currently over 4 million breast cancer survivors in the United States.



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# Breast Cancer Continued



**Cancer Services Program of  
Warren, Washington & Hamilton  
Counties at Glens Falls Hospital  
C.R. Wood Cancer Center**  
100 Park Street  
Glens Falls, NY 12801  
Phone: 518-926-6570

## Need To Get Screened But Can't Afford It?

The Cancer Service Program (CSP) at Glens Falls Hospital provides breast, cervical and colon cancer screening at NO COST to men and women who qualify.

The Cancer Services Program is a New York State cancer screening program for women and men who:

- Live in New York State
- Do not have health insurance
- Have health insurance with a cost share that makes the cost of screening too high
- Meet the program rules for age and income

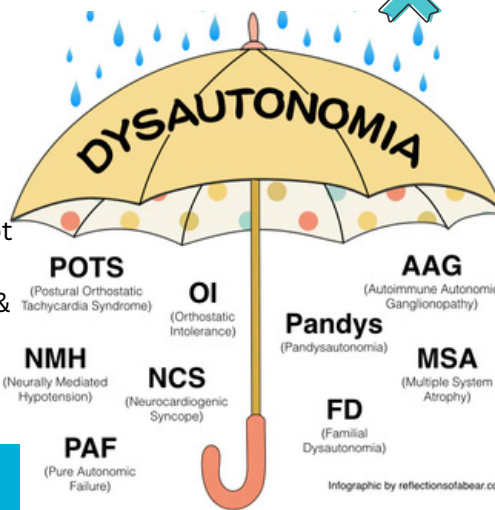
The CSP provides cancer screening, follow-up tests, help getting treatment and support services.

Most health insurance covers breast, cervical and colon cancer screenings at no cost to the patient. This includes Medicaid and plans in the New York State of Health. Check with your insurance plan to find out what cancer screening services are covered.

## Dysautonomia Awareness Month

Dysautonomia is an umbrella term used to describe several different medical conditions that cause a malfunction of the Autonomic Nervous System.

The Autonomic Nervous System controls the "automatic" functions of the body that we do not consciously think about, such as heart rate, blood pressure, digestion, temperature control & more. People living with dysautonomia have trouble regulating these systems, which can result in a variety of symptoms.



## DYSAUTONOMIA CAN IMPACT THE ENTIRE BODY!

<b>BRAIN</b> fatigue brain fog migraines vertigo fainting lightheadedness	<b>HEART</b> tachycardia bradycardia palpitations chest pain	<b>STOMACH</b> bloating nausea vomiting pain
<b>MOUTH</b> dry mouth tooth decay difficulty swallowing	<b>BLOOD VESSELS</b> hypotension hypertension poor perfusion	<b>INTESTINES</b> impaired motility constipation diarrhea pain
<b>EYES</b> dryness sluggish pupils sensitivity to light greyed out vision	<b>IMMUNE CELLS</b> increased allergies inflammation	<b>GALLBLADDER</b> reduced motility inflammation pain
<b>SKIN</b> dryness reduced sweating increased sweating	<b>BLADDER</b> frequent urination retention nocturia pain	<b>and more!</b>

- Dysautonomia is not rare.
- Over 70 million people worldwide live with dysautonomia.
- People of any age, gender or race can be impacted.
- There is no cure for any form of dysautonomia at this time.

Despite the high prevalence of dysautonomia, most patients take years to get diagnosed due to a lack of awareness amongst the public and within the medical profession.

## Car Seat Check Event

Warren County Health Services is organizing  
**CAR SEAT CHECK  
EVENT**

Date

**October 16<sup>th</sup> 2025  
3:00pm-5:30pm**

Location

**West Glens Falls Fire  
Department  
33 Luzerne Road,  
Queensbury, NY  
12804.**



**CALL TO SCHEDULE  
AN APPOINTMENT @  
WARREN COUNTY  
HEALTH SERVICES  
518-761-6580  
WALK-INS  
ACCEPTED.**





# Health Literacy Month

## What is Health Literacy?

Health literacy, in the most basic sense, is understanding health and how to be healthy. It has two components that must work together to achieve a common goal.

- Personal health literacy: the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others
- Organizational health literacy: the degree to which organizations equitably enable individuals to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.

## Why is it important?

Health literacy affects everyone. Taking care of our health is part of everyday life. It includes what foods you decide to eat, how or when you sleep, and the decisions you make for yourself and your family. It also happens when you visit a doctor, clinic, or a hospital. Health literacy helps to prevent health problems, protect our health, and better manage health problems when they arise.

Low health literacy is linked to poorer health outcomes and use of health resources. This includes, but is not limited to:

- More hospitalizations
- Higher use of emergency services
- Lower use of preventative services
- Lower knowledge and self management of health conditions
- Difficulty taking medications properly
- Higher risk of mortality

## What can you do about it?

It can be difficult to navigate health and healthcare on the best of days. The easiest way to make your healthcare visits more helpful is to prepare ahead of time. Some simple tips:

- Take a trusted person to appointments with you.
- Always ask questions. If you don't understand something, ask questions until you do.
- Speak your mind. Tell your doctor how you feel, including things that seem unimportant or embarrassing
- Always bring an up-to-date list of medications with you. Include over the counter products in your list. You can also bring all of your medications with you.
- Write down your questions or concerns before you go, so you don't forget what you want to know.
- Take notes or ask a friend or family member to.
- Ask your doctor to write down information and instructions discussed at your visit.
- If you have vision or hearing problems, ask for help. There are resources that will help meet your needs.
- Remember that other healthcare workers, like nurses or pharmacists, can be good sources of information.

**NATIONAL PRESCRIPTION  
DRUG TAKE BACK DAY**

The National Prescription Drug Take Back Day is

**OCTOBER 25<sup>TH</sup> 2025**

Click the QR code below to find a location near you to drop your unused prescription medications or search:

<https://www.dea.gov/takebackday>



**October 15<sup>th</sup>  
2025**

Global Handwashing is an international hand washing campaign to motivate and mobilize people around the world to improve their hand washing habits, by raising awareness about the importance of handwashing with soap and water.



# Safe Sleep and SIDS



October is Safe Sleep and SIDS Awareness Month. Approximately 3,500 infants die annually in the United States from sleep-related infant deaths, including sudden infant death syndrome (SIDS).

Your baby only needs a few things to have a safe, cozy and happy sleep. With just a flat surface in a crib or bassinet, you can create a safe space for your baby to sleep.

- Babies should always be placed on their back for sleep
- Babies should sleep on a firm sleep surface that does not incline
- Remove all toys, pillows, blankets and bumpers from the crib
- It's OK to swaddle a baby, but stop swaddling as soon as they start learning to roll
- If the baby falls asleep in a car seat, stroller, swing, or infant carrier, move them as soon as you can
- It's dangerous for babies to sleep on a couch, armchair or nursing pillow
- Bed-sharing significantly raises the baby's risk of injury or death

Have questions or need help? Talk to your pediatrician about any sleep challenges you might be having, they can help you problem solve.

## Mental Health Day

World Mental Health Day on October 10<sup>th</sup> is a reminder of the importance of good mental health and the need to prioritize and invest in good mental health. This year's theme is "Overwhelm: when global events and relentless bad news becomes too much." The world is going through a tough time right now and even if you're not directly affected by events, it can still feel like a lot to cope with. It's okay to ask for help, no matter what you or anyone is going through.



- Set boundaries with the news
- Use grounding exercises
- Have phone-free breaks
- Talk and connect with others
- Give yourself permission to rest
- Focus on what you can control



**October National**



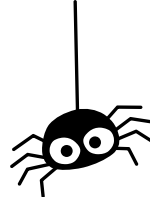
Sometimes we take our lungs for granted. They keep us alive and well and for the most part, we don't need to think about them. That's why it is important to prioritize your lung health. Your body has a natural defense system designed to protect the lungs, keeping dirt and germs at bay. But there are some important things you can do to reduce your risk of lung disease.

Here are some ways to keep your lungs healthy:

- Don't smoke
- Minimize your exposure to pollutants
- Prevent infection with good hand and oral hygiene
- Remain up to date on recommended vaccines
- Have regular check ups
- Exercise regularly



# HALLOWEEN SAFETY TIPS



Kids love the magic of Halloween, but costume and traffic safety are essential for trick-or-treaters. These tips can help make a safe and happy holiday for everyone.

## Costume Safety

To help ensure adults and children have a safe holiday, follow these Halloween safety tips:

- Be sure to choose a costume that won't cause safety hazards; all costumes, wigs and accessories should be fire-resistant
- If children are allowed out after dark, fasten reflective tape to their costumes and bags, or give them glow sticks
- Choose nontoxic Halloween makeup over masks, which can obscure vision; always test makeup in a small area first to see if any irritation develops
- Remove all makeup before children go to bed to prevent skin and eye irritation

## When They're on the Prowl

Here's a scary statistic: Children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year. Lack of visibility because of low lighting at night also plays a factor in these incidents.

Keep these tips in mind when your children are out on Halloween night:

- A responsible adult should accompany young children on the neighborhood rounds
- If your older children are going alone, plan and review a route acceptable to you
- Agree on a specific time children should return home
- Teach your children never to enter a stranger's home or car
- Instruct children to travel only in familiar, well-lit areas and stick with their friends
- Tell your children not to eat any treats until they return home, and take care to avoid any food allergies

## Safety Tips for Motorists

National Safety Council offers these additional safety tips for parents – and anyone who plans to be on the road during trick-or-treat hours:

- Watch for children walking on roadways, medians and curbs
- Enter and exit driveways and alleys carefully
- At twilight and later in the evening, watch for children in dark clothing
- Discourage new, inexperienced drivers from driving on Halloween



## Rabies Vaccination Clinics

**Saturday October 18th**

**10am-Noon**

Queensbury Community Center

742 Bay Rd

Pets must be 3 months of age to receive their first immunization. Both initial and booster shots will be given at all clinics.

A \$10 donation is asked for each pet, but no one is turned away due to financial hardship.

## Child Health Day October 6th

To celebrate the care and guidance children need to grow strong and healthy!

- Keep kids moving
- Focus on nutritious meals
- Prioritize mental well-being
- Stay current with preventive care (regular well-child checkups, vaccines, dental cleanings, and vision screenings)
- Be a healthy role model!

