



# For the Health Of It!

## October is World Breast Cancer Awareness Month

Breast cancer is a disease in which cancer cells form in the tissues of the breast. Breast cancer is the most common cancer among American women.

- 1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime.
- Approximately 15% of women diagnosed have a family history of breast cancer.
  - Although rare, men get breast cancer too.

### ***Symptoms***

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include-

- ⇒ Any change in the size or shape of the breast.
  - ⇒ Pain in any area of the breast.
- ⇒ Nipple discharge other than breast milk (including blood)
  - ⇒ A new lump in the breast or underarm.

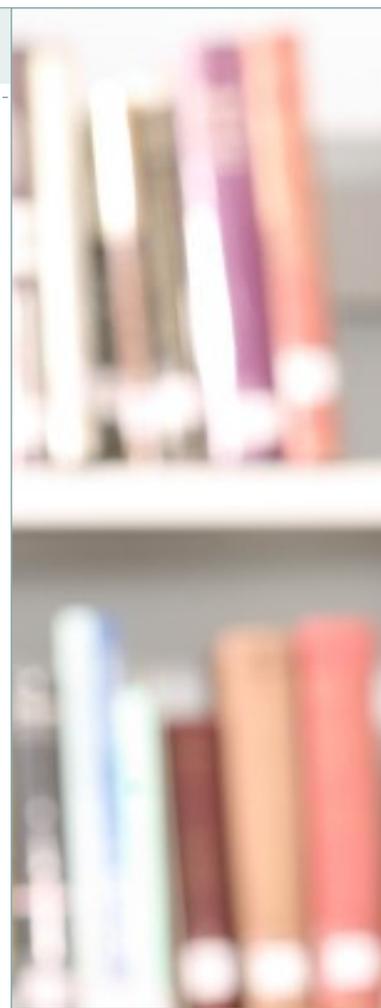
### ***How can you lower your Risk ?***

- Getting screening tests regularly may help detect breast cancer early, when treatment is likely to work best.
  - Keep a healthy weight and exercise regularly.
  - Choose not to drink alcohol, or drink alcohol in moderation.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.
  - Breastfeed your children, if possible.

### ***Did You Know?***

The Cancer Services Program at Glens Falls Hospital helps people who are uninsured or under insured get free cancer screenings and follow-up care. The three cancers the program covers are breast, colorectal and cervical cancers.

To learn more about the Cancer Services Program eligibility visit <https://www.glensfallshospital.org/services/hospital/cancer-center/cancer-services-program/> or call 518-926-6570.



### INSIDE THIS ISSUE

- Fire Safety .....2
- Halloween Safety .....3
- Drug Take Back Day .....3
- Carbon Monoxide Safety ..... 4
- World Mental Health day .....4
- Tick information. ....5
- Suicide Prevention Cont. ....5
- What is Dysautonomia.....5
- Healthy Literacy Month.....6

PUBLIC HEALTH DEPENDS ON WINNING  
OVER HEARTS AND MINDS. IT'S NOT  
ENOUGH TO JUST HAVE A GOOD  
POLICY, YOU HAVE TO CONVINCE  
PEOPLE TO ACTUALLY FOLLOW IT.

– LEANA S. WEN

## FIRE SAFETY

In a fire, mere seconds can mean the difference between a safe escape and a tragedy. Fire safety education is essential for every member of the family and the community. Here are some tips for Fire Safety to be mindful about, use them everyday and especially as we approach the Holiday season.

- Install carbon monoxide detectors and fire extinguishers in several key areas of the house– esp. kitchen, garage and laundry room.
- Test smoke alarms regularly, and clean them by vacuuming the grilles.
- Surround space heaters with a 3 foot guard to protect children and pets.
- Check all holidays lights before decorating. Always turn off all holidays lights before leaving home or before going to bed.
- Use extension cords safely.
- Avoid using real candles,- Go Flameless.
- Keep matches, lighters, and flammable liquids well out of reach of children.
- Develop an evacuation plan and practice it regularly so everyone at home knows what to do if there is a fire. Best rule of thumb—GET OUT, STAY OUT AND CALL 911.



### FACTS:

- Holiday time is the peak time of year for home candle fires.
- More than one-third of home decoration fires are started by candles.
- More than two of every five decoration fires happen because decorations are placed too close to a heat source.
- Cooking equipment are involved in one of every five of home decoration fires.

# Halloween Safety



Whether your Halloween plans are for adults or kids, there's plenty to consider before choosing a costume, putting on make up and eating a bag full of treats. Here are some tips from the Food and Drug Administration (FDA), the Consumer Product Safety Commission, and the CDC.

- Wear costumes that say “ flame resistant” on the label. If you make your costume, use flame– resistant fabrics such as polyester or nylon.
- Wear bright, reflective costumes or add strips of reflective tape so you are more visible; and make sure the costumes aren't so long that you are at danger of tripping.
- Wear make up and hats rather than costume masks that can obscure your vision.
- Go flameless. Use battery operated “candles” to light pumpkins and other spooky decorations.

Eating sweet treats is a BIG part of Halloween fun. Before you or your children go trick or treating, remember these tips -

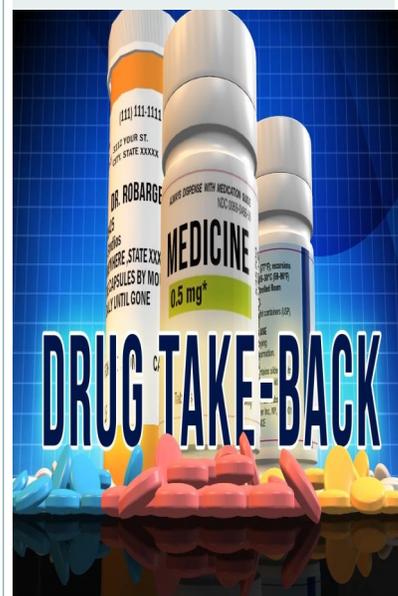
- Don't eat candy until it has been inspected at home.
- Eat a snack before heading out to avoid the temptation of nibbling on a treat before it has been inspected.
- In case of a food allergy, check the label to ensure the allergen isn't present.
- Parents of very young children should remove any choking hazards such as gum, peanuts, hard candies, or small toys from the Halloween bags.

**FOLLOWING THESE GUIDELINES WILL HELP EVERYONE ENJOY A SAFE AND HAPPY HALLOWEEN !!**

## NATIONAL PRESCRIPTION DRUG TAKE BACK DAY OCTOBER 28TH 2023

The day aims to provide a safe, convenient and responsible means of disposing of prescription drugs.

The Drug Enforcement Administration (DEA) is committed to Americans' safety and encourages the public to remove unneeded medications from their homes as a measure of preventing medication misuse and opioid addiction from ever starting.



OUR MINDS

OUR RIGHTS

World Mental Health Day 2023

10 October

**“MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT”**

Good mental health is vital to our health and well-being. Having a mental health condition should never be a reason to deprive a person of their human rights or to exclude them from decisions about their own health.

**Mental health should be valued, promoted, and protected.**

**#WorldMentalHealth Day**

For more information visit:

<https://www.who.int/campaigns/world-mental-health-day/2023>

## CARBON MONOXIDE SAFETY

The fall and winter heating seasons have arrived. Take steps to keep your family safe from the dangers of carbon monoxide. Carbon monoxide is an odorless, tasteless invisible gas that is created by the incomplete burning of fuels such as propane, kerosene, gasoline, oil, natural gas, wood and charcoal. Exposure to carbon monoxide can cause dizziness, headaches, tiredness, vomiting and even death. However, there are steps you can take to make sure your family is safe from the dangers of carbon monoxide.

1. Have a working carbon monoxide detector on each floor of your home including the basement and near sleeping areas. Install the detector according to the manufacturer's instructions and test them like you would a smoke detector. Replace the battery and the unit as instructed by the manufacturer.
2. Have home heating units, furnaces, wood stoves and fire places inspected by a professional at least once a year preferably before they must be used.
3. Make sure all vents and chimneys are clean and free of anything that could block them from venting outside.
4. If you use a gas stove for cooking, consider installing an exhaust fan that vents to the outside. Exhaust fans that recirculate air using a filter will not get rid of carbon monoxide.
5. Never use a charcoal or gas grill indoors and do not use a gas stove or oven to heat your home.
6. If you keep your car in the garage always open the garage door before starting your vehicle. The same goes for other fuel powered engines like lawn mowers, snowblowers etc.
7. Keep portable generators as far away from your home as possible and never place them near windows or doors.

What to do if you think you are suffering from carbon monoxide poisoning?

1. If you can safely do so open all windows and doors.
2. Get outside into the fresh air and call 9-1-1.
3. Do not re-enter the home or structure until it has been cleared by the fire company or gas company.
4. Have a professional come and inspect all fuel burning appliances and fix the source of the carbon monoxide.

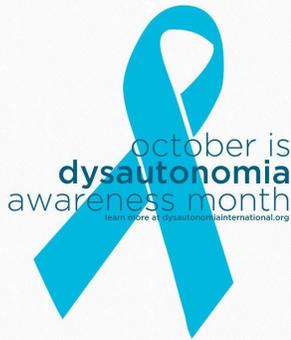
It is important remember that humans cannot detect carbon monoxide. It is essential that you have working carbon monoxide detectors in your home. If you can't afford carbon monoxide detectors for your home contact your local fire department about possible programs that may exist to help low income homes get the detectors, they need.

### Signs of Carbon Monoxide Poisoning



Headaches    Nausea    Dizziness    Breathlessness    Collapse    Loss of Consciousness

## TICKS & TICK BORNE DISEASE, NOT JUST A SPRING AND SUMMER PROBLEM



Dysautonomia, or autonomic dysfunction, is a broad term that covers a variety of disorders that cause the autonomic nervous system to malfunction.

The autonomic nervous system controls all involuntary bodily functions. This includes heart rate, breathing, blood pressure, digestion, sleep cycles, temperature control, sweating, and much more.

Dysautonomia impacts over 70 million people around the world.

To learn more visit:

<http://www.dysautonomiainternational.org/index.php>

SOME DISABILITIES LOOK LIKE THIS:



OTHER LOOKS LIKE THIS:



Many forms of dysautonomia are considered "invisible" illnesses because you cannot tell the individual has a medical problem by looking at them.



Autumn is a great time to be outside. The daytime temperatures are warm, leaves begin changing color and outdoor activities like hiking, hunting, apple picking, pumpkin picking and corn mazes are great ways to enjoy the changing seasons.

It is important to remember that ticks that carry disease often become more active as they get ready for winter. Ticks can be more active in the cooler days of fall than in the heat of the summer. So while you are outside enjoying autumn remember some of these simple tricks to avoid ticks

- When ever possible avoid tick habitats which include tall grasses, shrubs, leaf piles and rock walls.
- If you can't avoid tick habitat dress to protect. Wear light colored clothes to make seeing a tick easier. Wear enclosed footwear, long sleeves, long pants, tuck pantlegs into socks. Tie back long hair to avoid it contacting tick habitat .
- Use an insect repellent when outside near tick habitat. Read and follow the manufacturer's use and safety labels . There are a variety of insect repellents with different active ingredients. Find the one that works best for you.
- Do a tick check at the end of everyday when you have been in areas where ticks might live. Focus on hard to see areas including hairlines, back of knees, groin/between legs, armpits, and even between toes.
- Quickly and safely remove a tick if you find one. Do not use hot matches, lighters or chemicals. These methods can increase your risk of getting infected with Lyme or other tick-borne diseases. Use a pair of fine pointed tweezers or a tick remover. Pull straight up don't twist or jerk the tick.
- Once the tick is removed mark your calendar and watch for signs of illness for 30 days. Signs can include fever, tiredness, a bulls-eye rash, achiness in joints and headache. If you have any signs of illness in the 30 days call your healthcare provider and let them know you were bitten by a tick.
- There are treatments for tick borne disease including Lyme disease, but they are easier to treat the earlier they are recognized.

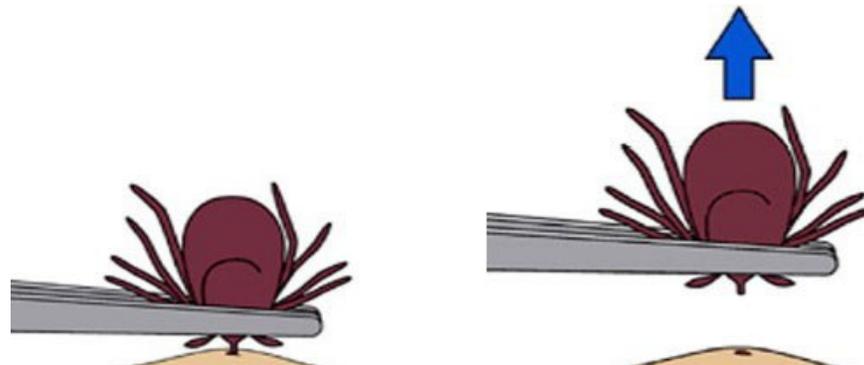
For more information about ticks and tick borne diseases please visit <https://www.cdc.gov/ticks/>.

### HOW TO SAFELY REMOVE A TICK

Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you cannot remove the mouth easily with tweezers, leave it alone and let the skin heal.

After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.

If you develop a rash or fever within several weeks of removing a tick, see your doctor.



## October is Health Literacy Month!

Before we can understand the topic of health literacy, it is important to know the meaning of literacy in general. Literacy is NOT reading. It is a set of skills that include reading, writing, language, speaking, and listening. Literacy is the ability to successfully use printed and written information to function in society, achieve goals, and develop knowledge. Now, let's take that definition and apply it to the topic of health.

### 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

### Stigma

Of the many who struggle with health literacy, few are comfortable in disclosing it. There is a large amount of shame and stigma associated with limited literacy. As a result, many people keep their struggle hidden from friends, family, and healthcare providers. Difficulty in achieving health literacy is unique to each individual, but can fall into recognizable categories:

- Difficulty with written communication
- Difficulty with spoken communication
- Limited disclosure due to fear
- Reluctance to disclose due to early childhood experiences

### 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.



**Public Health**  
Prevent. Promote. Protect.

Warren County Health Services  
Division of Public Health