

FOR THE HEALTH OF IT!



Thyroid Awareness Month

The thyroid is a gland in the neck that generates chemicals to help regulate metabolism. The thyroid impacts every cell in the body.

Types of thyroid conditions

Hyperthyroidism: when the body produces too many thyroid hormones

Hypothyroidism: when the body does not produce enough thyroid hormones.

Undiagnosed thyroid disorders can lead to cardiovascular illness, osteoporosis, and infertility.

Fast Facts

- 20 million americans are living with a type of thyroid disease
- 60% of people are unaware they have a thyroid condition
- 1 in 8 women will have a thyroid condition in her lifetime

Symptoms of a thyroid condition include:

- Depression or mood changes
- Eye problems
- Fatigue
- Memory issues
- Trouble sleeping
- Unexplained weight gain or weight loss

Get your thyroid checked:

Thyroid awareness month is a great reminder to speak with your health care provider about your risk for thyroid related conditions.

How Thyroid Problems Affect the Body

Hypothyroidism	VS	Hyperthyroidism
Metabolism Slows Down		Metabolism Speeds Up
Weight Gain		Weight Loss
Dry Skin, Hair, and Nails		Insomnia
Constipation		Loose Stools
Feeling Cold		Sweating
Depression		Anxiety, Nervousness, or Irritability

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Cervical Health Awareness Month

What is your cervix?

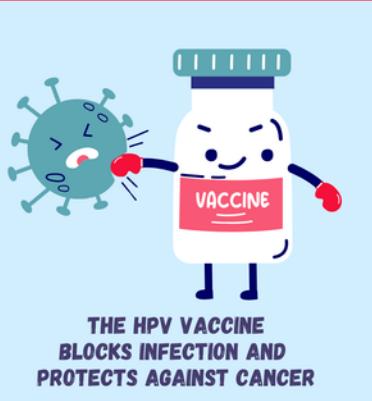
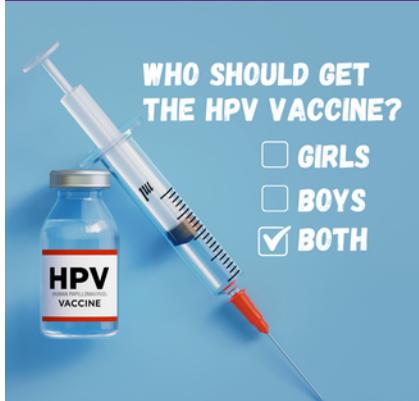
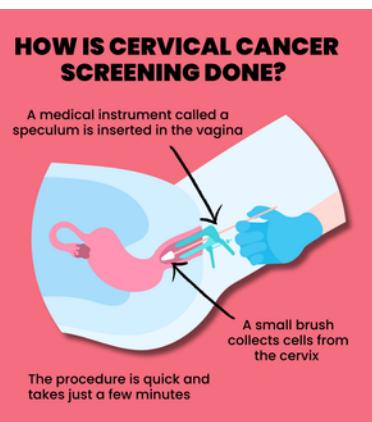
Located at the bottom of your uterus, the cervix is a key part of the female reproductive system. The cervix is a small canal that allows fluid to enter and leave the uterus. During childbirth, the cervix widens so that a baby can be born. It plays a pivotal role in menstruation, pregnancy, fertility and childbirth. It also protects the uterus. The cervix is particularly susceptible to HPV infections.

Cervical Cancer and How to Prevent It.

While cervical cancer rates in the United States have dropped over the past few decades, the National Cancer Institute projected that approximately 13,360 individuals were diagnosed with cervical cancer in 2025, and 4,320 died from the disease. For the most part, cervical cancer is a preventable disease. Nearly all cases of cervical cancer are caused by infections with high-risk strains of the human papillomavirus (HPV). Fortunately, the HPV vaccine can protect against seven high-risk HPV strains responsible for causing cancer and two known for causing genital warts. The HPV vaccine is approved for males and females ages 9 to 45.

Children can get the HPV vaccine starting at age 9 through 12 years. It's essential that children's immune systems are strengthened to resist HPV and help prevent cervical and other serious cancers in adulthood. Between ages 9 and 12, kids get 2 doses of HPV vaccine. Teens who get the first HPV vaccine at age 15 or older need 3 doses. Vaccinating at a younger age prevents an extra dose and protects kids before they are exposed to the virus.

In addition to preventative vaccines, screening tests can detect cancer at an early stage, when treatment is more effective. Even precancerous conditions can be detected and treated. Screening includes the "Pap test" or "Pap smear." This can detect cells that might indicate that cancer is present. The U.S. Preventive Services Task Force (USPSTF) recommends that women should start getting Pap tests every three years, beginning at age 21.



Substance Use Disorder Treatment Awareness Month



SAMHSA



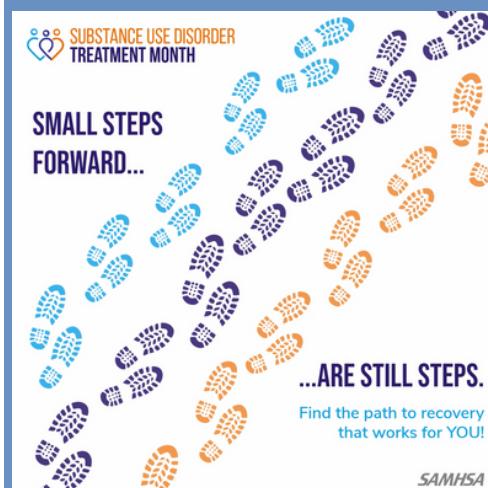
NEW YEAR, NEW BEGINNINGS.

Treatment works! Find the path that works for you.

[FINDTREATMENT.GOV](http://findtreatment.gov)

Small steps lead to big changes. This New Year, focus on one day at a time. Every day is a new opportunity to make healthier decisions.

Help is available for you or someone you know: findtreatment.gov



SAMHSA

There are multiple pathways to recovery: clinical care, community support, therapy, faith, self-management. What matters most is finding what works for you!

THERE'S NO "ONE-SIZE-FITS-ALL" SOLUTION. FIND TREATMENT OPTIONS THAT WORK FOR YOU.



SAMHSA

Radon Awareness Month

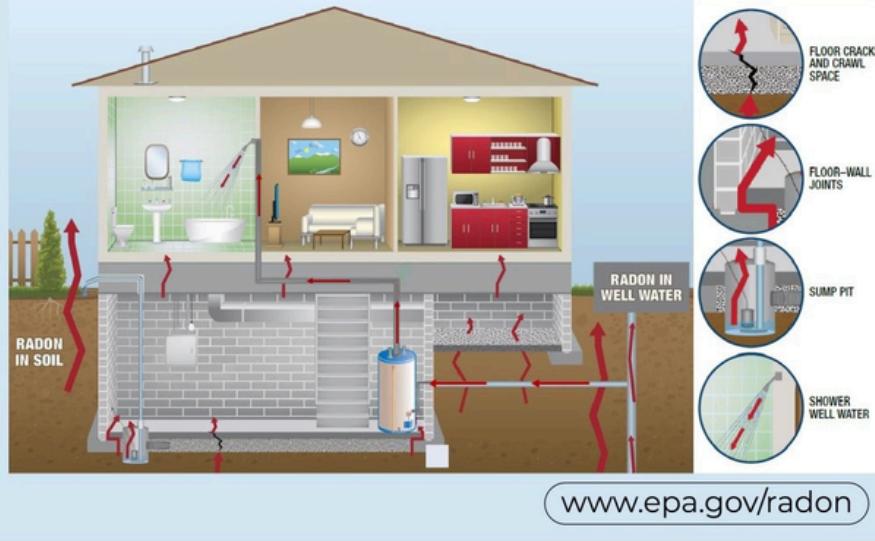
You can't see, smell or taste radon, but it could be present at a dangerous level in your home. 1 in 15 homes has high radon levels. Radon is the leading cause of lung cancer deaths among nonsmokers in the United States and claims the lives of about 21,000 Americans each year. Exposure to radon is a preventable health risk and testing radon levels in your home can help prevent unnecessary exposure.

Things you can do this January during National Radon Action Month:

1. Test your home - Many radon test kits can be found online or in home improvement stores. You can also order a radon test from the [New York State Department of Health](#).
2. Spread the word - Encourage your friends and family to test their homes and take action to prevent radon exposure.
3. If you have a radon problem, you can fix it - Find a qualified radon mitigation contractor, determine an appropriate radon reduction method, and maintain your radon reduction system.

Radon can enter your home in many ways:

- Cracks in solid floors
- Construction joints
- Cracks in walls
- Gaps in suspended floors
- Gaps around service pipes
- Cavities inside walls
- The water supply

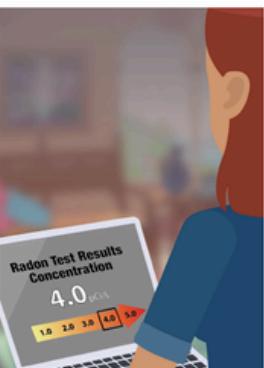


Testing your home for radon is easy and inexpensive, and you can do it yourself.

If your test result shows radon levels of 4.0 pCi/L or greater, you should take action.

Consult a radon mitigation professional about installing a mitigation system.

Installation is quick and cost effective and will protect your family.



High levels of radon can cause lung cancer.
Test. Fix. Save a life. Learn more at [epa.gov/radon](#).

 United States Environmental Protection Agency

Peanut Butter Oat Energy Balls



Looking for a breakfast on the go, pre workout snack or road trip treats?

Prep Time- 10 minutes

Ingredients:

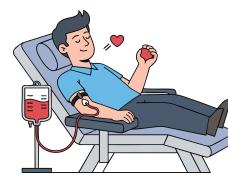
- ¾ cup peanut butter
- 10 dates, pitted
- ¾ cup old fashioned rolled oats
- 2 tbsp. pure maple syrup
- ¼ cup flaxseed meal
- 1 tbsp. chia seeds
- ½ cup mini dark chocolate chips

Instructions:

- In a food processor or high powered blender, blend the dates until they start to break down and ball up into one big ball.
- Add peanut butter, oats, maple syrup, flaxseed, chia seeds, and chocolate chips.
- Pulse a few times until combined. Do not over blend the mixture or it can start to separate and get weird.
- Use a tablespoon to scoop out energy balls, rolling between your palms, to form a smooth ball. Drizzle with additional melted chocolate or leave as is.
- Store in an airtight container in the fridge for up to 10 dates or freeze for up to 3 months.



Blood Donor Month



Every two seconds, someone in the United States needs blood. Whether it's for accident victims, cancer patients, or those undergoing life-saving surgeries, blood donations are a vital resource that can mean the difference between life and death.

One donation can help two or more patients in need. Each donation of whole blood can be separated into more than one blood product, which includes red blood cells, plasma, cryoprecipitated antihemophilic factor (AHF), and platelets. Some donations result in two or three of the same type of product, which creates additional transfusions for patients (e.g., double red blood cells, plasma from automation, or platelets from automation).

Patient Populations that benefit from blood transfusion:

- **Cancer:** More than a quarter of the U.S. blood supply is used by patients battling cancer. More than 1.9 million people are diagnosed with a new cancer each year; many of them will need blood during their course of treatment. Individuals with cancer may need blood transfusions due to anemia and/or thrombocytopenia caused directly by the disease or as a consequence of treatments such as chemotherapy and/or radiation, and/or blood loss during surgery.
- **Trauma:** In the U.S., hemorrhage is the most common cause of death within the first hour of arrival to a trauma center. More than 80% of deaths in the operating room and nearly 50% of deaths in the first 24 hours after injury are due to severe blood loss. Gunshot victims are approximately five times more likely to require blood transfusions. They require 10 times more blood units and are 14 times more likely to die than people seriously injured by motor vehicles, non-gun assaults, falls, or stabs.
- **Maternity:** Transfusions are needed in the U.S. in one out of every 83 deliveries. There are many reasons for need: SCD, iron deficiency anemia, heavy bleeding, or hemorrhage
- **Pediatric & Neonates:** blood transfusion in children replaces lost or deficient blood components, helping with oxygen delivery, clotting, or fighting infection. Blood transfusion is common after injury, surgery, or for illnesses like severe anemia or cancer treatment.
- **Sickle Cell Disease (SCD):** SCD affects approximately 100,000 Americans. Blood transfusions replace sickled red blood cells with healthy ones to boost oxygen delivery, treat severe anemia, and prevent serious complications like stroke and acute chest syndrome (ACS).

Find a donation site near you!

Visit: <https://www.redcrossblood.org/give.html/find-drive>



Maternal Health Awareness Day

January 23rd



The leading underlying causes of maternal mortality are mental health conditions (suicide and overdose/poisoning related to substance use disorder), cardiac and coronary conditions, infection, hypertensive disorders (high blood pressure), cardiomyopathy (a disease of the heart muscle), thrombotic embolism (a type of blood clot), and excessive bleeding (hemorrhage).

How You Can Help

Educate yourself about warning signs:

- High blood pressure, diabetes, and obesity can contribute to higher risks for pregnancy and childbirth mortality.
- The urgent maternal warning signs and symptoms during pregnancy and postpartum can include severe belly pain that doesn't go away, severe swelling or redness in your arm or leg, vaginal bleeding, severe nausea and throwing up, and more.

Promote access to resources:

- If you are pregnant or know someone who is, talk to your medical provider or midwife. Expecting mothers can also get access through their local government programs, including WIC (Women, Infants, and Children).

Empower families to speak up:

- Always encourage families to speak up and advocate for their loved ones when navigating the healthcare systems during and after pregnancy.

Community support is vital:

- Checking in on a pregnant friend or family member, offering help to new parents, or volunteering with organizations that support maternal health can make a difference.

Maternal health is a collective responsibility. Together as individuals, organizations, and communities, we must work together to ensure that every mother receives the care, support, and resources they need during pregnancy and childbirth.

Winter Sports TBI Awareness



Winter sports like ice skating, ice hockey, sledding, skiing, snowboarding, and snowmobiling are a great way to have fun in the colder weather and get some fresh air and exercise.

Before you head out, there is one very important safety precaution you should take to ensure you or your loved ones don't end up with a head or neck injury.

January is National Winter Sports Traumatic Brain Injury (TBI) Awareness Month. A TBI happens when a bump, hit, blow, jolt or other head injury causes damage to the brain. Falling, bumping into another person, getting hit in the head or encountering obstacles like trees and rocks can cause a TBI.

A concussion is the mildest type and is sometimes called a mild TBI. Whether mild, moderate or severe, TBI can have long-term effects on your vision, hearing, balance, speech, language, and thinking skills you use to communicate. This is because all of these abilities are controlled by different parts of the brain.

Fortunately, wearing the proper helmet significantly reduces the risk of a TBI from winter sports:

- Multi-sport helmet for ice skating, ice hockey or sledding
- Skiing/snowboarding helmet for these activities. They are designed to accommodate snow goggles and keep your head warmer

Make sure the helmet fits securely. It won't help very much if it slides around on your head, sits too far back, or falls off.

Even a mild TBI or concussion can cause symptoms including seeing stars, feeling dazed and confused, headache and neck pain, nausea, ringing in the ears, dizziness, and tiredness. Symptoms of a more severe TBI can include a headache that doesn't go away, repeated vomiting or nausea, convulsions or seizures, inability to awaken from sleep, slurred speech, weakness or numbness in the arms and legs, and dilated eye pupils.

The effects of falls and bumps to the head can be cumulative. Especially in children and beginning learners, falls are common, and each fall represents another opportunity for head injury.

Be sure to enjoy your winter sports safely! Wear a helmet, avoid going out alone, or make sure someone knows where you will be and when you expect to return. If you experience any injury, especially to the head, seek medical evaluation immediately.



Tips For Snowblowing

- **Never stick your hands in the snowblower.** If snow jams the snowblower, stop the engine and wait more than 5 seconds. Use a solid object to clear wet snow or debris from the chute.
- **Proper supervision.** Do not leave the snow blower unattended when it is running. Shut off the engine if you must walk away from the machine.
- **Safe fueling.** Add fuel before starting the snowblower. Never add fuel when the engine is running or hot. Be sure to always fuel your snowblower outside—rather than in a garage, shed, or enclosed area. Never operate the machine in an enclosed area.
- **Avoid the engine.** Stay away from the engine. It can become very hot and burn unprotected flesh.
- **Use the pull-cord safely.** To start a machine with a pull-cord, hold the cord firmly and stand with feet wide apart in a broad stance. If the cord does not move freely, do not force it.
- **Watch the snowblower cord.** If you are operating an electric snow blower, be aware of where the power cord is at all times. If the cord becomes caught in the machine and is severed, or comes in contact with the engine and burns, you could receive a shock or become electrocuted.
- **No tampering.** Do not remove safety devices, shields, or guards on switches, and keep hands and feet away from moving parts.
- **Watch for motor recoil.** Beware of the brief recoil of motor and blades that occurs after the machine has been turned off.
- **Keep children away.** Never let children operate snowblowers. Keep children 15 years of age and younger away when snowblowers are in use.
- **Understand your machine.** Read the instruction manual prior to using a snowblower. Be familiar with the specific safety hazards and unfamiliar features. Do not attempt to repair or maintain the snowblower without reading the instruction manual.