

FOR THE HEALTH OF IT!

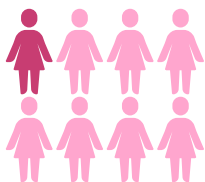


Breast Cancer Awareness Month



Breast cancer is the most common cancer in American women, except for skin cancers. Awareness is the first step toward taking meaningful action. This October, take time to learn about the risks, signs, and screening options for breast cancer.

1 in 8
women will be diagnosed with
breast cancer in her lifetime



1,048
women will be diagnosed
with breast cancer today

382,640
women will be diagnosed
with breast cancer this year



5
women will be lost to
breast cancer this hour

Finding breast cancer in its earliest stages, when it is easier to treat, is the key to successful outcomes. Some risk factors that can increase your risk of getting breast cancer include being a woman, being older (most breast cancers are found in women over 50 years old), and having changes in your BRCA1 or BRCA2 genes. You can help lower your breast cancer risk by being physically active and eating healthy, not drinking alcohol (or drinking in moderation), breastfeeding, not smoking and talking to your doctor about potential risks.

The U.S. Preventive Services Task Force recommends that women who are 40 to 74 years old and are at average risk for breast cancer get a mammogram every 2 years. Although breast cancer screening cannot prevent breast cancer, it can help find it early when it's easier to treat. Talk to your doctor about your screening options.

The Cancer Services Program provides breast cancer screenings and diagnostic services at NO COST to people who are uninsured or underinsured that meet age and income eligibility requirements. Visit <https://www.health.ny.gov/diseases/cancer/services/> for more information.

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Health Literacy Month

National Health Education Week

What is health literacy?

Health literacy involves the information that people need to be able to make good decisions about health. There are two parts:

- **Personal health literacy** is about how well a person can find and understand the health information and services that they need. It is also about using the information and services to make good health decisions.
- **Organizational health literacy** is about how well organizations help people find the health information and services that they need. It also includes helping them use that information to make good health decisions.



Rather than treating an active disease in a single patient within a clinic setting, public health education evaluates widespread behavioral patterns and environmental influences to address systemic health issues. Health education acts as a foundational tool for wellness promotion, widespread disease prevention and community health improvement.

Programs focus heavily on promoting balanced nutrition, supporting regular physical activity and encouraging preventive practices like scheduling routine wellness visits. Ultimately, these lifestyle changes can translate into better long-term health outcomes, by reducing preventable illness and strengthening overall community health, educational initiatives to dramatically elevate daily quality of life. Community outreach also significantly boosts health literacy, which helps people understand complex health information without confusion. When individuals interpret medical data clearly, they can make informed healthcare decisions.

Did you know that you can request free health education in the form of a presentation, handouts, brochures, or other materials? Call Warren County Public Health 518-761-6580 if you want to request some health education.

Which factors can affect health literacy?

Many different factors can affect a person's health literacy, including their:

- Knowledge of medical words
- Understanding of how the health care system works
- Ability to communicate with health care providers
- Ability to find health information, which may require computer skills
- Reading, writing, and number skills
- Personal factors, such as age, income, education, language abilities, and culture
- Physical or mental limitations



Many of the same people who are at risk for limited health literacy also have health disparities. Health disparities are health differences between different groups of people. These groups may be based on age, race, sex, or other factors.

Why is health literacy important?

Health literacy is important because it can affect your ability to:

- Make good decisions about your health.
- Get the medical care you need. This includes preventative care, which is care that focuses on preventing disease and keeping you healthy.
- Take your medicines correctly.
- Manage a disease, especially a chronic (long-term) disease.
- Lead a healthy lifestyle.

One thing that you can do is to make sure that you communicate well with your health care providers. If you don't understand something a provider tells you, ask them to explain it to you so that you understand. You can also ask the provider to write down their instructions.



"The doctor said my cholesterol is a par, and my blood pressure is a birdie. I don't golf, so I still don't know if I'm healthy."

Did You Know?

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- brochures
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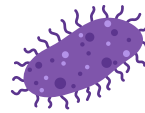
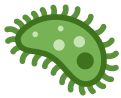
International Infection Prevention Week

Past. Present. Protected.

Generations of infection prevention has protected patients, staff, and communities from healthcare-associated infections (HAIs). Visit <https://infectionpreventionandyou.org/> for more information about the history of infection prevention.

History of infection Prevention:

- **Pre-1800s** - societies moved from fear and isolation to evidence-based infection prevention. Diseases were blamed on “bad air”, there was limited PPE use, and outbreaks were controlled by separation of the sick and healthy. The “Black Death” Plague brought about the first “hazmat” suit, worn by plague doctors.
- **1800s** - Florence Nightingale connected environmental conditions to patient outcomes. Nurses were the earliest champions of patient hygiene. It was discovered that hands themselves could carry diseases between patients. Hand cleansing between patient contact was implemented.
- **1900s** - Vaccines began preventing diseases before they even start. Antibiotics started saving lives. Together, these efforts reduce the spread of infectious diseases, slow the emergence of antimicrobial resistance, and preserve the effectiveness of lifesaving antibiotics for future generations.
- **2000s** - Environment of Care refers to the physical environment, facilities, and infrastructure within a healthcare setting that supports safe, effective patient care. The Environment of Care plays a critical role in reducing the risk of healthcare-associated infections by ensuring that the facility is clean, well-maintained, and designed to minimize opportunities for pathogen transmission.
- **The future of infection prevention is already here.** AI-powered outbreak detection, genome sequencing, UV robotics, and automated environmental monitoring are reshaping what's possible for infection prevention,



Healthcare associated infections are infections that people get while they are receiving care for another condition. Hospitals, surgery centers, nursing homes, and any other setting where you or your family receive healthcare should be safe and free from infection. **Each of us - patients, families, and healthcare professionals - have an important role to play in preventing HAIs.** Visit <https://www.nfid.org/6-tips-to-avoid-healthcare-associated-infections/> for more information about preventing infections.

- **Speak up:** always talk with healthcare professionals, ask questions, and discuss any concerns. Write down your questions before speaking to a healthcare professional, so you don't forget anything. Ask about risks associated with recommended treatments.
- **Wash your hands often:** hand hygiene is one of the best ways to prevent the spread of infections. Make sure everyone around you washes their hands.
- **Get smart about antibiotics:** ask whether antibiotics are necessary and make sure to ask if it is the right antibiotic to treat your condition. Antibiotics can only treat bacterial infections, so don't expect to receive them for every illness.
- **Recognize infections:** signs and symptoms of infection may include redness, pain, or discharge at an incision site, and fever.
- **Get vaccinated:** remember to get an annual influenza vaccine and stay up to date on all recommended vaccines. They can help prevent disease, minimize related complications and save lives.
- **Stay home when sick:** if you or a loved one is admitted to a healthcare facility, ask family and friends not to visit if they are not feeling well, to avoid making others sick.

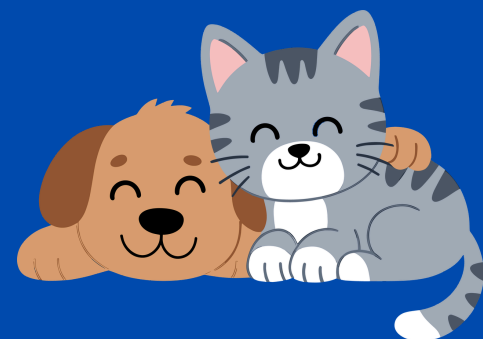


Warren County Public Health has 1 rabies vaccination clinic left in 2026. Both initial and booster rabies vaccinations will be given. A \$10 donation is requested for each pet, but no one is turned away due to financial hardship.

This year, pre-registration is required - no walk ins. Go to <https://www.warrencountyny.gov/healthservices>. Registration will only be open during registration dates. Call Warren County Public Health at 518-761-6580 with questions and help registering.

Remaining 2026 Clinics

October 17th 10am-Noon
Queensbury Community Center
742 Bay Rd
Registration dates: 10/7/26-10/14/26



HALLOWEEN SAFETY

Kids love the magic of Halloween, but costume and traffic safety are essential for trick-or-treaters! 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.

Costume safety

- Decorate costumes and bags with reflective tape or stickers and, if possible, choose lighter colors
- Choose face paint and makeup instead of masks, which can obstruct their vision
- Have kids carry glow sticks or flashlights
- Select a costume that is the correct size to prevent trips and falls

Walk safely

- Cross the street at corners, using traffic signals and crosswalks when possible
- Always walk on sidewalks or paths. If there are none, walk facing traffic
- Responsible adults should accompany younger children
- If older children are going out alone, plan a safe route for them to take
- Watch for cars that are turning or backing up

Tips for motorists

- Slow down! Be alert!
- Watch for children walking on roadways, medians, and curbs
- Enter and exit driveways and alleys slowly and carefully
- Get rid of any distractions, like your phone, so you can pay attention
- Discourage new, inexperienced drivers from driving on Halloween

Emotional Wellness Month

October is Emotional Wellness Month, a reminder that our ability to manage stress, maintain balance, and build resilience directly shapes our overall health. Mental Health is not just the absence of illness - it is the active practice of managing emotions, stress, and relationships in ways that enhance our lives. Chronic stress and unresolved difficulties can contribute to physical symptoms such as headaches, sleep problems, digestive issues, and changes in appetite.

6 strategies for improving your emotional health

- Build resilience: develop healthy habits, take time for yourself each day, look at problems from different angles, practice gratitude
- Reduce stress: get enough sleep, exercise regularly, build a social support network, set priorities, show compassion for yourself, practice mindfulness and breathing exercises
- Get quality sleep: go to bed at the same time each night, sleep in a dark and quiet environment, limit the use of electronics before bed, relax before bedtime
- Be mindful: take some deep breaths, enjoy a stroll, practice mindful eating, be aware of your body
- Navigating grief: feel your feelings, be flexible, seek support, create a routine, honor your loved ones who have passed
- Strengthen social connections: build strong relationships with your kids, get active and share good habits with family and friends, join a group focused on a favorite hobby, take a class to learn something new, volunteer in your community



If you or a loved one are struggling or need emotional support, the 988 lifeline is available 24/7. You can call, text, or chat online.

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.

Fast Facts:

- 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 among the public and within the medical profession.

DYSAUTONOMIA CAN IMPACT THE ENTIRE BODY!

BRAIN
fatigue
brain fog
migraines
vertigo
fainting
lightheadedness



HEART
tachycardia
bradycardia
palpitations
chest pain



STOMACH
bloating
nausea
vomiting
pain



MOUTH
dry mouth
tooth decay
difficulty swallowing



BLOOD VESSELS
hypotension
hypertension
poor perfusion



INTESTINES
impaired motility
constipation
diarrhea
pain



EYES
dryness
sluggish pupils
sensitivity to light
greyed out vision



IMMUNE CELLS
increased allergies
inflammation



GALLBLADDER
reduced motility
inflammation
pain



SKIN
dryness
reduced sweating
increased sweating



BLADDER
frequent urination
retention
nocturia
pain



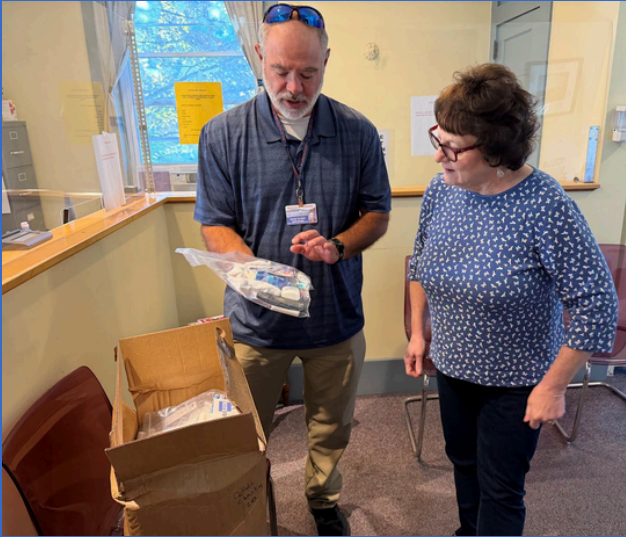
and more!

DYSAUTONOMIA AWARENESS MONTH
DYSAUTONOMIAINTERNATIONAL.ORG/AWARENESS



SEPTEMBER PROGRAM SPOTLIGHT

Hygiene Kits Distribution



Approximately a thousand donated hygiene kits were distributed to community schools and organizations. These kits will be provided to many of our most vulnerable community members!

Queensbury Senior Center Fall Prevention Program



Queensbury Seniors gathered with health educators to learn fall prevention strategies and share their tips and tricks to a fall free lifestyle!

QMS Open House

OFA Senior Fall Festival



Health Educators provided fall prevention and medication safety information at this year's Senior Fall Festival. It was a wonderful day connecting with our senior community members!



Public Health joined various other community groups to provide information and resources to middle school students and their parents.

OCTOBER EVENTS

**October 3rd
3pm-5pm**

QES PTA Fall Fun Fair Queensbury Elementary School

Celebrate back to school and connect with community resources!

Glens Falls Senior Expo The Queensbury Hotel

Find resources and information on: Financial Planning, Estate Planning, Senior Housing, Aging in Place, Home Care Service, Home Repairs, Health Services, Cleaning Services, Transportation, Health Insurance Carriers, Life/Auto Insurance, and many more.

**October 7th
11am-12pm**

**October
16th
10am-1pm**

WWC Brainstorm Community Resource Event Salvation Army Glens Falls

Celebrate Brain Health & Mental Wellness. Explore resources supporting our community's wellbeing: Mental Wellness, Addiction and Recovery, Child and Family Systems, and Aging Well

Health Literacy Hillview Free Library

What is health literacy? This round table discussion will help explore what health literacy means to you and your family, address questions you may have, and provide helpful resources to navigate healthcare. Preregister by calling 518-668-3012

**October
16th
10am-1pm**

**October 21st
3pm-5pm**

Car Seat Check Event Aviation Mall

Stop in to visit our certified car seat technicians. Have your child's seat checked and ask any car seat questions! No appointment required! Call 518-761-6580 for more info.

For more information about any of these events, visit our website or facebook, or call 518-761-6580.