



A Healthy You WIN Newsletter

Special points of interest:

- October brings Breast Cancer Awareness!
- Celebrate National Physical Therapy Month This October
- November marks American Diabetes Month!
- Its Lung Cancer Awareness Month
- December is Safe Toys and Gifts Month!



The 27th annual National Breast Cancer Awareness Month begins this weekend, and the heart of this year's campaign is a recent study showing hundreds of thousands of women who have health insurance don't get regular mammograms.

The Susan G. Komen for the Cure organization is focusing on persuading women to get screened for breast cancer, which is the most commonly diagnosed cancer and leading cancer killer of women.

Breast cancer, after skin cancer, is the most common form of cancer for women. But it is treatable when detected early enough. And since early detection is crucial, the Susan G. Komen for the Cure Foundation has shared some tips for women for determining that there might be an issue. Know what is normal for you, and see your doctor if you have any of these breast changes:

Breast Cancer **1**

October is National Physical Therapy Month **2**

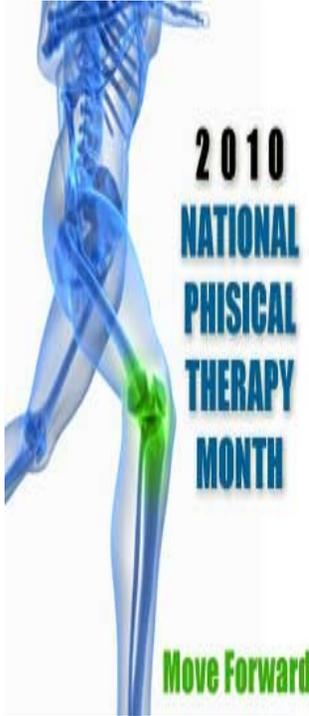
November is Lung Cancer Awareness Month **2**

American Diabetes Month: November 2011 **3**

December: Safe Toys and Gifts Month **4**

- Lump, hard knot or thickening inside the breast or underarm area.
- Swelling, warmth, redness or darkening of the breast.
- Change in the size or shape of the breast.
- Dimpling or puckering of the skin.
- Itchy, scaly sore or rash on the nipple.
- Pulling in of your nipple or other parts of the breast.
- Nipple discharge that starts suddenly.
- New pain in one spot that doesn't go away.





October is National Physical Therapy Month

October is fast approaching, so your local physical therapist may be more energetic and excited than normal. Why?

Because October is National Physical Therapy Month. This month is set aside by the American Physical Therapy Association (APTA) to celebrate the incredible contribution that physical therapists and physical therapy assistants make to promote healthy lifestyles in their communities. This year, the main theme of National Physical Therapy Month is sports injury prevention across the lifespan. Whether you are a youth hockey player, a weekend warrior or a masters division runner, you can be sure that your local physical therapist can help you remain injury free while participating in the sport of your choice.

Be sure to check in with your local physical therapist to see how he or she is celebrating National Physical Therapy Month.

Source: 1. <http://physicaltherapy.about.com/b/2011/09/27/october-is-national-physical-therapy-month.htm>
2. <http://www.travelforce.com/images/blog/2010-physical-therapy-month.jpg>

November is National Lung Cancer Awareness Month

November is National Lung Cancer Awareness month. More than 170,000 cases of lung cancer are diagnosed each year in the US, accounting for approximately 13% of all new cancer diagnoses. And deaths from lung cancer—approximately 160,000 annually—account for 28% of all cancer deaths. While lung cancer deaths have declined significantly among men since 1991, those for Caucasian and African-American women have continued to increase. Since 1987, more women have died from lung cancer annually than from breast cancer. One of the keys to success in reducing the number of these deaths for both sexes is prevention. Tobacco use is believed to be the cause of 80% of lung cancer cases. Smoking cessation, or even better, never smoking at all, coupled with an awareness of risk factors and a knowledge of signs of the disease can help reduce the risk of developing this malignancy.



Sources: 1. http://www.nypcancerprevention.com/issue/9/cal_con/oct/healthy-lung-month-2.shtml

2. http://rlv.zcache.com/lung_cancer_awareness_month_every_month_for_me_tshirt-p235262161632229123yltk_400.jpg

AMERICAN DIABETES MONTH® NOVEMBER 2011

The American Diabetes Association is sponsoring this American Diabetes Month to shine the spotlight on what is said to be the fastest growing healthcare crisis of the 21st century. There are approximately 75 million Americans who are either at risk for type 2 diabetes or who currently have diabetes. Diabetes mellitus (MEL-ih-tus), or simply, diabetes, is a group of diseases characterized by high blood glucose levels that result from defects in the body's ability to produce and/or use insulin. There are 2 Types:

TYPE 1- diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In type 1 diabetes, the body does not produce insulin.

Symptoms for Type 1 diabetes include:

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and Irritability

Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. Only 5% of people with diabetes have this form of the disease. With the help of insulin therapy and other treatments, even young children with type 1 diabetes can learn to manage their condition and live long, healthy, happy lives.



TYPE 2- diabetes is the most common form of diabetes. Millions of Americans have been diagnosed with type 2 diabetes, and many more are unaware they are at high risk. Some groups have a higher risk for developing type 2 diabetes than others.

Symptoms for Type 2 Diabetes include:

- Any of the type 1 symptoms
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections

You can prevent or delay the onset of type 2 diabetes through a healthy lifestyle. Change your diet, increase your level of physical activity, maintain a healthy weight...with these positive steps, you can stay healthier longer and reduce your risk of diabetes.

Source:1. Diabetes.org

2.<http://www.battlediabetes.com/november-is-american-diabetes-month>

December: Safe Toys & Gifts Month

With the holiday season approaching, your thoughts may be turning to shopping for toys and gifts. You'll want to get the children in your life their favorite toys, and there are thousands of toys to choose from in stores and online. Before you make those purchases remember to consider the safety and age-range of the toys. In 2007 alone, toymakers recalled over 19 million toys worldwide because of safety concerns such as lead paint and small magnets. In 2005, there were over 200,000 toy-related injuries.

To prevent injuries, choose toys that are safe for the age of the child. Look for labels to help you judge which toys might not be safe, especially for infants and children under age three. For children of all ages, consider if the toys are suited to their skills and abilities.

Focus On: Selecting Safe Toys

Even within the child's age range, toys suitable for one child might not be suitable for another child. It's good to keep in mind that younger children, if they're not being watched closely, may play with toys purchased for older children. Here are some guidelines for choosing safe toys for all ages:

- Look for toys that have a solid design and a sturdy construction—toys that won't break, crush, or be pulled apart easily.
- Check to see if the instructions are clear.
- Read the labels to see if there are any fire hazards.
- Look for labels that assure you the toys have passed a safety inspection—ASTM means the toy has met the American Society for Testing and Materials standards.

Choosing Toys for Children with Special Needs

Here are some tips for buying quality toys for children with special needs:

- Choose toys that may appeal to different senses—sound, movement, texture.
- Consider interactive toys—toys that allow the child to play with others.
- Think about what size the toy is and what position a child would need to be in to play with it.

Determine if the toy could be adapted to different kinds of play in different situations—could it be played with alone or in interaction with other children? Could the toy be adjusted for a child with special needs? Could it be used with other toys? AblePlay™, a service of the National Lekotek Center, offers a database for parents, friends, and relatives to search for toys for children with special needs.

Sources: National Lekotek Center

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