

# The Chosen Church Health & Wellness Ministry

OCTOBER, 2023

## OCTOBER HEALTH AWARENESS



BREAST  
CANCER



DENTAL  
HYGIENE



BULLYING  
PREVENTION



MENTAL HEALTH





DEAR CHOSEN CHURCH FAMILY,

There are many important health observances associated with the month of October and we are just going to touch on a few of particular interest including: Breast Cancer, Mental Health, Dental Hygiene and Bullying Prevention.

I pray this newsletter finds each of you well and living your lives fully and faithfully!



October has always been my favorite month, but 4 years ago in October, I found myself facing a new breast cancer diagnosis and years-long journey that would change the course of my life entirely... October is still my favorite month, but for different reasons now. This is the month of breast cancer awareness! Even as a certified oncology nurse passionate about cancer care and studying anything I could get my hands on, there was so much I just didn't know until I experienced the journey for myself. I am thankful to have an opportunity to share with all of you through this forum. Becoming aware, educating ourselves and being proactive with our health truly does save lives!

Read on for education and tips for how to care for yourselves and live your best life as God desires for all of us! Love you ALL!

♥ Dr. Tiffany



# BREAST CANCER AWARENESS



Did you know there many different types and subtypes of breast cancer? Breast cancer can originate in connective tissue of the breast, the lobes or ducts. Some breast cancers are hormone positive, some are negative, and some have genes such as Her2 that make the cancer more aggressive. Breast cancer can also be negative for hormone receptors and the Her2 gene and this cancer is called “triple negative.” All of these factors, along with the size of the tumor, determine the course of treatment which also offers literally dozens of options. There truly is no routine breast cancer and treatment that is right for one person may not be right for another.

Early cancer detection is critical, so knowing your body, being proactive, and getting mammogram screening is essential!

- 1 in 8 women will be diagnosed with breast cancer in her lifetime
- 85% of women diagnosed with breast cancer have no known risks
- Close family history accounts for 15% of diagnoses
- More than 300k women and 3k men will be diagnosed this year, and approximately 50k women will die
- When found at an early stage, the relative 5-year survival is 99%

## Breast Cancer Risk Factors

- Obesity
- Heavy alcohol use
- Smoking
- Family history
- First pregnancy after age 30
- Long-term use of hormones
- Dense breast tissue

## Take care of YOU!

- Get a yearly mammogram
- Do self-exams at least once a month - Talk to your doctor about any concerns/changes
- Stop smoking
- Eliminate/reduce alcohol
- Get active!



Mental health disorders are very real, serious health concerns that can lead to devastating effects when left untreated. The good news is that there are proven, effective treatments available for most mental health conditions that allow people to live full, productive lives.

## **If you or a loved one has a mental health condition, you are not alone!**

- 1 in 5 Americans suffers from a mental health condition
- Almost 6 in 10 people with mental health challenges get no treatment
- In 2019, an estimated 47.6 million adults had a mental health condition, but only 43% received any kind of mental health care
- Mental health conditions rates were significantly higher for adolescents (about 50%) and young adults (about 30%)
- Anxiety disorders are the highest reported mental health condition in the U.S. with 42.5 million Americans suffering with it
- Women experience depression at roughly twice the rate of men
- An estimated 26% of Americans ages 18 and older suffer from a diagnosable mental health disorder
- There are 4.5 million children in the United States diagnosed and living with anxiety
- ADHD, behavior problems, anxiety, and depression are the most common mental health disorders affecting children
- 322 million people worldwide live with depression

Mental health challenges may affect you or someone you love. As with all health issues, the more knowledge you have the better equipped you will be to address the effects of these disorders.

**So much great information is available. Get informed at any of the following websites:**

<https://www.samhsa.gov/mental-health>

<https://www.nimh.nih.gov/>

<https://www.cdc.gov/mentalhealth/learn/index.htm>

**If you or someone you know is experiencing a mental health crisis, seek emergency care immediately.**





# IT'S DENTAL HYGIENE MONTH!

Keeping your teeth and mouth clean are about much more than just having a nice smile! Of course, not maintaining proper teeth and mouth hygiene leads to tooth decay and gum disease, but did you know poor dental hygiene can lead to other serious diseases? It's true!

## **Heart conditions linked to poor oral hygiene include:**

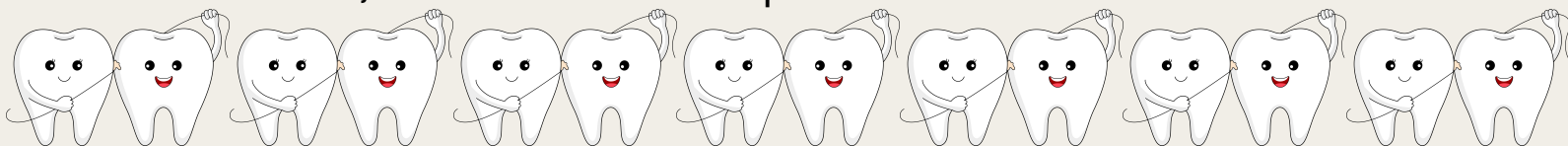
- Coronary Artery Disease
- Heart Failure
- Cardiac Arrhythmias
- Endocarditis
- Stroke

## **Complications during pregnancy and childbirth include:**

- Premature birth
- Low birth weight
- Preeclampsia
- Acute necrotizing ulcerative gingivitis (aka *trench mouth*)
- Tumors on the gum tissue of the mother

## **Protect yourself by doing the following:**

- Brush properly: two to three minutes at a time, 2x day.
- Floss: floss at least once a day.
- Get regular care: visit a dentist for checkups and cleanings 2x year.
- Reduce alcohol and tobacco use: Smoking, tobacco, and alcohol can damage your teeth and gums.
- Know your medications: Dry mouth, a common side effect of medications, can lead to dental problems.



# STOP BULLYING

For those of us who know what it is to be bullied, we will tell you that the experience of being bullied is something we carry with us for a lifetime. The negative impacts and detrimental effects of bullying are extremely harsh and life changing. Sadly, bullying is not a problem faced only in childhood. Many adults face bullying in the workplace, in social groups, in their own homes, and yes, even in their churches. If you are, or if you know a bully, get informed and do the necessary work to stop the damaging behaviors that hurt so many people. And if you or someone you love has been hurt by a bully, please seek guidance from the authorities for addressing the issue, and professional assistance to help you work through the healing process. Bullying is a serious problem and not a behavior to take lightly.

## **Bullying comes in many forms. Some forms include:**

- **Physical bullying:** using physical force or violence to harm or intimidate someone or damage their property
- **Verbal bullying:** using words to hurt, insult, mock, or threaten someone
- **Relational bullying:** using social exclusion, gossip, or rumors to damage someone's reputation or relationships
- **Cyber bullying:** using electronic devices or platforms to harass, humiliate, or spread false information about someone
- **Sexual bullying:** using sexual comments, gestures, or actions to make someone feel uncomfortable or violated
- **Prejudicial bullying:** targeting someone based on their race, religion, ethnicity, sexual orientation, disability, or other identity factors

**Protect yourself and those you love,  
Get informed!**

[Stop bullying](#)      [Bullying at school](#)  
[Bullying in the workplace](#)  
[Cyberbullying](#)





# IF YOU PARTICIPATE IN HALLOWEEN, HAVE A SAFE ONE!

## 5 Scary Stats

### HALLOWEEN SAFETY

Halloween is the 4th most common holiday for children to get holiday-related injuries in the U.S. (after Labor Day, Memorial Day, and the Fourth of July). Keep your children safe!

41%

of Halloween injuries are due to pumpkin carving.



Don't let your child do the carving and keep a first aid kit handy.

**CHILDREN ARE 2x**

as likely to be hit by a car and killed on Halloween than any other night.



Use reflective tape on your child's costume. Have them wear glow sticks, carry flashlights, and watch for cars.



**1 in 13 CHILDREN** children in the U.S. has a food allergy.



Offer non-food items, like bubbles, glow sticks, and bouncy balls, in addition to candy.

32%

of Halloween-related injuries were due to falls.



Make sure your child can see out of their mask or use face paint instead and hem long costumes.

Halloween fires cause an average of **ONE DEATH, FORTY ONE INJURIES, AND \$13 MILLION** in property damage each year.



Use battery-operated candles, flashlights, or glow sticks in your jack-o-lanterns and keep your home's exits clear of decorations.

Save  
THE  
Date

IN HONOR OF BREAST CANCER AWARENESS

Wear **PINK** to Church!

**Sunday, October 22**



COMING IN  
**NOVEMBER**

