

Cicely Tyson Community School of Performing and Fine Arts

OCTOBER 2014 NEWSLETTER

OCTOBER IS BREAST CANCER AND FLU SHOT AWARENESS MONTH

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Breast Cancer Awareness Month is an annual campaign to increase awareness of the disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same.

The number of people being diagnosed with breast cancer is increasing. But the good news is survival rates are improving. This is because of more targeted treatments, and early detection of breast cancer.

Breast cancer also affects men, but it's rare. About 300 men are diagnosed with breast cancer each year. However, not all breast cancers show as lump, and not all breast lumps are breast cancer, but through screening tests breast cancers can be detected early, when it's most treatable.

KNOW YOUR RISKS FACTORS.

With 1 million new cases in the world each year, breast cancer is the commonest malignancy in women and comprises 18% of all female cancers.

The biggest risk factors are gender and age, 80% of women with breast cancers occur in women over the age of 50, less than 10% occur in families.

Know your risk factors, talk to your family to know your health histories. Have a mammogram every year starting from the age of 40. Have a clinical breast exam every 3 years starting at age 20. Know what is normal for you. See your health care provider if you notice any lump, hard knot or thickening inside the breast or underarm. Swelling, warmth, redness or darkening of breast and change in the size of breast. In general maintaining a healthy life style and getting regular screening test is best way to lower your risk of dying from breast cancer.



FLU SHOT AWARENESS MONTH

Most cough, cold and flu viruses are thought to be passed from person to person by contact with respiratory droplets. Adults with flu may be able to infect others beginning one day before getting symptoms and up to one week after getting sick.

According to the Centers for Disease Control and Prevention (CDC), the following individuals are at highest risk for complications from influenza (the flu) and should receive the flu vaccine early in the flu season, usually in September or October. Children younger than 5 years of age, Adults older than 65, people who have medical conditions like Asthma, COPD, Seizure disorders, stroke, congestive heart failure, sickle cell disease, Diabetes Mellitus, Liver and Kidney disorders or people with Weakened immune system due long term use of Steroids or HIV Infections. Cancer patients, also people who come in contact with bodily fluids, like health Care workers.

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GETTING ALONG WITH OTHERS

Life can be so much richer when we experience it in harmony with those around us. The other people in our lives can be the source of many of our greatest joys. They can also be the source of our most difficult problems. As such, it is crucial to the very quality of our lives that we make our relationships with others as positive as possible.

RESPECT

Respect is the lifeblood of successful relationships. Where there is mutual respect, many positive and productive things can happen. Respect is evidenced not just by your words and thoughts, but primarily by your actions. Make your respect genuine by making it a part of everything you do. Respect is often shown most clearly in the little things. Don't interrupt people when they are talking. Include everyone in your conversations. Look others in the eye when they are speaking to you. These and other seemingly minor considerations for others can have a major impact on the level of respect in your relationships.

One of the most disrespectful things you can do is to waste someone else's time. Being late is not a way to impress others with how busy and important you are. Being on time is a way to show respect for the precious time of others.

Your level of respect is evidenced not just by the respect you display toward those with whom you have close relationships, but also by the respect you show toward those with whom you come in contact on a casual or temporary basis. For example, being respectful and courteous toward a waitress in a restaurant also demonstrates respect toward those with whom you are dining.

Respect the intelligence and strength of others. Avoid talking down to people. Being condescending toward others will gain you nothing. Just because someone else doesn't know or understand the same things you know, does not mean that that person is stupid. Rather than acting superior, take the time to carefully and respectfully explain what you're talking about.

Read more: http://greatday.com/nmot/member_content/monthly/2007-04.html

RESPECT YOURSELF AND OTHERS WILL RESPECT YOU