

# 723 HOPE

A newsletter for the Greater Saginaw community

October 2020

## Ascension Mission

Rooted in the loving ministry of Jesus as healer, we commit ourselves to serving all persons with special attention to those who are poor and vulnerable. Our Catholic health ministry is dedicated to spiritually centered, holistic care

which sustains and improves the health of individuals and communities. We are advocates for a compassionate and just society through our actions and our words.

## Sudden infant death syndrome (SIDS)

Sudden infant death syndrome (SIDS) is the unexplained death, usually during sleep, of a seemingly healthy baby less than a year old. SIDS is sometimes known as crib death because the infants often die in their cribs.

Although the cause is unknown, it appears that SIDS might be associated with defects in the portion of an infant's brain that controls breathing and arousal from sleep.

Researchers have discovered some factors that may put babies at extra risk. They've also identified measures you can take to help protect babies from SIDS. Perhaps the most important is placing baby on their backs to sleep.

### Causes

A combination of physical and sleep environmental factors can make an infant more vulnerable to SIDS. These factors vary from child to child.

### Physical factors

**Brain defects:** Some infants are born with problems that make them more likely to die of SIDS. In many of these babies, the portion of the brain that controls breathing and arousal from sleep hasn't matured enough to work properly.

**Low birth weight:** Premature birth, or being part of a multiple birth, increases the likelihood that a baby's brain hasn't matured completely, so he or she has less control over such automatic processes as breathing and heart rate.

**Respiratory infection:** Many infants who died of SIDS recently had a cold, which may contribute to breathing problems.

### Sleep environmental factors

**Sleeping on the stomach or side:** Babies placed on their stomachs or sides to sleep might have more difficulty breathing than those placed on their backs.

**Sleeping on a soft surface:** Lying face down on a fluffy comforter, a soft mattress or waterbed can block an infant's airway.

**Sharing a bed:** While the risk of SIDS is lowered if an infant sleeps in the same room as a parent, the risk increases if the baby sleeps in the same bed with parents, siblings or pets.

**Overheating:** Being too warm while sleeping increases a baby's risk of SIDS.

For more information on SIDS, visit [mayoclinic.org](http://mayoclinic.org).

**Important note: All Ascension St. Mary's Hospital classes and events are postponed until further notice due to the COVID-19 pandemic. For more information, call Center of HOPE at 989-907-8775 or 989-907-8340.**

## October national health observances

- Eye Injury Prevention Month
- Health Literacy Month
- National Breast Cancer Awareness Month
- National Bullying Prevention Month
- National Physical Therapy Month
- National Down Syndrome Awareness Month
- Sudden Infant Death Syndrome (SIDS) Awareness Month

## Health literacy

According to studies, more than 40 percent of Americans have difficulty obtaining, processing and understanding basic healthcare information, which is necessary for making informed decisions. Lack of healthcare literacy can seriously influence global healthcare efforts. Each year, October is observed as Health Literacy Month. Author Helen Osborne, who established the month in 1999, wanted to increase access to healthcare information. Several camps and workshops are organized for healthcare practitioners, discussing ways to improve health literacy worldwide.

### The importance of health literacy

- **More information helps all of us.** When healthcare professionals communicate in an easy-to-understand manner, we all benefit.
- **It affects lives globally.** People all around the world can benefit. It doesn't matter where you are or what language you speak.

## National bullying prevention

October is National Bullying Prevention Month, and a time to focus on, and raise awareness of bullying. During this month, many groups across the country will release new resources, campaigns and efforts aimed at bringing awareness to the issue of bullying.

### What is bullying?

Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a

group on purpose. Bullying can also take place through technology, known as cyber-bullying. Examples of cyber-bullying include rude text messages or emails; rumors sent by email or posted on social networking sites; and embarrassing pictures, videos, websites or fake profiles. There are many types of aggressive behavior that may not fit the definition of bullying.

This does not mean the behaviors are any less serious or require less attention. Rather, these behaviors require different prevention and response strategies.

## Breast cancer awareness

Breast Cancer Awareness Month, marked in countries across the world every October, helps to increase attention and support for the awareness, early detection, treatment and palliative care of this disease.

There are about 1.38 million new cases and 458,000 deaths from breast cancer each year (IARC GLOBOCAN, 2008). Breast cancer is by far the most common cancer in women worldwide, both in developed and developing countries. In low- and middle-income countries, incidence reports are steadily rising in the last years due to increase in life expectancy, increased urbanization, and adoption of Western lifestyles.

Currently there is no sufficient knowledge on the causes of breast cancer; therefore early detection of the disease remains the cornerstone of breast cancer control. When breast cancer is detected early, and if adequate diagnosis and treatment are available, there is a good chance that breast cancer can be treated. If detected late, however, curative treatment is often no longer an option. In such cases, palliative care to relieve the suffering of patients and their families is needed.

The majority of deaths (269,000) occur in low- and middle-income countries, where most women are diagnosed in late stages due to the lack of awareness on early detection and barriers to health services.

World Health Organization (WHO) promotes comprehensive breast cancer control programs as part of national cancer control plans. The recommended early detection strategies for low- and middle-income countries are awareness of early signs and symptoms, and screening by clinical breast examination in demonstration areas. Mammography screening is very costly, and is feasible only in countries with good health infrastructure that can afford a long-term program.

## Cancer prevention

Thirty to 50 percent of all cancer cases are preventable. Prevention offers the most cost effective long-term strategy for cancer control. National policies and programs are implemented to raise awareness; to reduce exposure to cancer risk factors; and to ensure that people are provided the information and support they need to adopt healthy lifestyles.

## Tobacco

Worldwide, tobacco use is the single-greatest avoidable risk factor for cancer mortality, and kills approximately 6 million people each year from cancer and other diseases. Tobacco smoke has more than 7,000 chemicals; at least 250 are known to be harmful; and more than 50 are known to cause cancer.

Tobacco smoking causes many types of cancer, including cancers of the lung, esophagus, larynx (voice box), mouth, throat, kidney, bladder, pancreas, stomach and cervix. Second-hand smoke, also known as environmental tobacco smoke, has been proven to cause lung cancer in non-smoking adults. Smokeless tobacco (also called oral tobacco, chewing tobacco or snuff) causes oral, esophageal and pancreatic cancer.

Nearly 80 percent of the 1 billion smokers in the world live in low- and middle-income countries.

## Diagnosis and treatment

The main goals of cancer diagnosis and treatment programs are to cure, or considerably prolong the lives of patients and to ensure the best possible quality of life for cancer survivors.

The most effective treatment programs are those that:

- Provide in an equitable and sustainable way
- Link to early detection, accurate diagnosis and staging
- Adhere to evidence-based standards of care

Treatment programs should ensure timely and equitable access to effective therapy for cancer types that present as advanced disease but have potential for being cured, such as metastatic testicular cancer (seminoma) and acute lymphatic leukemia in children. Likewise, effective treatment exists for certain types of advanced cancer, where the goals of treatment are to prolong survival considerably and maintain good quality of life.

## Early diagnosis

Early diagnosis of cancer generally increases the chances for successful treatment by focusing on detecting symptomatic patients as early as possible. Delays in accessing cancer care are common with late-stage presentation, particularly in lower-resource settings and vulnerable populations. The consequences of delayed or inaccessible cancer care are lower likelihood of survival; greater morbidity of treatment; and higher costs of care, resulting in avoidable deaths and disability from cancer. Early diagnosis improves cancer outcomes by providing care at the earliest possible stage, and is therefore an important public health strategy in all settings.

For more information, visit [WHO.int/cancer](http://WHO.int/cancer)

## Fast facts about breast cancer

- Each year in the United States, more than 250,000 women get breast cancer, and 42,000 women die from the disease.
- Men also get breast cancer, but it is not very common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.

## HOPE quote

“The best way to not feel hopeless, is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope; you will fill yourself with hope.”

— Barack Obama

## Financial assistance available

The Partnership Center provides financial assistance of all kinds to those in need, including rental and utility payment assistance. Please call 989-907-5610 and leave a message.

# Use your facemask correctly to protect yourself and others

## Do:



✓ Choose a mask without a valve that fits well without gaps



✓ Make sure your facemask covers your nose, mouth and chin.



✓ Adjust your facemask on your face to avoid gaps on the sides.



✓ Remove your facemask by touching only the strings or ties.

## Do not:



✗ Wear the facemask under your nose or chin.



✗ Touch your facemask while wearing it.



✗ Remove your facemask when you are within 6 feet of someone else.



✗ Use if your mask is dirty or damaged.



Ascension



**Reminder:**  
Wash your hands before and after using or touching a facemask.