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June 2018 Health Newsletter



JUNE IS MEN'S HEALTH MONTH

SKIN CANCER IS THE EASIEST CANCER TO DETECT

60

More men are diagnosed with melanoma than women – roughly about 60% and 40%.



MALIGNANT MELANOMA

The most deadly type of skin cancer. It is 100 percent curable if found early.

While the number of deaths in melanoma patients under 50 has been dropping, the number of men dying from melanoma over the age of 50 has been rising.

COLON CANCER IS THE 3rd MOST COMMON CANCER IN THE UNITED STATES

Only about 40% of people over the age of 50 are being tested.

40

10-15

About 10-15% of colon cancer cases are inherited.

Cause is unknown, but higher rates in industrialized countries suggest environmental factors such as a diet of fatty, low-fiber foods might contribute to colon cancer.

PROSTATE CANCER IS THE MOST COMMON CANCER IN MEN, REGARDLESS OF RACE OR ETHNICITY.



30,000

Men die in the US from prostate cancer every year.



The average age of diagnoses is 67.

Several types of cancers can develop in the prostate, such as sarcomas, small cell carcinomas and transitional cell carcinomas. These types are extremely rare and nearly all prostate cancers are adenocarcinoma, meaning it started in gland cells.

Men's Health Month – Tips to Help Men Be Healthy

Basel Yanes, MD, medical oncologist/hematologist with OHC, May 30, 2018

When it comes to their health, men are not as good as women about seeing their doctor. Whether it be for a specific problem they're having or a routine checkup, most men avoid a visit to the doctor.

A new online survey commissioned by the Orlando Health hospital system hints at why men may be so reluctant to see doctors. According to the survey results, a mix of busyness, fear, shame and discomfort kept them out of the doctor's office. Among the top reasons were they were just too busy, afraid to find out what's wrong and getting uncomfortable exams (prostate, rectal).

I have found that men tend to put things off, thinking or hoping the issue will go away. In my field – cancer care – that is definitely not a good approach. The sooner cancer is discovered, the better the chance for a positive outcome.

Delaying checkups and screenings is also good for other conditions, like blood pressure, blood sugar, and cholesterol. Left unchecked and uncontrolled, these can lead to serious episodes that can change your life, like a heart attack and stroke.

In recognition of Men's Health Month (June), here are some tips men can follow to maintain good health. They may also reduce the risk of developing cancer.

1. Don't smoke. If you already do, quit. If you're struggling to quit, ask your doctor or help.
2. Include both aerobic exercise and weight training.
3. Eat healthy. Meals should include protein, fat and carbs. Strive for a "healthy plate" – fill $\frac{1}{2}$ of your plate with vegetables, $\frac{1}{4}$ with protein and $\frac{1}{4}$ with starches. If you need help, learn the details about what, how and when to eat by signing up for a nutrition class.
4. Limit alcohol and drink plenty of water.
5. Maintain a health weight.

6. Schedule a regular check up with your doctor and include blood pressure, diabetes and cholesterol screenings. Don't forget routine dental, vision and hearing checkups.
7. Ask your doctor when you should have a colonoscopy.
8. Maintain a healthy and safe sex life.
9. Get plenty of sleep. The CDC say 7 or more hours per night.
10. Watch your mental health. Watch for signs of depression, do activities that reduce stress and anxiety, and maintain relationships with friends and family. Talk with your doctor if you are feeling sad, depressed, anxious or other emotions.

It's really important for a man to have a primary care doctor – a health partner – and see him or her for regular check ups or problems, including your physical and mental health. They will get to know you and know your health needs, and can refer you to another medical professional when needed.

<https://www.ohcare.com/mens-health-month-tips-help-men-healthy/>

Brush Up on Oral Health

June 2018

Did You Know?

- **Babies and Pacifier Use**
 - **Tips for Parents About Pacifier Use**
 - **Tips to Help Parents Wean Their Child from a Pacifier**
 - **Cook's Corner: Cheese and Apple Pirate Ships**
- Many babies begin to suck their fingers or thumbs before they are born.
 - It is easier to wean a child from a pacifier than it is to wean a child from sucking their fingers or thumbs.



Babies and Pacifier Use

Most babies have a natural need to suck, and most find it calming. This type of sucking is also called “non-nutritive sucking” because the baby is not being fed. Giving a baby a pacifier can satisfy a baby’s need to suck.

Between ages 2 and 4, most children stop using a pacifier on their own. If a child continues to use a pacifier after age 5, it can affect the way their teeth bite together. For example, it can cause an overbite. It can also affect the growth of jaws and bones that support the child’s teeth.

This issue of *Brush Up on Oral Health* offers tips Head Start staff can share with parents about using a pacifier safely and weaning their child from a pacifier. It also provides a recipe for a healthy snack that

can be made in a Head Start classroom or at home.

Tips for Parents About Pacifier Use

If parents choose to give their baby a pacifier, here are some tips for using it safely:

- **Wait until breastfeeding is going well (usually after about three to four weeks).** If a pacifier is given to a baby before then, nipple confusion may occur and make breastfeeding hard to establish. After a pacifier is introduced, it should never be used to delay or replace regular feedings.
- **Let a baby decide whether to use a pacifier.** If a baby shows no interest in using a pacifier, do not force it.
- **Offer a pacifier at naptime and bedtime.** If a baby uses a pacifier, the best times to offer it are at naptime and bedtime. Using a pacifier at these times may help lower a baby’s risk for sudden infant death syndrome (SIDS).

- **Don't coat pacifiers.** Sucking on a pacifier coated with anything, especially sugar, honey, or jam, increases a baby's risk for tooth decay.
- **Attach pacifiers with clips that have short ribbons to keep from falling.** Never tie a pacifier to a baby's wrist or neck or to a baby's crib. The string can get tangled around the baby's neck and make the baby choke.
- **Clean pacifiers and replace them regularly.** Wash a pacifier that has fallen on the ground or floor with soap and warm water before giving it back to a baby. Parents who clean pacifiers with their mouths pass bacteria that cause tooth decay to the baby. Carrying extra pacifiers is a good idea.
- **Check pacifiers for wear and tear.** Over time, pacifiers can break down. Look at the rubber every now and then to see if it is discolored, cracked, or torn. If it is, replace it.
- **Do not share pacifiers.** Each baby should have their own pacifier(s). Letting babies share a pacifier can pass bacteria that cause tooth decay and increases a baby's risk for tooth decay.



Tips to Help Parents Wean Their Child from a Pacifier

If a child shows no interest in self-weaning from the pacifier by age 4, parents need to help. Here are some ideas to share with parents.

- **Take It away gradually.** Limit pacifier use to certain times (such as naptime or bedtime) or to certain places (such as in bed). In most cases, when a child uses a pacifier in bed, it falls out of the child's mouth during sleep. Parents can gradually increase the amount of time the child is not using a pacifier until the child completely stops using it.
- **Throw It away.** Encourage the child to throw their pacifier away. If the child asks for a pacifier, parents can remind them that the child threw it away, that the child is a big kid, and that big kids don't use pacifiers.
- **Trade It.** Encourage the child to put pacifiers under the pillow for the "pacifier fairy" (or another positive cultural character) who will trade them for a gift, like a toy or something soothing. If the child keeps asking for a pacifier, remind the child that all the pacifiers were given to the pacifier fairy (or other character), who gave the child a gift.
- **Poke holes In It.** This alters the pacifier so it is no longer satisfying to suck on. It's best to use a clean pin to poke two to three holes in the tip.

Contact Us

The National Center on Early Childhood Health and Wellness welcomes your feedback on this issue, as well as your suggestions for topics for future issues. Please forward your comments to health@ecetta.info or call 866-763-6481.

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School readiness begins with health!



3 workplace health tips to practice and live by

- **Eat breakfast or take it with you**
Breakfast is the most important meal of the day for a reason. Eating a healthy breakfast can affect your performance for the day.
- **Say no to temptation**
Pizza, doughnuts and candy are workplace staples. Be prepared and have emergency snacks on standby to by-pass those junk food cravings.
- **Stay Hydrated**
Drinking water throughout the day can help you stay focused and can also help reduce stress. Not enough H2O can leave you feeling tired and hungry.

Humana



Thank You for viewing the June 2018 NCWVCAA Health Newsletter. If you have suggestions for future health newsletters or would like to participate on the NCWVCAA HS/EHS Health Advisory Committee please contact Tiffany Pigott at the above contact information or tiffanypigott@ncwvcaa.org.

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