

Quarterly Health Awareness

- April: Oral Cancer Health
- May: Dermatology & Mental Health
- June: Migraine and Headache
- Source References



Quarterly Health Awareness Newsletter

St Edward the Confessor Parish Nurse Ministry

Oral Cancer, Dermatology, Mental Health, Migraine & Headache Health Awareness

Education, Early detection, Healthy Lifestyle Changes and appropriate Medical Management. Which can impede complication and death.

Quarterly Health Awareness Topics

Oral Cancer: is part of a group of cancers, which include head and neck cancers. Death rate associated with this cancer is particularly high due to the cancer being routinely discovered late in its development.

Dermatology: Skin disease can affect 1 in 3 Americans at any given time. Common skin diseases include acne, contact dermatitis, benign tumors, atopic dermatitis (eczema and psoriasis). Skin cancer is the most common cancer in the United States.

Mental Health: Mental Health includes emotional, psychological and social wellbeing. Mental health is more than an absence of mental illness; it is essential to your health and quality of life. Children's mental health includes mental, emotional, and behavioral wellbeing. Which affects how they think, feel and act. This plays a role in how children handle stress, relate to others and make healthy choices.

Migraine & Headache: 28 million Americans suffer from migraines.

Anyone can experience headache. Certain types of headaches run in families. Migraines occur in both children and women more frequently than men. Women are affected 3 times more often than men.

Awareness Months

April:

Testicular Cancer
Esophageal Cancer
Head & Neck Cancer
National Minority Health
Month

May: Melanoma & Skin Cancer

May: Bladder Cancer

Oncology Nursing Month
Mental Health Month
National Cancer & Research
Month

June: National Cancer Survivor
Month

Men's Health Month

Skin Cancer

Which is an abnormal growth in skin cells most often develops in skin exposed to sun. They may also occur in non skin exposed areas. The three major types of skin cancer are:

- Basal cell carcinoma-most common and begins in the basal cell, usually occurs on face, ears, and hands.
- Melanoma cell- most serious type of skin cancer and may occur on the back, legs, arms and face.
- Squamous cell-second most common, and may occur on the scalp, back of hands, ears and the lips.

Five letters guide to warning signs

Asymmetry-both halves of the lesion do not match

Border-uneven, ruff edges

Color-multiple color changes and changes and shade of brown, tan and black.

Diameter-appears to be growing in size

Evolving- any change in size, color, shape, or elevation, bleeding, itching or crusting.

Other Skin Conditions
In
Infants, Children & Adults

Skin Conditions in Infants and Children may include the following rashes, hives, warts, and acne, diaper rash, eczema, ringworm, and poison ivy. Some of these skin conditions will improve spontaneously without any treatment while treatment is required for others. (See Resource section for additional information)

Adults most common skin conditions are acne, eczema, psoriasis, cold sores, hives, contact dermatitis and warts. (See Resource section for additional information)

My Mental Health :Do I Need Help?

Do I have symptoms that interfere with my life.

- Do I feel sad or depressed, lack energy, feel down, do I take care of others but can't take care of myself, do I have trouble sleeping

Here are some self care activities that can help

- Exercise, eat healthy
- Talk to a friend or family member, Engage in social contact (even virtual)
- Practice meditation, pray, relaxation

When should I seek professional help?

If you have symptoms lasting more than 2 weeks, if you use or abuse alcohol or drugs, have gained or lost excessive weight unintentionally, lost interest in things you use to enjoy, can't complete self care or daily activities, are having thoughts of death or self harm. **DON'T SUFFER: Call your physician**

Mental Health: Does My Child Need Help?

How can I tell if my child is having trouble with his/her mental health:

- Does my child worry excessively, never smile, is withdrawn and avoid contact
- Is my child having trouble in school, getting into fights all the time.
- Is my child eating too much or too little
- Has my child lost interest to activities and friends or seems to have no friends
- Is my child on drugs or alcohol has my child expressed ideas of self harm or suicide

There is help if your child is having mental health issue?

- Talk to your pediatrician, a school counselor or education specialist

HEADACHE REMEDIES

Most headaches are caused by tension experienced in the face, head, neck, and shoulders. There are some non-prescription methods to relieve tension headaches. Try these remedies

- Prevent them by using an anti-glare screen to your computer.
- You might also add anti-glare screens to your computer and use daylight-spectrum fluorescent bulbs around your workspace.
- Try to avoid grinding your teeth.
- Take aspirin, ibuprofen, or acetaminophen, following the directions on the bottle
- Rest in a dark room with a cool or warm clothe on your forehead or neck
- A heating pad or ice pack may help, as well.
- Use progressive relaxation with calming music
- Small amount of caffeinated beverage
- Gentle massage to face and scalp
- Make sure you are well hydrated.
- Ginger can be helpful; brew tea. Other helpful teas are chamomile, peppermint, clove, lavender, and turmeric.

From Mayo Clinic. WedMD, and Artful Tea

Migraines 101

Migraines is not just a bad headache. It's a disabling neurological disease with different symptoms and different treatment approaches compared to other headache disorders"

Life style changes

1. Proper Hydration
 - a. Drink at least 64 oz of water & other fluids
2. Limit Caffeine Intake
 - a. Limit to one or two caffeinated drinks.
3. Good Sleep Habits
 - a. 7-9 Hours per night.
4. Eat on Scheduled Meals
 - a. 3 meals a day .
5. Regular Exercise.
6. Positive Outlook.

Avoid Triggers

Most common triggers:

1. Light-caused by bright lights/sun or screens
 - a. Use Sunglasses outside or Use glare guard on screen.
 - b. Blue light screens cause the damage
2. Noise-Loud Noises.
 - a. Use noise-cancelling headphones or earplugs.
3. Stress
 - a. Relaxation and breathing techniques can help.
 - b. Avoid unnecessary stress, avoid situations that cause or prolong stress.