

September Awareness

National Atrial Fibrillation Awareness



What is atrial fibrillation?

At least [2.7 million people](#) in the United States have atrial fibrillation. It's the most common type of heart arrhythmia (irregular heartbeat) that can interrupt the normal flow of blood.

This interruption means the condition puts you at risk of blood clots and stroke. Atrial fibrillation may be temporary, may come and go, or may be permanent. However, with appropriate medical care, you can live a normal, active life.

What causes atrial fibrillation?

The heart contains four chambers: two atria and two ventricles. Atrial fibrillation occurs when these chambers don't work together as they should because of faulty electrical signaling. Normally, the atria and ventricles contract at the same speed. In atrial fibrillation, the atria and ventricles are out of sync because the atria contract very quickly and irregularly.

Atrial fibrillation is often referred to as sick sinus syndrome because the sinoatrial (sinus) node in the right atrium controls the electrical impulses.

The cause of atrial fibrillation isn't always known. Conditions that can cause damage to the heart and lead to atrial fibrillation include:

- high blood pressure
- congestive heart failure
- coronary artery disease
- heart valve disease
- hypertrophic cardiomyopathy, in which the heart muscle becomes thick
- heart surgery
- congenital heart defects, meaning heart defects you're born with
- an overactive thyroid gland
- pericarditis, which is inflammation of the sac-like covering of the heart
- taking certain medications
- binge drinking
- thyroid disease

Find out more at <https://www.healthline.com/health/living-with-atrial-fibrillation>

Prostate Cancer Awareness

Prostate cancer is cancer that occurs in the prostate — a small walnut-shaped gland in men that produces the seminal fluid that nourishes and transports sperm.

Prostate cancer is one of the most common types of cancer in men. Usually prostate cancer grows slowly and is initially confined to the prostate gland, where it may not cause serious harm. However, while some types of prostate cancer grow slowly and may need minimal or even no treatment, other types are aggressive and can spread quickly.

Prostate cancer that's detected early — when it's still confined to the prostate gland— has a better chance of successful treatment.



Symptoms

Prostate cancer may cause no signs or symptoms in its early stages.

Prostate cancer that's more advanced may cause signs and symptoms such as:

- Trouble urinating
- Decreased force in the stream of urine
- Blood in semen
- Discomfort in the pelvic area
- Bone pain
- Erectile dysfunction

When to see a doctor

Make an appointment with your doctor if you have any signs or symptoms that worry you.

Debate continues regarding the risks and benefits of prostate cancer screening, and medical organizations differ on their recommendations. Discuss prostate cancer screening with your doctor. Together, you can decide what's best for you.

More information available at <https://www.mayoclinic.org/diseases-conditions/prostate-cancer/symptoms-causes/syc-20353087>



National Food Safety Education Month

utensils. But you have the power to Fight BAC!® and to reduce your risk of foodborne illness. It's as easy as following these core four Fight BAC!® practices for food safety clean, separate, cook and chill, more information and great PDF's are available at <http://www.fightbac.org/food-safety-basics/the-core-four-practices/>

National Food Safety Education

The Core Four Practices

Right now, there may be an invisible enemy ready to strike. He's called BAC (bacteria) and he can make people sick. In fact, even though consumers can't see BAC – or smell him, or feel him – he and millions more like him may already be invading food products, kitchen surfaces, knives and other

Additional resources also available at <https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education>