

October - Health Awareness 2021



Down Syndrome Awareness - In every cell in the human body there is a nucleus, where genetic material is stored in genes. Genes carry the codes responsible for all our inherited traits and are grouped along rod-like structures called chromosomes. Typically, the nucleus of each cell contains 23 pairs of chromosomes, half of which are inherited from each parent. Down syndrome occurs when an individual has a full or partial extra copy of chromosome 21. There are three types of Down syndrome: trisomy 21

(nondisjunction) accounts for 95% of cases, translocation accounts for about 4%, and mosaicism accounts for about 1%. Down syndrome is the most commonly occurring chromosomal condition. Approximately one in every 700 babies in the United States is born with Down syndrome - about 6,000 each year and occurs in people of all races and economic levels. For more information, please go to <https://www.ndss.org/about-down-syndrome/down-syndrome/>

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SIDS Awareness

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SIDS Awareness - sudden infant death syndrome (SIDS) is the sudden, unexplained death of a baby younger than 1 year of age that doesn't have a known cause even after a complete investigation. This investigation includes performing a complete autopsy, examining the death scene, and reviewing the clinical history. Even though we don't know the exact cause of SIDS, we do know that some things can increase a baby's risk for SIDS and other

sleep-related causes of infant death. The best way to reduce the risk for SIDS is to always place baby on his or her back for all sleep times in a separate sleep area, designed for a baby, with no soft objects, toys, or loose bedding. There are other ways to reduce the risk as well. Click <https://safetosleep.nichd.nih.gov/safesleepbasics/risk/reduce> for more information.



Healthy Lung Awareness - We rarely think about breathing except when we have trouble doing so and that's why every October is Healthy Lung Month. Numerous organizations have joined forces to educate the public about the importance of protecting our lungs against general neglect, bronchitis, mold, air pollution, and smoking. The bottom line is If we take care of our lungs, our lungs will take care of us. Lung health has been a concern throughout human history

and a phenomenon that has intrigued doctors, health workers, and scientists. Diseases such as tuberculosis, the flu, and many other airborne ailments have been around for a long time, looming over societies like a deadly blanket. Tuberculosis, or TB, has been among the most prominent lung diseases in history, with traces of it even being found in ancient Egyptian mummies. It was tuberculosis that prompted the start of the American Lung Association in 1904. More recently anti-smoking movements have joined in the healthy lung movement. Cigarette packaging warnings were established in 1966 and years of campaigning have successfully led to the change in perception of smoking among the American public, with Americans now realizing smoking is a major cause of cancer. For more information go to <https://nationaltoday.com/healthy-lung-month/>



Breast Cancer Awareness - October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. (This can impact men and women). Cancer is a broad term for a class of diseases characterized by abnormal cells that grow and invade healthy cells in the body. Breast cancer starts in the cells of the breast as a group of cancer cells that can then invade surrounding tissues or spread (metastasize) to other areas of the body. Early

Detection is key, according to the American Cancer Society, when breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 99%. Early detection includes doing monthly breast self-exams and scheduling regular clinical breast exams and mammograms. For more information go to <https://www.nationalbreastcancer.org/what-is-cancer/>