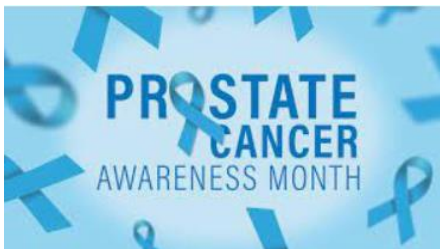


## September 2021 - Health Awareness



**Blood Cancer Awareness** - Leukemia is a cancer of the blood cells. There are several broad categories of blood cells, including [red blood cells](#) (RBCs), [white blood cells](#) (WBCs), and platelets. Generally, leukemia refers to cancers of the WBCs. WBCs are a vital part of your [immune system](#). They protect your body from invasion by bacteria, viruses, and fungi, as well as from abnormal cells and other foreign substances. In leukemia, the WBCs don't function like normal WBCs. They can also divide too quickly and eventually crowd out normal cells. [WBCs](#) are mostly produced in the bone marrow, but certain types of WBCs are also made in the [lymph nodes](#), [spleen](#), and [thymus gland](#). Once formed, WBCs circulate throughout your body in your blood and lymph (fluid that circulates through the [lymphatic system](#)), concentrating in the lymph nodes and spleen. Click here for more information <https://www.healthline.com/health/leukemia> .



**Prostate Cancer Awareness** - Prostate cancer is cancer that occurs in the prostate. The prostate is a small walnut-shaped gland in males that produces the seminal fluid that nourishes and transports sperm. Prostate cancer is one of the most common types of cancer. Many prostate cancers grow slowly and are confined to the prostate gland, where they 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 the best chance for successful treatment. For more details on symptoms and treatment go to <https://www.mayoclinic.org/diseases-conditions/prostate-cancer/symptoms-causes/syc-20353087>



**National Childhood Obesity Awareness** - About 1 in 5 (19%) children in the United States has obesity. Certain groups of children are more affected than others. National Childhood Obesity Awareness Month provides a chance for all of us to learn more about this serious health condition. While there is no simple solution, there are many ways communities can support children with their journey to good health.

Childhood Obesity is a major public health problem -Children with obesity are at higher risk for having other chronic health conditions and diseases, such as asthma, sleep apnea, bone and joint problems, and type 2 diabetes. They also have more risk factors for heart disease like high blood pressure and high cholesterol than their normal weight peers. Children with obesity can be bullied and teased more than their normal weight peers. They are also more likely to suffer from social isolation, depression, and lower self-esteem. Children with obesity are more likely to have obesity as adults. This can lead to lifelong physical and mental health problems. Adult obesity is associated with a higher risk of type 2 diabetes, heart disease, and many types of cancers. To learn more, go to <https://www.cdc.gov/nccdphp/dnpao/features/childhood-obesity/index.html>



## Suicide Awareness and Prevention

### National Suicide Prevention Week (September 5<sup>th</sup> - 11<sup>th</sup>)

People have become increasingly comfortable talking about their mental health, particularly this past year. But the topic of suicide - when it comes up - is still scary for many people to think about. For more information, materials to share with others go to <https://afsp.org/national-suicide-prevention-week>  
If you are in a Crisis, please call 800.273.8255 or TEXT TALK to 741741.



## Pediculosis Prevention Month

- September •

**National Pediculosis Prevention Month**- With school starting it's important to know about Head Lice Head lice are obligate parasites.

This means that they cannot survive without a human host—this species can live only on human hosts, so you cannot get them from your dog, cat, guinea pig, or any other kind of furry pet you may have. Head lice have no wings, so they cannot fly. They have six legs with claws at the ends—that is how they attach themselves to hair.

Head lice infestations can happen to anyone, but they are a particular concern for school-age children. It is important to

emphasize that poor hygiene, skipped baths or showers, or any other hygiene issue is not the cause of head lice. Children who live in crowded conditions may have more of a problem with head lice, but that is only because they are living close to one another and may sleep in the same bed. The only way head lice spread from one person to another is by direct head-to-head contact (as when kids hug or put their heads together to look at the same book) or by the sharing of hats, caps, hair ties, scarves, or any personal item such as combs or brushes. For more information can be found at

<https://www.headlice.org/comb/september-is-national-head-lice-prevention-month/>.