

# ***MCCS/USNH Health & Wellness Corner***

## OCTOBER HEALTH OBSERVANCES

### Breast Cancer Awareness Month

*(The goal is to increase awareness of breast cancer issues, especially the importance of early detection)*

- ◆ An estimated 211,300 new cases of invasive breast cancer will be diagnosed among American women and 1,300 in men in 2003
- ◆ Breast cancer is the 2<sup>nd</sup> most diagnosed cancer in American women (2<sup>nd</sup> only to skin cancer)
- ◆ Breast cancer is the 2<sup>nd</sup> leading cause of cancer deaths among American women (2<sup>nd</sup> only to lung cancer)
- ◆ About 1 in 8 American women will develop breast cancer in her lifetime. By contrast, only 1 in 48 Japanese women develop this form of cancer
- ◆ Only 5 to 10% of breast cancers are inherited
- ◆ Among US military beneficiaries on Okinawa, 2 to 4 women are diagnosed with breast cancer every month

### Domestic Violence Awareness Month

- ◆ Around the world at least 1 of every 3 women has been beaten, coerced into sex, or otherwise abused in her lifetime
- ◆ Nearly 2 in 3 female victims of violence were related to or knew their attacker
- ◆ Each year, medical expenses from domestic violence total at least \$5 billion
- ◆ Businesses forfeit another \$100 million in lost wages, sick leave, absenteeism and non-productivity
- ◆ Violence is the reason stated for divorce in 22% of middle-class marriages

### Family Health Month

Healthy families all have one thing in common: they talk! In 2003, Family Health Month is about communication. Many families are too busy to talk about health issues and concerns until there is a problem with a family member or there is a major illness. Communication is the key to early detection and prevention for illness and injury. Talks about violence, strangers, hygiene, sex education, fire safety, motor vehicle safety, poisons, and water safety may teach children to think through situations and decided the next step for action or reaction. Don't let your family health get lost in the chaos of every day life—make a commitment to communicate!

### October Health Promotion Schedule of Events

Breast Cancer Forum	Oct 1	1800	Foster Community Ctr
Healthy Heart Class	Oct 15	1500	USNH
Lose Weight The Easy Way	Oct 16&23	1600	USNH
BALANCE-Wt Mgmt Group	Oct 16	1730	Lester Chapel
Breast Cancer Run/Walk	Oct 25	0700	USNH to Torii Beach

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