



News at the Q





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September 2018

September 2018 - Restoration

Inside this issue:

National Sickle Cell Awareness Month		2
Ovarian Cancer Awareness		2
Prostate Cancer Awareness Month		2
Outreach Events		2




Open enrollment begins November 1, 2018 and Ends December 15, 2018



Please contact Veronica or Harry for more information
215) 227-0300
ext. 7326 or 7309

Q's Quote Corner

If because of one's mistake you lost trust, then no one in the world is trustworthy, including yourself!

 ComfordingQuotes.com

National Health Observances for September

- National Recovery Month
- National Sickle Cell Month
- Ovarian Cancer Awareness Month
- Prostate Cancer Awareness Month

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National Recovery Month

National Recovery Month (Recovery Month) is a national observance that educates Americans on the fact that addiction treatment and mental health services can enable those with a mental and/or substance use disorder to live a

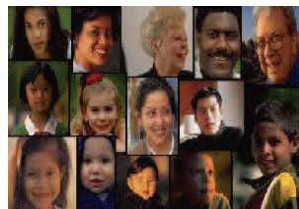


healthy and rewarding life. The observance's main focus is to speak well of the gains made by those in recovery from these conditions, just as we would those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. Recovery Month spreads the positive message that behavioural health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

There Is Hope, There is Help, There is Healing

The use of alcohol and drugs by a friend or family member can leave us with many unanswered questions, unable to understand what is happening and feeling like you are living on an emotional rollercoaster. You may find yourself struggling with a number of painful and conflicting emotions, including guilt, shame, fear and self-blame. And, because of their continued use of alcohol and drugs, it is easy to become frightened, frustrated, scared and angry. **Do Not Give Up! There is Help!**

Like any other chronic disease, addiction to alcohol and other drugs affects people of all ages regardless of income, educational background, country of origin, ethnicity, sexuality, and/or community where they live. Anyone can become



addicted to alcohol and drugs and anyone can be affected by another person's addiction—**especially friends and family members.** In fact, more than 23 million people over the age of 12 are addicted to alcohol or drugs, as

a friend or family member, **You Are Not Alone!**

For family and friends you have seen and felt the negative effects and damage done by alcohol and drugs. In some ways, your awareness and understanding of the damage being done is far greater than the person who is actively drinking or using. By virtue of your relationship, you can see the changes and consequences as they are taking place—physically, emotionally, socially, financially and legally. Addiction, without treatment and recovery, can and will literally tear families apart and destroy strongly bonded friendships. **But, You Can Be Part of the Solution!**

Recovery Month, now in its 24th year, highlights individuals who have reclaimed their lives and are living happy and healthy lives in long-term recovery and also honors the prevention, treatment, and recovery service providers who make recovery possible. Recovery Month promotes the message that recovery in all its forms is possible, and also encourages citizens to take action to help expand and improve the availability of effective prevention, treatment, and recovery services for those in need.

For more information and referral services, please contact your primary care

National Sickle Cell, Ovarian and Prostate Cancer Month



National Sickle Cell Month

What is sickle cell anemia?

Sickle cell anemia (sickle cell disease) is a disorder of the blood caused by an inherited abnormal hemoglobin (the oxygen-carrying protein within the red blood cells). The abnormal hemoglobin causes distorted (sickled) red blood cells. The sickled red blood cells are fragile and prone to rupture. When the number of red blood cells decreases from rupture ([hemolysis](#)), anemia is the result. This condition is referred to as sickle cell anemia. The irregular sickled cells can also block blood vessels causing tissue and organ damage and [pain](#).

Forty years ago, the outlook for babies born with the disease was pretty bleak; the average child lived to be only 14. New treatments, early intervention techniques and newborn screening programs have helped turn this disease, which was once a death sentence, into a manageable chronic illness.

“Our entire approach to treating sickle cell disease has changed,” said Dr. Clinton H. Joiner, director of the division of hematology at Cincinnati Children’s Hospital Medical Center. “Over the last 20 years, we have shifted from treating the complications that arose to preventing the complications altogether.”

he said. “It has had a dramatic impact on morbidity and mortality. Today, children are living long enough to become adults.” [http://](http://www.nytimes.com/re/health/healthguide/esn/sickle-cel-ess/html)

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Ovarian Cancer Awareness

Ovarian cancer has been called the “silent killer” because it is often diagnosed at an advanced stage—and when it has already spread to other parts of the body. As the fifth leading cause of cancer deaths among women, **The American Cancer Society** estimates that 21,980 women in the US will be diagnosed with ovarian cancer in 2014 alone, and 14,270 women will die. Big numbers. However, if caught in an early stage (Stage 1-2), a woman has over a 90 percent chance of long-term survival. But only about 20 percent of cases are caught in their early stage when the disease is most curable. While African American women have a lower incidence rate of ovarian cancer than White women, their 5-year survival rate is lower because the disease is often found too late.

Real Life Loss

Vibrant, innovative and inspirational, Sherise Cunningham-Patterson was a masterful networker in New York City who connected entrepreneurs with business opportunities through her company **Simply To Empower**. However, in the summer of 2009, after suffering silently for months, Cunningham-Patterson mentioned to some of her friends and family that she had been experiencing persistent pain in her back and legs. Finally, she went to the doctor and after several tests

and an unfortunate misdiagnosis, that December, she was diagnosed with ovarian cancer at the age of 37. **Unfortunately, symptoms of ovarian cancer are extremely vague and could easily be explained away by other conditions.** **Ovarian Cancer**

Warning Signs

Some of the potential signs and symptoms of ovarian cancer that women should be aware of include: **bloating, pelvic or abdominal pain, back pain, trouble eating or feeling full quickly, constipation, menstrual changes and painful sex**, according to **The National Ovarian Cancer Coalition**. While these signs don’t necessarily indicate cancer, if they continue for more than two weeks, women should not ignore them: they should bring their concerns to the attention of their OB/GYN immediately.

It’s important that women also understand their risk factors for developing ovarian cancer, which according to **The National Ovarian Cancer Coalition**, include: Genetic predisposition, personal or family history of ovarian, breast or colon cancer, increasing age and undesired infertility.

<http://www.ebony.com/wellness-empowerment/black-women-and-ovarian-cancer-987#ixzz3kOT3VDGy>

Prostate Cancer Awareness Month

In reality there are a number of differences in how prostate cancer impacts black men compared to men of other racial and ethnic backgrounds. Black men are 60% more likely than white men to be diagnosed with prostate cancer during their lifetime, and are more than twice as likely to die from the disease. Black men are also diagnosed at a younger age (about 3 years younger on average) and are more likely to have

“high grade” tumors - the kind of tumors that grow rapidly, spread to other parts of the body, and often cause death. Research has given us some insights on why these differences exist and what they mean for black men who face decisions about prostate cancer screening and treatment.

Socio-economic factors make a huge difference

Socio-economic factors make a huge difference

Differences in prostate cancer diagnosis and treatment account for a significant portion of the gap in death rates between blacks and whites, and both are heavily impacted by health insurance. Black men are less likely than whites to have insurance. Uninsured men have lower rates of screening for prostate cancer, are less likely to see a health care professional quickly for further tests if they have abnormal screening results, and are more likely to be diagnosed with advanced disease (cancer that has spread outside of the prostate gland, is more difficult to treat and more likely to cause death). Studies of blacks and whites in the military, where men have equal access to health care services, have shown that this equal access gets rid of most (but not all) of the death rate gap.

Outreach Events

No Outreach Events This month

Quote for the Day!

