

# For The Health Of It January is Cervical Health Awareness Month

Cervical cancer is growth of cells that starts in the cervix, the lower part of the uterus that connects to the vagina. Various strains of the human papillomavirus (HPV) play a role in causing most cervical cancers. HPV is a common infection that is passed through skin to skin contact, usually during sexual activity. Long-lasting infection of HPV can cause precancer and cell changes that can then turn into cervical cancer if not caught or treated early enough.

When it starts, cervical cancer might not cause any signs or symptoms. As it grows, it might cause ***signs and symptoms***, such as:

- Vaginal bleeding after intercourse, between periods or after menopause.
- Menstrual bleeding that is heavier and lasts longer than usual.
- Watery, bloody vaginal discharge that may be heavy and have a foul odor.
- Pelvic pain or pain during intercourse.

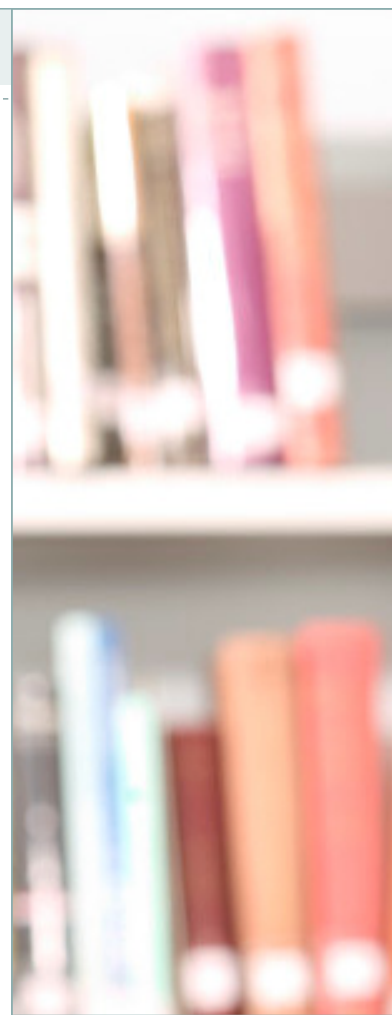
### **Risk factors**

- Smoking tobacco
- Having many sexual partners or becoming sexually active at a young age (increases risk of HPV infection)
- Other sexually transmitted infections
- A weakened immune system

### **Prevention**

To reduce your risk of cervical cancer:

- Ask your doctor about the **HPV vaccine**.
- Have routine **PAP tests**.
- Practice safe sex.



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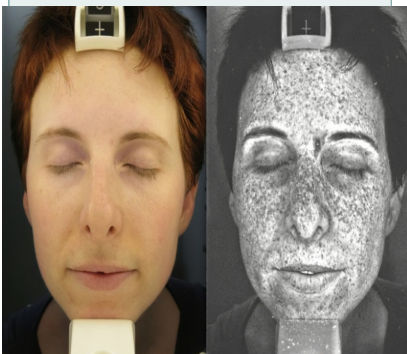
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### Surprising Facts About Indoor Tanning

Is a tanning bed really safer than the sun? some of these research backed facts will surprise you.

- Tanning beds are NOT safer than the sun.
- Tanning, indoors or outdoors, makes your skin age more quickly.
- Using tanning beds can cause a serious injury like burns, loss of consciousness and eye injury.
- Getting enough vitamin D from tanning beds isn't possible.
- You can become addicted to tanning
- Tanning can make stretch marks more noticeable.

Below shows how your skin will look after indoor tanning.



# HPV Vaccination

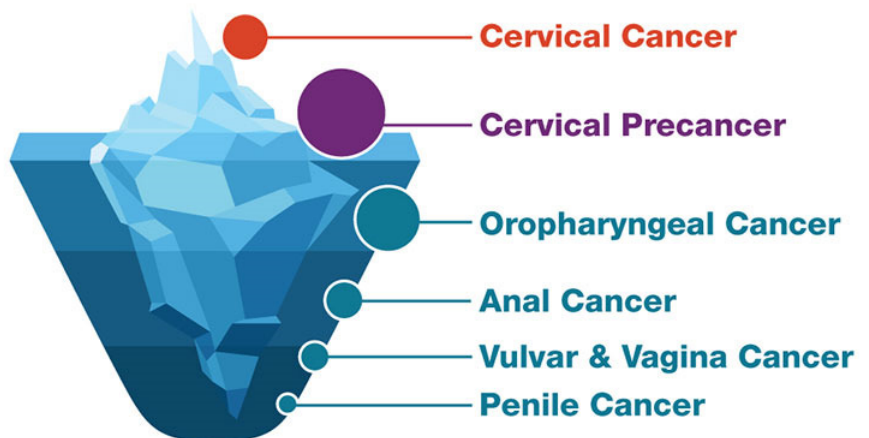
Human Papillomavirus (HPV) is spread through skin to skin contact, usually during sexual activity. Certain strains of HPS can cause genital warts or cancer—cervical, vaginal, vulvar, penile, anal, and oropharyngeal. There's about 31,000 HPV related cancer diagnoses each year. For most people an HPV infection may not cause any symptoms so they may not even know they are infected, but they could still spread it.

HPV vaccination can help prevent these HPV related cancers, and genital warts. Vaccination offers the most protection if given before potential exposure and is recommended starting at age 9. If the first dose is given before a teen's 15th birthday, only two doses are needed.

|  |
|--|
| HPV vaccine series started between ages 9 and 14 |
| 2 doses given 6 months apart                     |
| HPV vaccine series started at age 15 or older    |
| 3 doses given over a 6-month period              |

Everyone through age 26 can and should get the HPV vaccine if they have not already. Adults ages 27 to 45 who have not been received the HPV vaccine yet can talk to their provider about their risk for new HPV infections, and the benefits of getting vaccinated.

***Cervical cancer is just the tip of the iceberg: it the only type of cancer caused by HPV that has a recommended screening test to detect it at an early stage. There are other HPV related cancers that do not have screening tests, which means they might not be detected until they cause serious health problems.***



# FACTS ABOUT HPV VACCINE

Myth– HPV isn't that common.

**FACT– 1 in 4 Americans are infected with HPV. More than 80 percent of Americans will be exposed to HPV at some point in their lives.**

Myth– The HPV vaccine has severe side effects, such as infertility

**FACT– Individuals may experience mild side effects following vaccination, like soreness, headache, fatigue, or nausea. No research has found that the vaccine causes infertility**

Myth– The HPV vaccine isn't effective.

**FACT– The vaccine has shown to be almost 100% effective and can prevent most HPV related cancers.**

Myth– The HPV vaccine is just for girls

**FACT– Anyone can become infected with or spread HPV, so boys should also get the HPV vaccine at the recommended ages**

Myth– You only need the HPV vaccine if you are sexually active.

**FACT– It is strongly recommended to get the HPV vaccine before ever becoming sexually active. Getting the vaccine protects you for life!**

## Cancer Services Program

The Cancer services program (CSP) at Glens Falls Hospital provides breast, cervical and colon cancer screening at **NO COST** to men and women who qualify.

### Eligibility:

- \* Live in New York State.
- \* Do not have health insurance.
- \* Health insurance with a cost share that makes the cost of screening too high.
- \* Meet the program rules for age and income.

### Breast Cancer

- Ages 40 and older
- Under age 40 at high risk for breast cancer.

### Cervical Cancer screening

- \* Women ages 40 and older

### Colon Cancer screening

- \* Men & women ages 45& older at average risk for colon cancer.
- \* Men & women at increased or high risk for colon cancer.



**HPV FACT SHEET**

**CAN BE SPREAD BY**

- Skin-to-skin contact
- Any sexual contact
- Passed to a baby at birth

**CAN BE PREVENTED BY**

- Using condoms
- Regular STIs testing
- Vaccination



Braille is a system of touch reading and writing for blind persons in which raised dots represent the letters of the alphabet. It also contains equivalents for punctuation marks and provides symbols to show letter groupings.

People read braille by moving the hand or hands from left to right along each line. The reading process usually involves both hands, and the index fingers generally do the reading. By using the braille alphabet, people who are blind have access to written documents. Braille gives blind individuals access to a wide range of reading materials including recreational and educational reading, financial statements and restaurant menus.

Reading is a huge part of daily adult life. Take a moment to think about the contracts, regulations, insurance policies, directories, or even cook books a person may need to access daily. Even in current times, where technology can provide text to speech functions, there are many times where it is necessary or more convenient to read. Through braille, people who are blind can pursue hobbies and cultural enrichment with materials such as music scores, hymnals, playing cards, and board games.

World Braille Day is a reminder of the importance of accessibility and independence for people who are blind or visually impaired. Braille literacy is also an important factor in equal opportunities for people with blindness. Today, Rubix cubes, watches, lego-style bricks, and other innovations are constantly changing how we use braille and help increase braille literacy, too. That's why you'll find braille on objects you use every day — signs, ATMs, elevators, calculators, and more.

# MATERNAL HEALTH

Access to maternal health has been a serious problem across the country, and our community is not exempt. Thankfully, New York State is implementing some helpful initiatives to ensure maternal health is a priority—

- New York Medicaid and Child Health Plus have been extended from 60 days to a full year following pregnancy—regardless of immigration status or how the pregnancy ended
- Starting January 1, 2024 doula services will be covered for all Medicaid enrollees

Doulas are birthing experts who provide physical, emotional and informational support before, during, and after the child-birthing experience.

Prenatal care is crucial for a healthy pregnancy, and postpartum care is crucial for ensuring long-term health and well-being. While the baby may require a lot of attention and care, it is important for new moms to take care of themselves too. This time can bring considerable challenges for women—lack of sleep, fatigue, pain, breastfeeding difficulties, stress, new or exacerbated mental health disorders, and so much more.

Postpartum care should be an ongoing process, starting within 3 weeks postpartum. This process should include assessments of physical, social, and psychological well-being.

It is very important for women and their loved ones to know the warning signs during and after pregnancy that could indicate a serious or life-threatening situation.

If you begin to recognize any of these warning signs during or after pregnancy, contact your healthcare provider right away. You know your body best, so if something doesn't feel right, raise your concerns to your provider.

**Pregnant now or within the last year?**  
Get medical care right away if you experience any of the following symptoms:

These could be signs of very serious complications. If you can't reach a healthcare provider, go to the emergency room. Be sure to tell them you are pregnant or were pregnant within the last year.

Learn more at [www.cdc.gov/HearHer](http://www.cdc.gov/HearHer)

This list of urgent maternal warning signs was developed by the Council on Patient Safety in Women's Health Care.

## Local resources for women at any stage of planning, pregnancy, or postpartum:

- **WIC: provides special supplemental nutrition programs to those who qualify. Low-income pregnant women, breastfeeding or non-breastfeeding women, infants and children up to 5 years old. Find out if you qualify by calling 518-761-6425.**
- **North Country Healthy Families: provides information and support during pregnancy and early childhood. 518-563-8000 ext. 2184**
- **Joyce Stock Snuggery at Glens Falls Hospital: offers many classes to prepare expecting parents for childbirth, breastfeeding, and caring for an infant. The snuggery also hosts the Bundle of Joy Baby Café, which offers support and educational information about breastfeeding. For more information call 518-926-6095**
- **Planned Parenthood: offers health services including women's health care, abortion services, pregnancy options education and more. Call 518-792-0994 for more information or to schedule an appointment.**
- **Women's Health at Hudson Headwaters Health Network: our local OB/GYN office is accepting new patients. Call them at 518-792-7841 to schedule an appointment.**

# How to Keep Your New Year's Resolutions

Actually



## COLD WEATHER SAFETY

Playing outside in the snow can create the best childhood memories. Northern winters are great for sledding, hitting the slopes, throwing snowballs, or ice skating. It's also a great way for kids to get the 60 minutes of daily exercise they need. Be sure your child is dressed right—and know when it's time to come in and warm up!

Children are more at risk from the cold than adults. Their bodies are smaller and they lose heat more quickly. Children exposed to extreme cold for too long and without warm, dry, breathable clothing can get frostbite or hypothermia.

### Frostbite

Frostbite happens when the skin, and sometimes the tissue below it, freezes. Fingers, toes, ears, and noses are most likely areas for frostbite. Frostbitten skin may start to hurt or feel like it's burning, then quickly go numb. The area may turn white or pale gray and possibly form blisters.

- \* If you suspect frostbite, bring your child indoors to gently warm up. Don't rub the affected area, and don't pop any blisters.
- \* Avoid placing anything hot directly on the skin. Soak frostbitten areas of the body in warm (not hot) water for 20 to 30 minutes. Warm washcloths can be applied to frostbitten noses, ears and lips.
- \* After a few minutes, dry and cover your child with blankets. Give them something warm to drink.

If the pain or numbness continues for more than a few minutes, call your pediatrician.

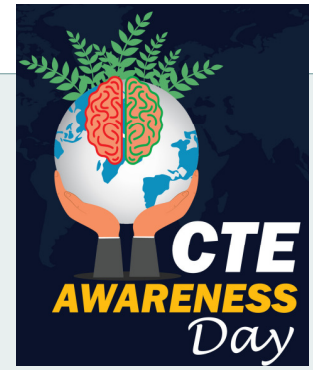
### Hypothermia

When the body's temperature drops below normal from the cold, dangerous hypothermia begins to set in. A child may start shivering, a sign the body is trying to warm itself up, but then become sluggish, clumsy, or slur his words.

- \* Hypothermia is a **medical emergency**. Call 911 right away.
- \* Until help arrives, bring your child indoors. Remove any wet clothing, which draws heat away from the body.
- \* Wrap your child in blankets or warm clothes, and give them something warm to drink. Be sure to cover core body areas like the chest and abdomen.

### Preventing Frostbite and Hypothermia

- \* **Check the wind chill.** In general, playing outside in temperatures or wind chills below  $-15^{\circ}$  Fahrenheit should be avoided. At these temperatures, exposed skin begins to freeze within minutes.
- \* **Layer up.** Several thin layers will help keep kids warm and dry. Insulated boots, mittens or gloves, and a hat are essential. Make sure children change out of any wet clothes right away.
- \* **Take breaks.** Set reasonable limits on the amount of time spent playing outside. Make sure kids have a place to go for regular indoor breaks to warm up.



January 30<sup>th</sup>

Chronic Traumatic Encephalopathy (CTE) is a diagnosis found on autopsy in athletes, veterans, and others with histories of repeated brain traumas. Some reported experiences by people eventually diagnosed with CTE include difficulty with impulse control, aggression, depression, irritability, paranoia, anxiety, and difficulty with memory and sleep. It is important to remember that these symptoms are common and can be caused by many other things that may be treatable.

There is still debate about how common CTE actually is, and there is currently no way to diagnose CTE in a living person. One concussion without other brain trauma has never been seen to cause CTE. While the risk factors for developing CTE remain unclear, it is thought that repetitive head or brain trauma is of greater concern.

It is important to note that there currently is no test to diagnose CTE. Most athletes, veterans, or people with a history of repeated concussions, will not develop CTE. However, if you are experiencing long lasting symptoms after a brain injury or head trauma, you should always seek medical attention.

### Prevention

Brain injury is difficult to predict or avoid. Prevention is key to reducing the risk.

Always wear protective gear, use proper technique, and practice good sportsmanship

All athletes should be supervised at all times by a professional who is trained to screen for signs and symptoms of concussion

Follow concussion protocol and listen to the advice of your concussion management team

Stay up to date with the latest information about concussion diagnosis and management

Seek medical advice immediately if a concussion or brain injury is suspected

For more information on brain injury or head trauma, visit [CDC Heads Up](https://www.cdc.gov/headsup/)

# Staying Safe During Winter Sports & Activities

## Ice skating

- \* Allow children to skate only on approved surfaces. Check for signs posted by local police or recreation departments, or call your local police department to find out which areas have been approved.
- \* Consider having your child wear a helmet, knee pads and elbow pads, especially while learning to skate to keep them safe.
- \* Skate in the same direction as the crowd
- \* Avoid darting across the ice
- \* Never skate alone
- \* Not chew gum or eat candy while skating



## Sledding

- \* Keep sledders away from motor vehicles, trees, and fences.
- \* Children should be supervised while sledding.
- \* Keep young children separated from older children.
- \* Sledding feet first or sitting up, instead of lying down head-first, may prevent head injuries.
- \* Consider having your child wear a helmet while sledding.
- \* Sleds should be structurally sound and free of sharp edges and splinters, and the steering mechanism should be well lubricated.
- \* Sled slopes should be free of obstructions, covered in snow (not ice), not be too steep, and end with a flat runoff.
- \* Avoid sledding in crowded areas.

## Skiing and Snowboarding

- \* Children should be taught to ski or snowboard by a qualified instructor in a program designed for children.
- \* Never ski or snowboard alone.
- \* Young children should always be supervised by an adult. If older children are not with an adult, they should always at least be accompanied by a friend.
- \* All skiers and snowboarders should wear helmets. Parents should enforce the requirement for their children regardless of the facility's helmet policy.
- \* Equipment should fit the child. Skiers should wear safety bindings that are adjusted at least every year. Snowboarders should wear gloves with built-in wrist guards. Eye protection or goggles should also be used.
- \* Slopes should fit the ability and experience of the skier or snowboarder. Avoid crowded slopes.
- \* Avoid skiing in areas with trees and other obstacles.



## Snowmobiling

- \* The American Academy of Pediatrics recommends that children under age 16 not operate snowmobiles and that children under age 6 never ride on snowmobiles.
- \* Do not use a snowmobile to pull a sled or skiers.
- \* Wear goggles and a safety helmet approved for use on motorized vehicles.
- \* Travel at safe speeds.
- \* Never snowmobile alone or at night.
- \* Stay on marked trails, away from roads, water, railroads and pedestrians.

## Hockey

- \* Children should wear helmets that fit properly, are age appropriate and certified for use. Helmets should be replaced after a serious fall or crash, as some helmets are only built to withstand one impact.
- \* Ensure your child's additional ice hockey equipment, such as skates and protective gear, also fit appropriately. The CDC offers specific guidelines for hockey safety.
- \* In addition to a properly fitting helmet, hockey players should wear a cage or facemask, throat protector and chin strap.

## Snow Plow Safety

Families should review the following safety tips with their children:

- \* Stay far away from the road when standing or playing outside
- \* Plow trucks are big, with blind spots, and a driver may not see you if you are standing too close to the road. A plow driver often has low visibility as snow flies onto the windshield. This makes it hard for the driver to see anyone along the road
- \* Plows can throw large chunks of ice and snow as they pass and the flying debris could hurt you.
- \* Never tunnel or build forts in the snow banks along the side of the road. Drivers will definitely not see you if you have tunneled into a snowbank. If you're in the tunnel, you could be "snowed in" when a truck plows next to you.
- \* Wear bright colors so that drivers can see you better

