



## Breast Cancer Awareness

October is Breast Cancer Awareness Month. Breast cancer occurs when cells in the breast divide and grow without their normal control. It is the most common cancer in women, accounting for 1 in 3 of all new female cancers each year, and the median age of diagnosis is 63 years. Tumors in the breast tend to grow slowly. By the time a lump is large enough to feel, it may have been growing for as long as 10 years. Some tumors are aggressive and grow much faster.

About 80 percent of breast cancers begin in the milk ducts, about 10 percent begin in the lobules and a few begin in other breast tissues.

In 2022, The American Cancer Society estimates that there will be about 287,850 new cases of invasive breast cancer in women, and about 43,250 women will die from breast cancer.

Many factors over the course of a lifetime can influence your breast cancer risk. You can't change some factors, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health in the following ways—

-Keep a healthy weight.

-Exercise regularly.

-Don't drink alcohol, or limit alcoholic drinks.

-If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.

-Breastfeed your children, if possible.

-If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, talk to your doctor about other ways to lower your risk.



## Trick or Treating Safety Tips



Trick or Treating is the highlight for many young people during Halloween. There are some tips that they can follow to ensure that they are happy and healthy while Trick or Treating:

**Safety Tip #1:** Plan a route in advance

**Safety Tip #2:** Wear reflective clothing

**Safety Tip #3:** Make an ID card for your kids

**Safety Tip #4:** Wear comfy shoes

**Safety Tip #5:** Keep costumes comfortable

**Safety Tip #6:** Establish a curfew

**Safety Tip #7:** Remember your cell phone

**Safety Tip #8:** Stay hydrated

**Safety Tip #9:** Inspect candy before eating

**Safety Tip #10:** Keep your own home safe for other Trick or Treaters

**Happy Halloween! Trick or treat!**



## Flu Prevention and Flu Shots

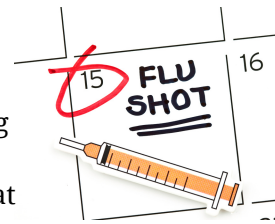
Now is the time to get your annual flu vaccine! It is recommended that everyone 6 months of age and older should get their flu vaccine once a year. In the United States, flu season usually occurs in the fall and winter. While influenza viruses spread year-round, most of the time flu activity peaks between December and February. The overall health impact (e.g., infections, hospitalizations, and deaths) of flu varies from season to season. The flu vaccine is the best way to reduce your risk for developing the seasonal flu and its potentially serious complications.

Some steps that you can take to protect yourself and others from the flu and to stop the spread of germs are:

- Avoiding close contact with those that are sick
- Staying home when you are sick
- Covering your mouth and nose when coughing or sneezing
- Washing your hands
- Avoid touching your eyes, nose, or mouth
- Practicing good health habits such as disinfecting surfaces at home, eating healthy, and staying physically active.

If you need to schedule your flu vaccine, give the health department a call at 513-695-1468, 513-695-1229 or 513-695-1262.

We will be closed on **Monday, October 10th** in observance of **Columbus Day**



## Health Misinformation

During the COVID-19 pandemic, people have been exposed to a great deal of information: news, public health guidance, fact sheets, infographics, research, opinions, rumors, myths, falsehoods, and more. The World Health Organization and the United Nations have characterized this unprecedented spread of information as an “infodemic.”

Misinformation can sometimes be spread intentionally to serve a malicious purpose, such as to trick people into believing something for financial gain or political advantage. This is usually called “disinformation.” But many people who share misinformation aren’t trying to misinform. Instead, they may be raising a concern, making sense of conflicting information, or seeking answers to honest questions.



There are some steps that you can take to identify if something is health misinformation:

1. Check the source of the material- does the website seem legit?
2. Check the author- Research them to see if they are credible. Do they have a good reputation? Are they an expert in their field? Does the author have a particular agenda?
3. Check other sources- Are there other sources that have reported on a topic? What do they say about it?
4. Maintain a critical mindset- Some health misinformation is created to provoke strong emotions such as fear and anxiety. It is important to ask yourself if the article was written to promote a certain agenda, and if the article is preying on your emotions.
5. Check the facts- Is it a current news story? Credible news stories will include plenty of facts – data, statistics, quotes from experts, and so on. Reports with false information often contain incorrect dates or altered timelines, so it’s a good idea to check when the article was published. You can use fact checking resources such as Snopes, PolitiFact, Fact Check, or BBC Reality Check.