



**Welcome
back to
school!!**

**Have you had your
check ups this
year???**

**Make sure you see
your dentist every
6 months**

**See your eye doc-
tor for a full eye
exam**

**Have you had your
flu shot??**

**Have you seen
your doctor for an
annual
physical?**

**If you do not
have
medical insur-
ance or need
resources,
please contact
your School
Nurse!!**

**Local medical
clinic is Southern
Jersey Family
Medical Center.
They also have
dental services!!**

**238 E. Broadway
Salem, NJ**

856-935-7711

HEALTH NEWSLETTER FALL 2014

SEPTEMBER IS PROSTATE CANCER AWARENESS MONTH

The most common cancer in American men is prostate cancer. The prostate is a gland and part of the male reproductive system. As a man ages the prostate gland tends to increase in size. This may cause decrease in the flow of urine, but this is not the same as prostate cancer.

Risk Factors for Prostate Cancer:

Age: the older a man is the greater the risk for developing prostate cancer

Family History: a man with a father, brother or son with prostate cancer is 2-3 times more likely to develop the disease

Race: African American men have a higher incidence of prostate cancer

Symptoms may vary in each individual. They include:

- Difficulty starting urination
- Weak or interrupted flow of urine
- Frequent urination (especially at night)
- Difficulty emptying your bladder
- Pain or burning during urination
- Blood in your urine
- Pain in your back, hips or pelvis that doesn't go away

SCREENING is the key to early detection!!!

Tests include a physical exam and blood test. The PSA (prostate specific antigen) is a key blood

test. Levels of PSA can be higher in men with prostate cancer.

Treatment depends on the stage of diagnosis and how likely the cancer will spread.

Prostate cancer is one of the leading causes of death among men of all races. In 2011, 209,292 men were diagnosed with prostate cancer and 29,970 died. So be pro-active, get your annual physical and PSA screening!!



OCTOBER IS NATIONAL DENTAL HEALTH MONTH

There are 4 components to good oral health. All play a major role in keeping your teeth and gums healthy.

1. **Brush:** Always brush 2 times each day. Brush 2 minutes (sing the Happy Birthday song 2 times through). Brushing decreases plaque and helps prevent cavities.
2. **Floss:** Daily flossing removes plaque and food particles missed by your tooth brush
3. **Rinse:** Rinsing your mouth with an antimicrobial rinse every day helps prevent gum disease. Remember, your teeth are not the only thing in your mouth!!
4. **Chew:** Chewing sugar free

gum after eating can help fight tooth decay.

Visit your dentist for cleanings every 6 months. Remember, ignore your teeth and they will go away!





Learn more about
Alzheimer's Disease at
www.alzfdn.org

For more information
on seizures visit the
Epilepsy Foundation at
www.epilepsy.com



NOVEMBER—ALZHEIMER'S AWARENESS MONTH

Alzheimer's is a disease process that destroys brain cells causing problems with memory, thinking and behavior. These changes are severe enough to affect work, lifelong hobbies and social skills.

Facts about Alzheimer's Disease:

- This is the most common form of dementia. Dementia is described as a progressive mental deterioration. Alzheimer's accounts for 50-70% of all dementia cases.
- As many as 5.3 million Americans are living with the disease.
- Alzheimer's is the 6th leading cause of death in the U.S.
- Changes in the brain can begin years before the first

symptoms appear.

Signs and Symptoms:

- Symptoms begin with mild memory loss (not your normal forgetfulness). These symptoms can progress at varying rates and can affect the ability to carry on conversations and the ability to respond to your environment.
- Age is the best known risk factor. Symptoms usually appear after the age of 60.
- Family history of this diagnosis increases your risk of developing the disease. Risk is also increased by high blood pressure, diabetes and high cholesterol.
- Many people experience one or more of the following:

***Repeating questions asked of them*

***Getting lost*

***Taking longer to complete routine activities of daily living*

***Loses things*

***Displays mood and personality changes*

Treatment:

Treatment focuses on helping people maintain mental function and managing their behavioral symptoms. In the early stages of the disease, medications to address the problems of thinking and memory may be used. Other medications may be used to help control the sleeplessness and agitation that accompany Alzheimer's disease.

WHAT IS EPILEPSY?????

Epilepsy is a neurological condition that affects the nervous system. It is also known as a SEIZURE DISORDER. Epilepsy is usually diagnosed after someone has had at least two seizures that were caused by an unknown medical condition. Seizures are caused by a disturbance in the electrical activity in the brain.

There are 6.5 million people around the world with epilepsy (2 million are in the U.S.) Many times the cause of epilepsy is not known. There are at least 11 types of seizure conditions.

Symptoms:

Symptoms depend on the part of the brain that is affected. Each

section of the brain has a specific function, so the symptoms reflect the portion of the body that is controlled by that area of the brain. Seizures can range from staring to jerking of the arms and legs. These jerking motions are what most people think of when they hear the word seizure.

Testing:

An Electroencephalogram (EEG) is one of the standard tests done to diagnose epilepsy. This test involves placing electrodes on a patient's head and monitoring the electrical activity in the brain.

Treatment:

There are many medications that can prevent a seizure. These are called anti-epileptic medications.

Sometimes it takes some time to find the right combination of medicine or dosages that will work best for a person with seizures. Most of these medications are taken every day. There are some quick acting emergency medications to take when someone is actively having a seizure to help stop it.

If you witness someone having a seizure, try to help them to the floor and remove anything around that may hurt the person. Turn the person on his/her side to prevent him/her from choking. Notify emergency personnel (911) if you witness someone who has a seizure.