



Office of Minority Health

October 2021 Newsletter

Breast Cancer Awareness Month



October is National Breast Cancer Awareness Month. The Center for Disease Control and Prevention reports that despite improvements in early detection and treatment for breast cancer, black women continue to have the highest breast cancer mortality **rate**. Breast Cancer Prevention Partners (BCPP)

reports that black women face both **disproportionate** exposure to breast carcinogens and the highest risk of serious health impacts from the disease. BCPP explains, some of the carcinogens black women are exposed to are in cosmetics and provides several tips to be mindful.

1. Bring your own safer neutralizing shampoo to the salon to avoid: formaldehyde-releasing **preservatives**, endocrine disruptors, or carcinogens.
2. Avoid nail polishes that include any of the toxic trio: dibutyl phthalate, formaldehyde, toluene.
3. Reduce your use of products with added fragrance.
4. Read labels closely and find safer alternatives using apps and websites like ThinkDirty, EWG's Health Living, and the Good Guide.

[Visit more information](#)

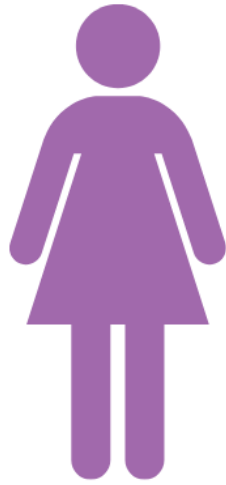
The risk of breast cancer in the transgender community is not well understood (due to the lack of research). There have not been significant studies of breast cancer **occurrence** in transgender or gender con-conforming individuals, but this does not mean transgender people are not at risk.

1. Excess testosterone in the body can be converted to estrogen. Excess estrogen increases the risk of breast cancer. Transgender men taking testosterone may be at increased risk of breast cancer.
2. Even after chest reconstructive surgery some breast tissue will remain. The remaining tissue is still at risk of breast cancer.

[Visit more information](#)

Self examinations should be done at least once a month, which includes standing in front of a mirror and checking and laying down with an arm behind your head using your other hand to apply **circular** motion and pressure over your breast as well as into the armpit. Please speak with your doctor regarding other screenings that can be done if you have a family history.

Domestic Violence Awareness Month



1 IN 3 WOMEN WILL EXPERIENCE
DOMESTIC VIOLENCE IN THEIR
LIFETIMES.

*October is
Domestic Violence Awareness Month*



Each year in the United States October is recognized as Domestic Violence Month. Minority women especially Black women are at a higher risk of being a victim of domestic violence. The Institute for Women's Policy Research reports that black women disproportionately experience violence at school, on the job, and in their neighborhoods.

The data shows:

1. More than four in ten Black women experience physical violence from an intimate partner during their lifetimes. White women, Latinas, and Asian/Pacific Islander women report lower rates.
2. Black women also experience significantly higher rates of psychological abuse-include humiliation, insults, name-calling, and coercive control- than do women overall.
3. Sexual violence affects Black women at high rates. More than 20 percent of Black women are raped during their lifetimes- a higher share than among women overall.

[For more information visit](#)

The National Coalition Against Domestic Violence reports:

1. 43.8% of lesbian women and 61.1% of bisexual women have experienced rape, physical violence, and/or stalking by an intimate partner at some point in their lifetime, as opposed to 35% of heterosexual women.
2. 26% gay men and 37.3% of bisexual men have experienced rape, physical violence, and/or stalking by an intimate partner in their lifetimes, in comparison to 29% of heterosexual man.
3. In a study of male same sex relationships, only 26% of men called the police for assistance after experiencing near-lethal violence.
4. Transgender victims are more likely to experience intimate partner violence in public, compared to those who do not identify as transgender.
5. LGBTQ Black victims are more likely to experience physical intimate partner violence, compared to those who do not identify as Black.

[For more information](#)

Coronavirus Disease 2019

COVID-19 Checklist for When You Are Sick Responding to COVID-19

If you develop the below symptoms consistent with COVID-19, or other symptoms that are severe or concerning, call your healthcare provider for medical advice.

Always call 911 if you have a medical emergency. Notify the operator if you have, or think you might have, COVID-19.

You may have COVID-19 if you have:

- Fever or chills.
- A cough.
- Shortness of breath or difficulty breathing.
- Fatigue.
- Muscle or body aches.
- Headache.
- Sore throat.
- Loss of taste or smell.
- Congestion or runny nose.
- Nausea or vomiting.
- Diarrhea.

Symptoms may be mild to severe and may appear two to 14 days after exposure to the virus.

The Centers for Disease Control and Prevention has a “self-checker” tool to help you make decisions about seeking appropriate medical care. You can find it here: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html>.

If you are sick with COVID-19 or suspect you have COVID-19, you should:

- Stay home except to get medical care.** People who are mildly ill with COVID-19 are able to recover at home but should not leave or visit public areas. Ask a family member, friend, or neighbor to get your groceries, mail, and other essential needs and leave them outside your door.
- Keep in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel

For more information, visit: coronavirus.ohio.gov



SAFE

CELEBRATE AT HOME



Watch Spooky Movies



Create a Scavenger Hunt



Dress Up & Share Photos



Host an Online Party



LESS SAFE

CAREFUL TRICK-OR-TREATING



Wear a Face Mask



Avoid Crowds



Use Hand Sanitizer



Wash Hands Before Eating



Use a Table to Distribute Treats



UNSAFE

BEWARE OF...



Large Gatherings



Indoor Events

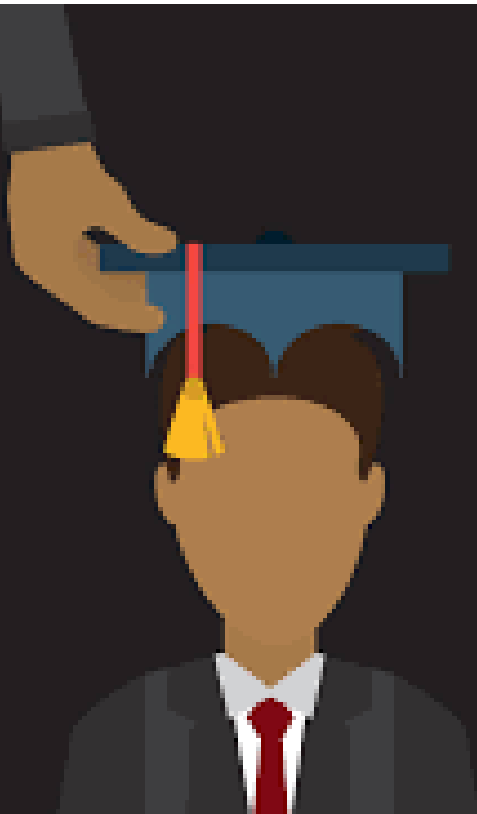


Haunted Houses



Hayrides

National Dropout Prevention Month



October is National Dropout Prevention Month!

Help Us
Spread the Word.

October is National Dropout Prevention Month. The Education Data Initiative reports that Hispanic students have the highest dropout rate at 6.5%, 36% of students who have a disability (physical or

learning) drop out of high school, and students from families in lower socioeconomic status percentiles are 5 times more likely to drop out of high school. Young people who dropout endure twice as many of adverse life experiences as students who stayed in school and graduated on time. Adverse life

experiences reported by Blackenterprise.com include:

1. Becoming a parent
2. Being suspended or expelled even once
3. Having several friends drop out
4. Feeling academically unprepared from school
5. Experiencing a significant mental health problem
6. Homelessness, and moving into a new home

The research institute of America's Promise Alliance examines how relationships and extended community can play a critical role in helping a student decide to stay in school.

Health Literacy Month

patients with low
HEALTH LITERACY...



Are more likely to visit an
EMERGENCY ROOM



Have more
HOSPITAL STAYS



Are less likely to follow
TREATMENT PLANS



Have higher
MORTALITY RATES

www.cdc.gov/phpr



October brings awareness and recognizes the importance of health literacy. The Health Resources & Services Administration defines health literacy as an individual capacity to obtain, process, and understand basic health information to make appropriate health decisions for themselves and loved ones. Although October is Health Literacy racial and ethnic minorities compared to non minorities have lower health literacy. It is important for minorities to understand health literacy to improve their interaction and build trust with their health care providers to improve health outcomes. It allows for individuals to share their personal information with health care providers.

Steps and individual can take to improve their Health Literacy include: ask questions, If you, don't understand what your doctor is telling you or only understand part of it, ask questions. Repeat what your

doctor tells you in your own words.

Ask to work with a patient navigator is one is available

Kerr Park Development



Officials from the city of Akron, along with community partners, residents and leaders, cut the ribbon on the new playground at Kerr Park on Saturday, October 2nd, 2021.

The playground was designed with input from children and adults in the community, according to **toAkron Parks Collaborative** Executive Director Bridget Ambrisco. Input was gathered via online surveys and at a design session held earlier this year at the Lawton Community Center.

“The kids literally drew their ideas and talked about what they wanted. The adults responded to the pictures and shared what they wanted. The coolest thing that we were able to get in there was the zip line. Every single kid said they wanted a zip line. And there are several bays of swings, because that’s what we heard a lot of too,” Ambrisco said.

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