

It's BREAST CANCER AWARENESS MONTH **EARLY DETECTION IS THE BEST DEFENSE**

There are three main tests used to screen for breast cancer. Please talk to your healthcare provider about which tests are right for you, and when you should have them.

Mammogram

A mammogram is an X-ray of the breast. Mammograms are the best way to detect breast cancer early when it is easier to treat and before it is big enough to feel or cause symptoms. Women in their 40s and older should have mammograms every 1 to 2 years. Women who are younger than 40 and have risk factors for breast cancer should ask their healthcare provider whether to have mammograms and how often to have them.

Clinical Breast Exam

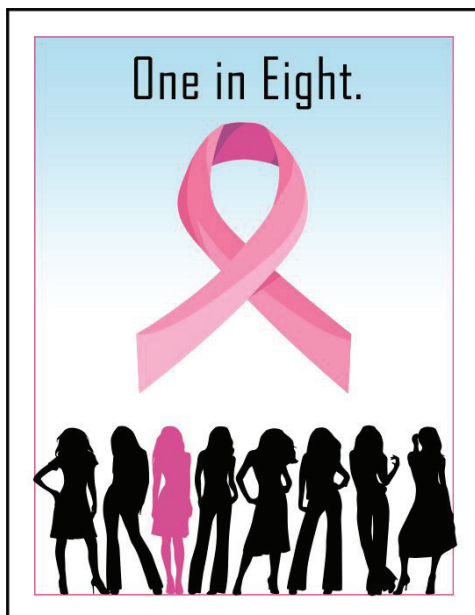
A clinical breast exam is an examination by a healthcare provider who looks for differences in size or shape between your breasts, and checks for any rash, dimpling, or other abnormal signs.

Breast Self Exam

Perform monthly breast self-exams to check for any changes in your breasts. It is important to remember that changes can occur because of aging, your menstrual cycle, pregnancy, menopause, or taking birth control pills or other hormones. Breast self-exams do not replace regular screening mammograms and clinical breast exams.

Please click on the American Cancer Society's link below for further information.

<http://www.cancer.org/Cancer/BreastCancer/DetailedGuide/breast-cancer-risk-factors>



Upcoming HHS Events

Sunday, November 16, 2014

10:45 am

**Organ Tissue and Bone Marrow
Donation Awareness Program**

Antioch Baptist Church

Collaboration with
Greater Hudson Valley Links
Linkages to Life Program

**3 Church Street
Bedford Hills**

Saturday, December 6, 2014

9 am - Noon

Food Bank for Westchester

Food Repack

**20 Clearbrook Road
Elmsford**

Saturday, January 3, 2015

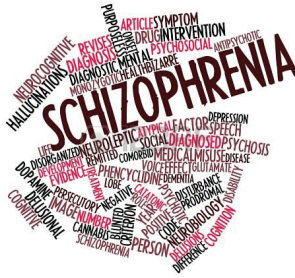
9 am - Noon

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**20 Clearbrook Road
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**For more information
on any HHS programs,
please contact a member
of the HHS Facet**



LIVING WITH SCHIZOPHRENIA

Without good health, life as we know it or would like it to be is unsustainable. Our newly elected national president, Link Glenda Newell Harris, sees this critical importance as is evidenced in her vision for this organization's "Healthy Legacy."

One element of health that can tremendously impact life is that of mental health. As a result of its potential impact, the **World Health Organization has dedicated October 10 as World Mental Health Day.** World Mental Health Day (WMHD) raises public awareness regarding mental and emotional health, treatment and symptoms. The goal is to encourage and increase open discussion regarding mental disorders, and to increase investments in prevention, promotion and treatments for those who suffer. Highlighting this day provides an opportunity for all stakeholders to talk about their work in mental health, its impact, and what more that can be done around the world.

Schizophrenia is a severe and chronic mental health disorder that affects about 1% of the American population. People who suffer from schizophrenia have symptoms that may include hallucinations (hearing or seeing things that are not really there), delusions and paranoia (thoughts that are illogical and unreasonable fear - example, someone from the CIA is following him/her) or erratic speech and behavior (often responding to the people or objects that are being hallucinated). These symptoms can have a huge impact on functioning in society because individuals are struggling in a world of their own that no one else can see or hear. This can cause the schizophrenic to withdraw and it can also repel others. However, there are times that the schizophrenic appears healthy and appropriate until he or she says something that doesn't make sense to the listener. This can make it difficult to maintain employment and care for one's self.

There is no cure for schizophrenia. Treatment is through medication and counseling. In most cases schizophrenics can live a relatively normal life and contribute positively to society if treatment plans are diligently followed. Unfortunately, treatment plans are not always followed which makes the disorder difficult to manage. Researchers continue to work on medications and tools that can positively impact lives. Understanding one's health, treatment options and long term impact is critical in managing health which will directly impact healthy living which then directs our legacy.

Schizophrenia Myths

1. People with schizophrenia have multiple personalities - A person with schizophrenia doesn't have two different personalities. Instead, he or she has false ideas or has lost touch with reality.
2. Most people with schizophrenia are violent or dangerous - Even though people with schizophrenia can act unpredictably at times, most aren't violent, especially if they're getting treated.
3. Schizophrenia is caused by bad parenting – Schizophrenia is a mental illness. It has many causes, including genes, trauma, and drug abuse. Bad parenting will not give a child schizophrenia.
4. If your parent has schizophrenia, you'll get it too - If one parent has schizophrenia, risk of the condition is about 10%.
5. You can't hold a job if you have schizophrenia - With the right treatment, many people can find a position that suits their skills and abilities.

**HHS Facet Members
Westchester County (NY) Chapter**

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