



August Health Highlights



National Immunization Awareness Month: This month is particularly important, as there are heightened numbers of COVID-19 in our communities once again due to the delta variant. Please **get vaccinated** to protect yourself from this deadly disease if you have not already. The vaccine is FREE to all and available at many different sites in the community!

There are many other vaccine preventable illnesses to protect yourself against. Unfortunately, U.S. vaccination rates for adults are extremely low.

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August 2021

August is

- National Immunization Awareness Month,
- National Breastfeeding Month,
- World Lung Cancer Day, and
- International Overdose Awareness Day

EMO appreciates your donations. If you would like to discuss donating today, call us at 304-529-0753 or email Lara Lawson at laralawson@emohealth.org

You can donate at emohealth.org by clicking the donate button!

For example:

- Only 20% of adults 19 years or older have received Tdap (whooping cough) vaccination.
- Only 28% of adults 60 years or older have received zoster (shingles) vaccination.
- Only 20% of adults 19 to 64 years old, at high risk, have received pneumococcal vaccination.
- Only 44% of adults 18 years or older had received flu vaccination during the 2014–2015 flu season.

Vaccines can lower your chance of getting certain diseases. Vaccines work with your body's natural defenses to help you safely develop immunity to disease. This lowers your chances of getting certain diseases and suffering from their complications. For instance:

- Hepatitis B vaccine lowers your risk of liver cancer.
- HPV vaccine lowers your risk of cervical cancer.
- Flu vaccine lowers your risk of flu-related heart attacks or other flu-related complications from existing health conditions like diabetes and chronic lung disease.
- Vaccines lower your chance of spreading disease.



Some people in your family or community may not be able to get certain vaccines due to their age or health condition. **They rely on you to help prevent the spread of disease** (CDC). This is especially true for COVID-19. Now, ALL children under the age of 12 can be protected if more adults who are able will receive the vaccine.

Infants, older adults, and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to infectious disease. For example, newborn babies are too young to be vaccinated against whooping cough. Unfortunately, whooping cough can be very dangerous or even deadly for them. Pregnant women should get the Tdap vaccine during every pregnancy to help protect their babies from whooping cough. Anyone who is around babies should be up to date with

their whooping cough vaccine (CDC).

National Breastfeeding Month: In recognition of National Breastfeeding Month (NBM), each August the United States Breastfeeding Committee hosts a social media advocacy and/or outreach campaign inviting member organizations, breastfeeding coalitions, partner organizations, and individuals to participate in online action and conversation about the policy and practice changes needed to build a "landscape of breastfeeding support." (USBC) Breastfeeding is so important to the health of children and can even help prevent breast cancer for mothers!





World Lung Cancer Day: Since its inception in 2012, World Lung Cancer Day has been observed every August 1. This World Lung Cancer Day campaign's inception by the Forum of International Respiratory Societies is supported by members of the international lung health community such as the International Association for the Study of Lung Cancer (IASLC) and also including the American College of Chest Physicians (CHEST) in the U.S. One important action you can

take today is to **quit smoking** to help prevent lung cancer.

- Currently, 1 in 16 people in the U.S. can expect to receive a lung cancer diagnosis. That's 1 out of every 15 men, and 1 out of every 17 women.
- **Lung cancer kills more women than breast cancer, and almost twice as many men as prostate cancer every year.**
- Smoking isn't the only cause of lung cancer. Other known causes of lung cancer include exposure to secondhand smoke, air pollution, radon, and asbestos.
- Fewer than 1 in 7 lung cancer patients will be diagnosed in the earliest stage, when the disease is most treatable.
- During the past 40 years, **the lung cancer death rate has fallen 17% among men while increasing 94% among women.** Lung cancer incidence has been declining since the mid-1980s in men, but only since the mid-2000s in women because of gender differences in historical patterns of smoking uptake and cessation.
- There is currently no cure for lung cancer, however new research is making it possible for people to live with their lung cancer, managing it like a chronic disease. You can be a part of this progress by supporting research. (Lung Cancer Foundation of America)

International Overdose Awareness Day: International Overdose Awareness Day is a global event held on 31 August each year and aims to raise awareness of overdose and reduce the stigma of a drug-related death. It also acknowledges the grief felt by families and friends remembering those who have died or had a permanent injury as a result of drug overdose. International Overdose Awareness Day spreads the message that **the tragedy of overdose death is preventable.** West Virginia leads the nation in overdose death consistently, and it's difficult to find anyone who hasn't been personally affected by the opioid crisis. We support and provide harm reduction measures to anyone suffering from substance use disorder.



Program News



FIT on 10th, providing **YMCA memberships to 150 Ebenezer Medical Outreach patients** is unfortunately delayed! **However, the YMCA is offering a discounted rate for any of our participants who wish to join before the program begins of \$37.** This rate will only apply to our patients joining the program, and we will provide a card for you to take with you to the YMCA when you sign up. The program should be fully funded and ready to go in September. **We are still recruiting patients interested in improving their health** through this year-long membership program. This program is available for patients with a diagnosis of prediabetes, diabetes, hypertension, hyperlipidemia, or by physician discretion for another health condition that may be

improved with exercise. We are grateful to our partners at **WVU Office of Health Services** and the **Huntington YMCA** for this amazing opportunity for our patients.

Farmacy Program: We are heading into week 8 of our 15 week Farmacy program! Thanks to the Walmart Foundation, we are providing our program participants diagnosed with diabetes, high blood pressure, or obesity a box of produce each week throughout the growing season and into the fall. Our program participants have had one cooking demonstration class so far! We are collecting weight and blood pressure data each week from our participants to track the outcomes of the program more closely and watch for changes throughout the program. We are teaching patients to get a good blood pressure reading using a wrist monitor.



The **community garden** is being cleared now! Check out the progress! Thanks to Recovered Solutions!



Our **Empowering Outreach** project is underway with funding from the West Virginia Minority Health Institute and the WV Office of Health Promotion and Chronic Disease. We had some wonderful cover art created for our Save our Sisters and My Brother's Keeper podcasts that are still under development. We worked with Parkersburg artist Peshka Calloway to create these wonderful designs! There is also social media campaign as part of this project, and we are working with Marshall University Communications Studies professor, Clinton Brown and his health communications students to develop this content.



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