

# JANUARY IS



## What is cervical cancer?

Cervical [cancer](#) occurs when abnormal cells on the [cervix](#) grow out of control. The [cervix](#) is the lower part of the uterus that opens into the [vagina](#). Cervical cancer can often be successfully treated when it's found early. It is usually found at a very early stage through a [Pap test](#).

## What causes cervical cancer?

Most cervical cancer is caused by a virus called [human papillomavirus](#), or [HPV](#). You can get HPV by having [sexual contact](#) with someone who has it. There are many types of the HPV virus. Not all [types of HPV](#) cause cervical cancer. Some of them cause [genital warts](#), but other types may not cause any symptoms.

You can have HPV for years and not know it. It stays in your body and can lead to cervical cancer years after you were infected. This is why it is important for you to have regular [Pap](#) tests. A [Pap test](#) can find changes in cervical cells before they turn into cancer. If you treat these cell changes, you may prevent cervical cancer.

## What are the symptoms?

Abnormal cervical cell changes rarely cause symptoms. But you may have symptoms if those cell changes grow into cervical cancer. Symptoms of cervical cancer may include:

- Bleeding from the vagina that is not normal, or a change in your [menstrual cycle](#) that you can't explain.
- Bleeding when something comes in contact with your cervix, such as during sex or when you put in a diaphragm
- Pain during sex.
- [Vaginal discharge](#) that is tinged with [blood](#).

## How is it diagnosed?

As part of your regular pelvic exam, you should have a Pap test. During a Pap test, the doctor scrapes a small sample of cells from the surface of the cervix to look for cell changes. If a Pap test shows abnormal cell changes, your doctor may do other tests to look for precancerous or cancer cells on your cervix.

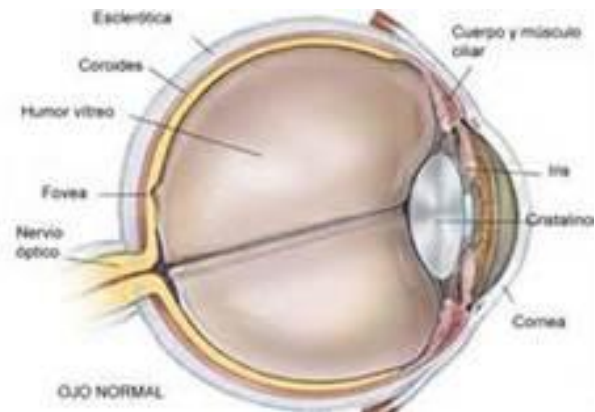
Your doctor may also do a Pap test and take a sample of tissue (biopsy) if you have symptoms of cervical cancer, such as bleeding after sex.

## How is it treated?

The treatment for most stages of cervical cancer includes:

- Surgery, such as a hysterectomy and removal of pelvic lymph nodes with or without removal of both ovaries and fallopian tubes.
- Chemotherapy.
- Radiation therapy.

Depending on how much the cancer has grown, you may have one or more treatments. And you may have a combination of treatments. If you have a hysterectomy, you won't be able to have children. But a hysterectomy isn't always needed, especially when cancer is found very early.



## What is Glaucoma?

Glaucoma is a disease in which damage to the optic nerve leads to progressive, irreversible vision loss. Glaucoma is the second leading cause of blindness.

## Four Key Facts About Glaucoma

### **1. Glaucoma is a leading cause of blindness**

Glaucoma can cause blindness if it is left untreated. Even with proper treatment, 10% of people with glaucoma still experience loss of vision.

### **2. There is no cure (yet) for glaucoma**

Glaucoma is not curable, and vision lost cannot be regained. With medication and/or surgery, it is possible to halt further loss of vision. Since open-angle glaucoma is a chronic condition, it must be monitored for life.

### **3. Everyone is at risk for glaucoma**

Older people are at a higher risk for glaucoma but babies can be born with glaucoma (approximately 1 out of every 10,000 babies born in the United States). Young adults can get glaucoma, too. African Americans in particular are susceptible at a younger age.

### **4. There may be no symptoms to warn you**

With open-angle glaucoma, the most common form, there are virtually no symptoms. Usually, no pain is associated with increased eye pressure. Vision loss begins with peripheral or side vision. You may compensate for this unconsciously by turning your head to the side, and may not notice anything until significant vision is lost. The best way to protect your sight from glaucoma is to get tested. If you have glaucoma, treatment can begin immediately.

# NATIONAL STALKING AWARENESS MONTH

JANUARY 2013

## Presidential Proclamation National Stalking Awareness Month

In our schools and in our neighborhoods, at home and in workplaces across our Nation, stalking endangers the physical and emotional well being of millions of American men and women every year. Too often, stalking goes unreported and unaddressed, and we must take action against this unacceptable abuse. This month, we stand with all those who have been affected by stalking and strengthen our resolve to prevent this crime before it occurs.

Stalkers inspire fear through intimidation, explicit or implied threats, and nonconsensual communication often by telephone, text message, or email that can cause severe emotional and physical distress. Many victims suffer anxiety attacks, feelings of anger or helplessness, and depression. Fearing for their safety, some are forced to relocate or change jobs to protect themselves. And, tragically, stalking can be a precursor to more violent offenses, including sexual assault and homicide. The consequences of this crime are real, and they take a profound and ongoing toll on men, women, teens, and children across our country.

Despite the dangerous reality of stalking, public awareness and legal responses to this crime remain limited. New data show that one in six women and one in 19 men have experienced stalking that caused them to be very fearful or feel that they or someone close to them were in immediate physical danger. Among men and women alike, victims are most commonly stalked by current or former intimate partners, and young adults are at the highest risk for stalking victimization. Though stalking can occur in any community, shame, fear of retribution, or concerns that they will not be supported lead many victims to forego reporting the crime to the police. As we strive to reverse this trend, we must do more to promote public awareness and support for survivors of stalking.

### A PROCLAMATION

My Administration is working to advance protection and services for stalking victims, empower survivors to break the cycle of abuse, and bring an end to violence against women and men. With unprecedented coordination between Federal agencies, we are promoting new tools to decrease the incidence of domestic violence, sexual assault, dating violence, and stalking, and we are taking action to ensure perpetrators are held accountable. To reinforce these efforts, advocates, law enforcement officials, and others who work with victims must continue to improve their capacity to respond with swift and comprehensive action. From raising awareness to pursuing criminal justice, all of us have a role to play in stopping this senseless and harmful behavior.

**This month**, let us come together to prevent abuse, violence, and harassment in all their forms and renew our commitment to bring care and support to those in need.

**NOW, THEREFORE, I, BARACK OBAMA**, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim January 2012 as National Stalking Awareness Month. I call on all Americans to learn to recognize the signs of stalking, acknowledge stalking as a serious crime, and urge those impacted not to be afraid to speak out or ask for help. Let us also resolve to support victims and survivors, and to create communities that are secure and supportive for all Americans.

**IN WITNESS WHEREOF**, I have hereunto set my hand this twenty eighth day of December, in the year of our Lord two thousand eleven, and of the Independence of the United States of America the two hundred and thirty-sixth.

**BARACK OBAMA**

January

## National Birth Defects Prevention Month

**The good news** is awareness efforts offer hope for reducing the number of birth defects in the future. The following prevention strategies can easily be promoted. Please encourage all pregnant women and those who may become pregnant to:

- consume 400 micrograms of folic acid daily
- manage chronic maternal illnesses such as diabetes, seizure disorders, or phenylketonuria (PKU)
- reach and maintain a healthy weight
- talk to a health care provider about taking any medications, both prescription and over-the-counter
- avoid alcohol, smoking, and illicit drugs
- see a health care provider regularly
- avoid toxic substances at work or at home
- ensure protection against domestic violence
- know your family history
- seek reproductive genetic counseling,





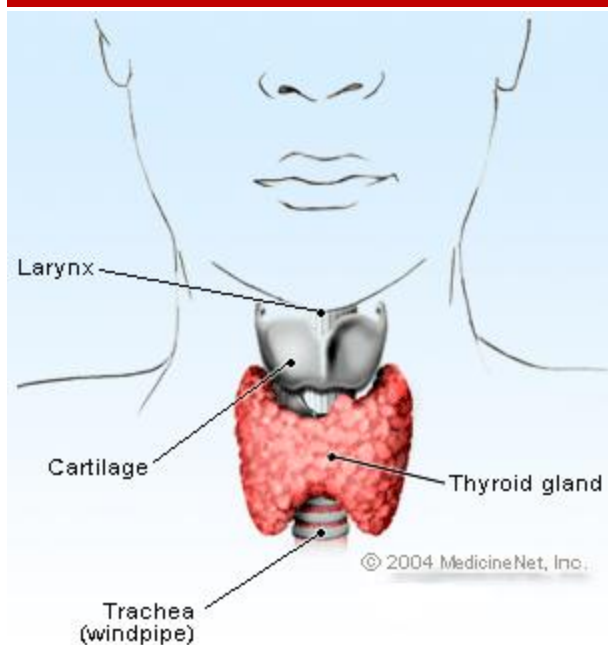
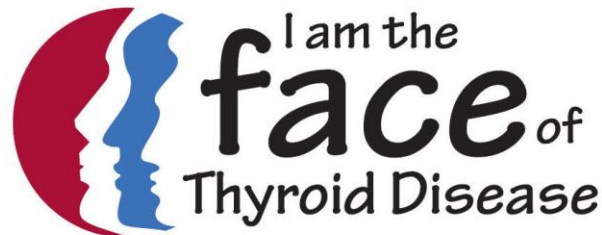


# THYROID AWARENESS MONTH



The thyroid is a butterfly-shaped gland located in the front of the neck just below the Adams apple. The gland wraps around the [windpipe](#) (trachea) and has a shape that is similar to a butterfly formed by two wings (lobes) and attached by a middle part (isthmus). The thyroid gland works like a tiny factory that uses [iodine](#) to produce [thyroid hormones](#). These hormones help to regulate the body's [metabolism](#) and effects processes, such as growth and other important functions of the body.

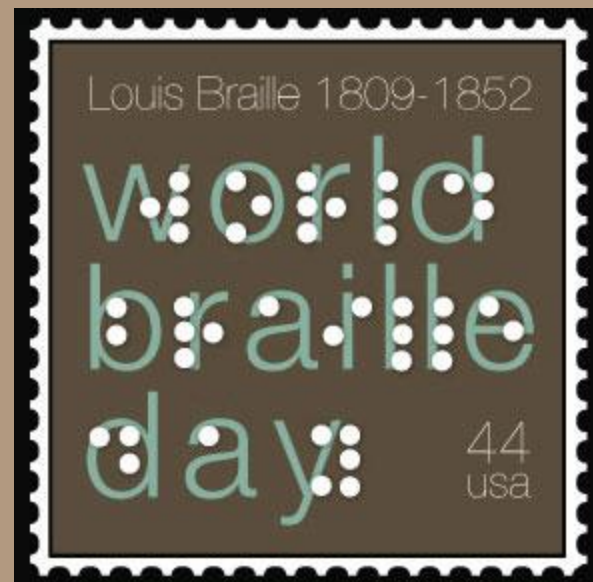
Two most important thyroid hormones are [thyroxine](#) (T4) and [triiodothyronine](#) (T3), representing 99.9% and 0.1% of thyroid hormones respectively. The hormone with the most biological power is actually T3. Once released from the thyroid gland into the blood, a large amount of T4 is converted to T3 - the active hormone that affects the metabolism of cells throughout our body.



The rate of thyroid hormone production is controlled by the pituitary gland. If there is an insufficient amount of thyroid hormone circulating in the body to allow for normal functioning, the release of TSH is increased by the pituitary in an attempt to stimulate more thyroid hormone production. In contrast, when there is an excessive amount of circulating thyroid hormone, TSH levels fall as the pituitary attempts to decrease the production of thyroid hormone.

There is another hormone that is produced by the thyroid called [calcitonin](#). Calcitonin is produced by specific cells in the thyroid gland, and unlike T3 and T4, it is not involved in this regulation of metabolism. Calcitonin is a hormone that contributes to the regulation of [calcium](#) and helps to lower calcium levels in the blood.

We **celebrate** World Braille Day to give tribute to the genius Louis Braille. World Braille Day gives an opportunity to all organizations which work for the blind to display their work and promote the Braille language and to educate others on issues which affect the blind.



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In 1829, Louis Braille published the *Method of Writing Words, Music, and Plain Song by Means of Dots, for Use by the Blind and Arranged by Them*. Today, this method – braille – is used in virtually every language as the standard form of reading and writing by people who are blind, deafblind, or living with vision loss.

It was at the Institute that Louis was first introduced to the idea of a coded system of raised letters. In 1821, a French army captain, Charles Barbier de la Serre, visited the school to introduce his invention, “Night Writing”, intended for soldiers to communicate at night without speaking. In his system, a series of 12 raised dots were used to represent sounds that, when combined, would form words



January is National Blood Donor Month. Since 1970, National Blood Donor Month has been celebrated in an effort to educate Americans about the importance of regular blood donation and the impact it can have.

Daily, about 44,000 pints of blood are needed in hospitals to help treat trauma victims, surgery patients, organ transplant recipients, premature babies, cancer patients and more.

Every two seconds, someone in the U.S. needs blood. More than 44,000 blood donations are needed every day. Only 38 percent of the U.S. population is eligible to donate. Just eight percent of those eligible, or three percent of the U.S. population, actually donate blood. One out of 10 people admitted to the hospital needs blood. One donation can help save the lives of multiple people. The need is constant. The gratification is instant.

**Give blood**