



Breast Cancer Awareness

Points of Interest

- Know the signs of breast cancer
- Identify ways to detect breast cancer early
- Identify common signs of depression and how to screen for depression
- Identify examples of cyberbullying
- Discuss steps to take if a victim of cyberbullying

Upcoming Events

Oct. 29—WV Future of Nursing FCN Fall Gathering

Tentative Virtual Mini-Health Fairs (more information to come)

Oct. 30—Women's Health and Safety

Nov. 6th—Fit and Faithful Families

Nov. 12th—Cancer, Diabetes, and Heart Disease

Nov. 9th—IC Parish Nurses Monthly Meeting

October is breast cancer awareness month; cancer is a disease characterized by abnormal cells that grow and invade healthy cells in the body. Breast cancer can remain in the breast or spread (metastasize) to other areas of the body.

One in eight women in America will be diagnosed with breast cancer. This year, according to the National Breast Cancer Foundation, over 42,000 women will die from breast cancer in the U.S. The American Cancer Society says that when breast cancer is detect-

ed early, and is in the localized stage, the 5-year relative survival rate is 99%.

Early detection includes doing monthly breast self-exams and scheduling regular clinical breast exams and mammograms. Some early symptoms of breast cancer that can be detected via self-examination at home include: change in breast or nipple appearance, change in how the breast or nipple feels, any nipple discharge not related to pregnancy, and pain or heat coming from the breast.

Though there are certain

risk factors associated with breast cancer such as gender, lifestyle, race, and family history, it's important to remember that many women diagnosed with breast cancer have no known risk factors. ***It's essential for every woman to do monthly self-breast examinations and go in for yearly mammograms after the age of 40.***



Sad or Something more?

During difficult times, it is normal to feel sad or upset. Sadness can sometimes progress to depression. Some commonly unrecognized signs of depression include changes in sleep patterns, trouble concentrating, lack of interest in normal activities, or becoming withdrawn. If you think you or a loved one might be depressed, screening tools and other resources can be found on <https://screening.mhanational.org/depression>

The Substance Abuse and Mental Health Services Association (SAMHSA) provides a FREE mental health hotline that can be accessed 24/7. SAMSHA National Helpline can be reached by calling 1-800-662-HELP (4537)

SAMHSA can provide information on local treatment facilities, support groups, and community-based organizations.

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The Health Beat is the official Newsletter of Immaculate Conception Parish Nurses.

The mission of the group is to enhance the overall health of our parishioners and community (mind, body, spirit) with a focus on integrating the practice of faith with the practice of nursing.

Our group is comprised of active and retired registered nurses, social workers, interested health professionals, and lay persons. We welcome all new members with an interest in health!

*Visit our Webpage:
<https://www.icclarksburg.com/ic-parish-nurse-ministry>*

We are on Facebook!

<https://www.facebook.com/Immaculate-Conception-Parish-Nurses-and-Friends-111534387356687>

While we strive to provide parishioners and community members with up to date health information and education, our services are not meant to replace your health care provider. If you are experiencing problems with your emotional or physical health, we strongly encourage you to reach out to your primary health care provider to receive the care that you need.

If you need help accessing a health care provider, then we are happy to assist you with this.

Kid's Korner: Cyberbullies

Are you spending more time on your computer during the pandemic? Maybe you're re-tweeting a funny quote or playing fortnight with your friends. Maybe you're just catching up with friends on social media. Whatever the reason, be on alert for CYBER-BULLYING!

What is cyberbullying?

Cyberbullying is the use of the internet to bully others.

Examples include:

- Sharing embarrassing information about someone on social media
- Posting false stories about someone on social media

- Direct messaging harmful messages to someone in a gaming community
- Threatening someone online
- Pretending to be someone else online to get false information
- Making mean comments about a race or religion online

What do I do if I have been Cyberbullied?

If you have been the victim of cyber-bullying, here are some steps to take:

- Do not respond to or forward cyberbullying messages



- Keep evidence of the cyberbullying
- Report the bullying to a trusted parent, teacher, or adult
- Block the bully so that they do not have access to hurt you anymore

Parents, be on the lookout for signs of cyberbullying. Visit <https://www.stopbullying.gov/> for more information, tips, and tools to protect your children from cyberbullies!