

NYS HOSA NEWSLETTER

November 2020 ~ Issue #3

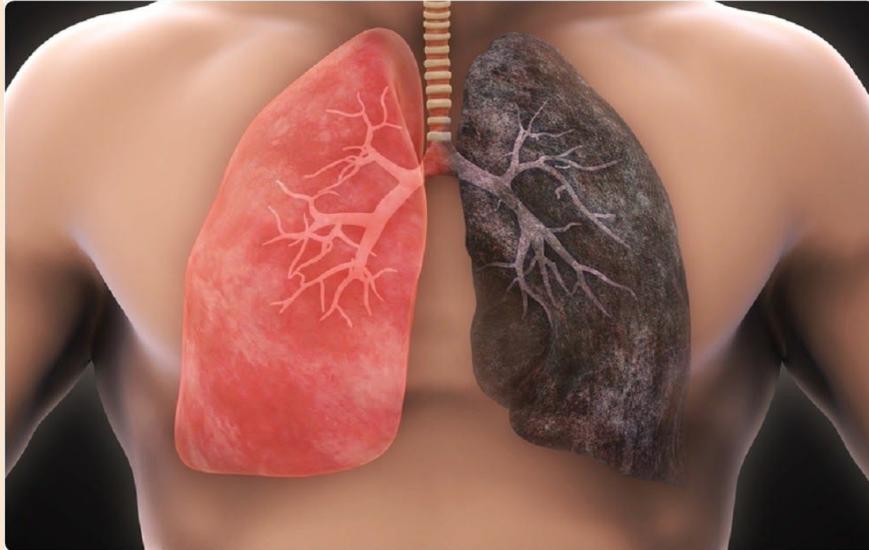
Welcome Future Health Professionals



Table of Contents

Pages 2-3.....Lung Cancer Awareness Month Information
 Page 4.....Lung Cancer Awareness Month Challenge
 Pages 5-8.....American Diabetes Month Information
 Page 9American Diabetes Month Challenge
 Page 10.....Challenge 3 What Are You Thankful

Lung Cancer Awareness Month



What is lung cancer?

Lung cancer begins in the lungs and it has the potential to spread to the lymph nodes and other organs in the body, such as the brain. Cancer from other organs can also spread to the lungs. This process is called metastases.

Some of the risk factors include smoking, secondhand smoke, personal or family history of lung cancer. The number one risk factor of lung cancer is smoking. It's estimated that 80% to 90% of people in the United States die of lung cancer because of smoking.

“Tobacco smoke is a toxic mix of more than 7,000 chemicals. At least 70 are known to cause cancer in people or animals.” Smokers who smoke cigarettes are 15 to 30 times more likely to get lung cancer or die from lung cancer than people who have not smoked. The more years a person has smoked or continues smoking the higher the risk of that person getting lung cancer. “Cigarette smoking can cause cancer almost anywhere in the body. Cigarette smoking causes cancer of the mouth and throat, esophagus, stomach, colon, rectum, liver, pancreas, voicebox (larynx), trachea, bronchus, kidney, and renal pelvis, urinary bladder, and cervix, and causes acute myeloid leukemia.” https://www.cdc.gov/cancer/lung/basic_info/what-is-lung-cancer.htm

What is secondhand smoke and impact of a history of cancer?

Secondhand smoke occurs when a person encounters another person who is smoking cigarettes, pipes, or cigars. When a person is inhaling secondhand smoke it's like he or she is smoking. "In the United States one out of four people who don't smoke, including 14 million children, were exposed to secondhand smoke during 2013 -2014". Another way a person could get lung cancer is if they had a personal history of lung cancer. If you had lung cancer, and you continue to smoke you are increasing your risk that you may develop another lung cancer. "Your risk of lung cancer may be higher if your parents, brothers, or sisters, or children have had lung cancer. This could be true because they also smoke, or they live or work in the same place where they are exposed to radon and other substances that can cause lung cancer."

https://www.cdc.gov/cancer/lung/basic_info/what-is-lung-cancer.htm

What are the symptoms of lung cancer?

Every person has different symptoms for lung cancer, while some do not have any symptoms until the cancer is advanced. Lung cancer symptoms may include: coughing that gets worse or does not go away, chest pain, shortness of breath, wheezing, coughing up blood, feeling very tired all the time, and weight loss with no known cause. "Other changes that can sometimes occur with lung cancer may include repeated bouts of pneumonia and swollen or enlarged lymph nodes (glands) inside the chest in the area between the lungs." https://www.cdc.gov/cancer/lung/basic_info/what-is-lung-cancer.htm

How can you lower your risk of lung cancer?

- 1. Don't smoke** - Cigarette smoking is responsible for approximately 80% to 90% of lung cancer deaths in the United States.
- 2. Avoid secondhand smoke** - Avoid people who are smoking around you, and make your home and car smoke-free.
- 3. Get your home tested for radiation** - this test tests the level of exposure of harmful contaminants and chemicals in a house.

https://www.cdc.gov/cancer/lung/basic_info/what-is-lung-cancer.htm

Lung Cancer Awareness Month Challenge



How can you bring awareness to lung cancer this month?

To enter this challenge we ask you to do the following...

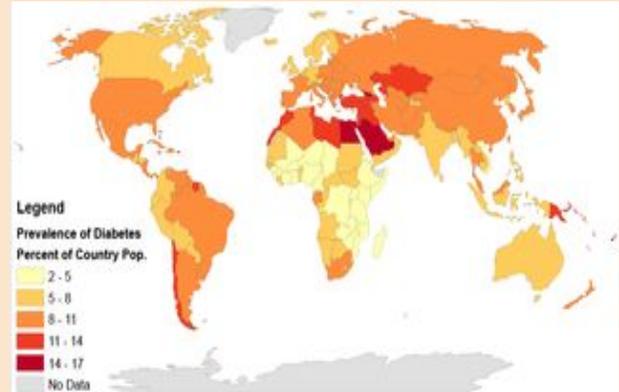
Wear a white ribbon, white shoes or shirt to show your support for lung cancer. Make a sign and be creative with your entries.

**Take a picture with your chapter.
You can take it on zoom or in the classroom.**

Send the pictures to our **Instagram Account @nys.hosa**. Pictures are due by November 26th 2020. Each chapter can submit 5 entries, for 5 points each. Don't forget to include your school's name, names of your chapter advisor and president, chapter number and name of the challenge.

We can't wait to see what you came up with !

American Diabetes Month



Diabetes can affect anyone. Today, more than 30 million (10%) children and adults in the U.S. have been diagnosed with diabetes. Worldwide, more than 422 million people have diabetes. Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food enter your cells to be used for energy. If your body doesn't make enough insulin, glucose will stay in your bloodstream. Over time, having too much glucose in your body can lead to health problems such as heart disease, stroke, hyperglycemia, diabetic neuropathy, kidney and bladder disease, foot problems, eye disease, gum disease. The most common types of diabetes include Type 1, Type 2, and gestational diabetes.

Type 1 -

Occurs when the immune system attacks and destroys insulin producing cells in the pancreas. Although doctors don't know exactly what causes Type 1 diabetes, many conclude it has a genetic predisposition and a virus may also set off the immune system attack.

Signs and symptoms of Type 1 diabetes include:

extreme hunger, increased thirst, frequent urination, unintentional weight loss, blurry vision, fatigue

Treatment includes:

Insulin injections to replace the hormone your body isn't able to produce. Methods of getting insulin in your body includes syringes, insulin pens, insulin pumps, and jet injectors. Your physician will determine the best route for you.

Type 2 -

Occurs when carrying extra weight makes your cells more resistant to insulin, not allowing the body to maintain homeostasis. Genetics and lifestyle are two factors that lead to this condition.

Signs and symptoms of Type 2 diabetes include-

Increased hunger, thirst, blurry vision, tiredness, impaired healing of wounds or sores.

Treatment includes-

Diet & exercise changes, and medication prescribed by a physician.





Gestational Diabetes

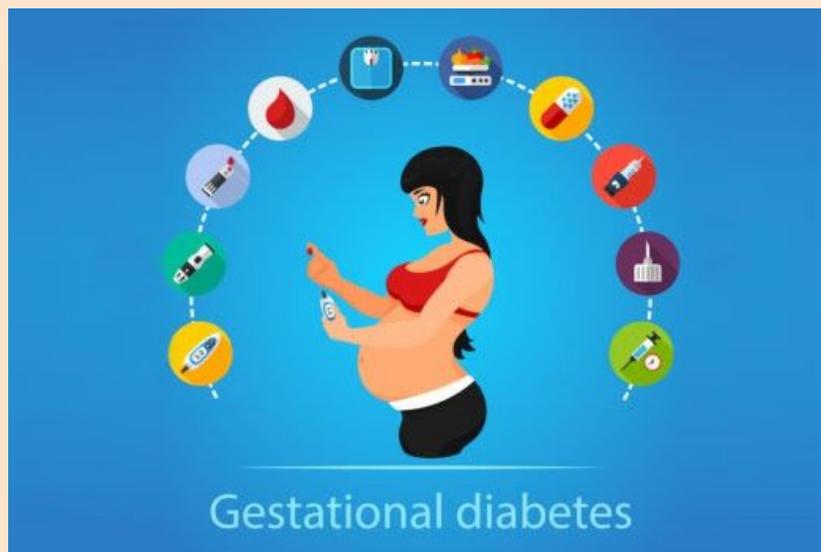
This is the result of hormonal changes during pregnancy. The placenta produces hormones that make a pregnant woman's cells less sensitive to the effects of insulin, resulting in high blood sugar during pregnancy.

Signs and symptoms

Most women with gestational diabetes don't have any symptoms. The condition is detected during a routine blood sugar test or oral glucose tolerance performed between the 24th and 28th weeks of pregnancy .

Treatment includes-

Dietary changes and exercise. This may or may not be enough to bring it down. If not then the physician would prescribe insulin medications.



Source:

1. <https://www.healthline.com/health/diabetes#symptoms>
2. https://www.trulicity.com/type-2-diabetes?utm_source=google&utm_medium=ppc&campaign=8707309813&adgroup=89406948684&ad=413130766306&utm_keyword=kwd-297601914899&gclid=CjwKCAjw5p_8BRBUEiwAPpJO6ywm67AZD3DpVIL3T3Z4m6hV8QqMvltgHD4MpCbrWfpiSIDzyjiSkBoCXpEQAvD_BwE

American Diabetes Month Challenge



A big part of spreading awareness for diabetes is spreading knowledge of the illness to people who aren't aware of it. Education is key to dispelling ignorance around the chronic illness and continuing advocacy for those living with it.

Step 1: Write a 3-5 minute presentation regarding diabetes.

Step 2: Give a presentation regarding diabetes to your family, friends or schedule a presentation with your teacher during your online classes.

Step 3: Record a video of your presentation and post it on any social media platform and share a video to Instagram @nys.hosa. (videos are due by November 26th 2020.)



What Is Your HOSA Chapter Grateful For?



This is the November 2020 Bonus Challenge.

As November approaches we shouldn't forget what we are grateful for. For this challenge we ask for everyone in your chapter to write on a sticky note five things you are grateful to create a sign or design using your sticky notes. You can create a pumpkin or a massive leaf, Turkey shape, be creative with your entries.

Send the pictures to our **Instagram @nys.hosa**. Pictures are due by November 26th 2020. Each chapter can submit 5 entries. Each of the entries are 5 points. Don't forget your school's name, chapter advisor and president and the rest of your chain of command, chapter number and name of the challenge. We can't wait to see what you came up with.