



INDIAN RIVER COUNTY MEDICAL SOCIETY ESTABLISHED IN 1947

Throughout the year dozens of health awareness days, weeks and months are designated and supported by organizations in an effort to bring attention to health and social issues. The Indian River County Medical Society is pleased to alert you to both national and local activities that will hopefully prove useful as you plan editorial and talk show content and topics for speakers.

Below are just a few of the important awareness dates for September and October. For more information or questions, contact DeAnna Hines at deannahines60@gmail.com or 404-509-4324.

September

Childhood Cancer Awareness Month

Forty-two a day for a total of 15,000. That's how many children and young adults are diagnosed with cancer annually. And even though the 5-year survival rate for childhood cancer is now at 80 percent, close to 2,000 under the age of 19 die each year. And that's just in the United States. While amazing progress has been made in treating childhood cancers, children can't be treated like adults with cancer. Advocates and researchers contend that specialized treatments need to be created for children with cancer, studies need to be conducted to understand what causes childhood cancers, and which treatments work best and how they affect children long-term.

Ovarian Cancer Awareness Month

One of the most deadly women's cancers is Ovarian Cancer, claiming the lives of over 150,000 lives per year, worldwide. A cancer that occurs typically in women in their 50's and 60's, many of those diagnosed have a genetic history with the disease. Unfortunately, there is no adequate screening test for ovarian cancer at this time resulting in the disease not being detected until later stages. However, if it is detected at its earliest stage, the five-year survival rate is more than 93 percent.

World Alzheimer's Month

There are over 100 forms of dementia, however the most well-known form is Alzheimer's disease which accounts for 50-60 percent of all cases. An estimated 5.7 million Americans of all ages have Alzheimer's, with 5.5 million of those inflicted are 65 and older. Obviously devastating to the inflicted, this disease is far-reaching with its impact on the patients' caregivers. Research has estimated that 16.1 million Americans provide unpaid care for people with Alzheimer's or other dementias, and that these caregivers provide an estimated 14.4 billion hours of care valued at over \$323 billion. And as the number of older Americans grows rapidly, these numbers will only increase.

National Suicide Prevention Week (September 9-15, 2018)

Suicide rates in America are soaring at an alarming pace. According to the U.S. Centers for Disease Control, since 1999 25 states saw suicide rates jump more than 30 percent. The most recent data (2014-16) shows a four-fold difference in state suicide rates, with nearly 45,000 Americans aged 10 and older committing suicide in 2016. The CDC reports that while mental health conditions are a main focus of suicide prevention efforts, more than half of Americans who died by suicide didn't have a diagnosed mental health condition. Relationship problems or loss; substance abuse; physical health problems; and job, money or housing stresses contributed to suicide risk.

(LOCAL EVENT) Opioid Crisis – An Equal Opportunity Destroyer (September 21, 2018)

Presented by the Sebastian River Area Chamber of Commerce Health and Wellness Committee, this event is designed to increase the general public's knowledge of opioid and prescription drug abuse and to aid in the prevention and treatment of opioid /prescription drug addictions and abuse. Location: City of Sebastian Council Chambers, 1225 Main Street, Sebastian. Time: 1:00-4:00 p.m.

October

National Breast Cancer Awareness Month

Every year it is estimated that over 252,000 women and over 2,400 men will be diagnosed with breast cancer. Of those, more than 40,500 women and approximately 460 men will die. But as awareness continues to rise about this disease that is the second leading cause of cancer death among women, research marches on into its cause, prevention, diagnosis, treatment and cure. The Race for the Cure and the Susan G. Komen 3 Day 'For the Cure' are just two of the high profile events that take place every October to bring attention to this disease.

(LOCAL EVENT) Making Strides Against Breast Cancer Presented by Seacoast Bank

October 13, 2018, Riverside Park, Vero Beach. Registration: 7:00 a.m., Walk begins at 9:00 a.m. For more information contact Jenny Davis, American Cancer Society, Vero Beach, jenny.davis@ccancer.org, 772-562-2272.

Mental Illness Awareness Week (October 7-13, 2018)

Mental illness by the numbers: 2.6 million Americans live with schizophrenia; 6.1 million Americans have a bipolar disorder; 9.6 million American adults have Attention Deficit Hyperactivity Disorder (ADHD); 15.7 million American adults suffer from major depressive disorders; 61.3 million American adults are affected by a mental disorder. Mental Illness Awareness Week is a national observance that was designated by the United State Congress and President in response to the increasing incidence of mental illness in the U.S. and the stigma attached to its disorders.

Sudden Infant Death Syndrome (SIDS) Awareness Month

Every day, infants below the age of one year lose their lives to the unknown. SIDS or crib deaths occur with no warning of any type of illness, and no cause of death can be determined. SIDS Awareness Month is a time for education about its causes and the prevention measures parents can take to help eliminate the risk of this heartbreaking occurrence that claims the lives of over 7,000 infants every year.

Domestic Violence Awareness Month

On average, 24 people per minute are victims of rape, physical violence or stalking by an intimate partner in the United States -- that's more than 12 million women and men over the course of a year. However, many more survivors of domestic violence are not reporting their abusers or taking advantage of services and support out of fear, shame or being prevented from doing so by their abusers. Domestic Violence Awareness Month is designed to call attention to this ongoing issue and offer to victims and survivors support, resources and strength.

The Indian River County Medical Society is a non-profit, professional association comprised entirely of physicians (MDs and DOs). It was founded by eight physicians in 1947, and today has over 130 members. IRCMS serves Indian River County as the county component of the Florida Medical Association and the American Medical Association, but is administratively and financially independent.