



MARINE CORPS LOGISTICS COMMAND

AUG 2016



Health & Wellness

Month in Review

The month of **August** was identified by the Centers for Disease and Control (CDC) as National Immunizations Awareness Month. Their campaign urged that we all need shots (also called vaccinations or immunizations) to help protect us from serious diseases. These shots can help prevent serious diseases like the flu, measles, and pneumonia, which we have all come into contact in one form or another. There are many types of shots and it's important to know which shots you need and when to get them.



Everyone age 6 months and older should get a flu vaccine on an annual basis. Other shots work best when they are given at certain ages. The links below provide valuable guidance on what vaccines to look for and when to apply them based on age and circumstance.

- If you have a child age 6 or younger, find out which shots your child needs.
(http://www2a.cdc.gov/nip/kidstuff/newscheduler_le/)
- Find out which shots adults and teenagers need.
(<http://www2.cdc.gov/nip/adultImmSched/>)
- Use this chart for adults to see if you are up to date on your shots
(<http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule-easyread.pdf>)
- If you are pregnant, check out this recommended immunization guide_ (http://www.cdc.gov/vaccines/pubs/downloads/f_preg_chart.pdf)

Despite this information and communications, it is estimated that approximately 42,000 adults and 300 children in the United States die each year from vaccine-preventable diseases. Communities with pockets of unvaccinated and undervaccinated populations are at increased risk for outbreaks of vaccine-preventable diseases. The emergence of new or replacement strains of vaccine-preventable disease can result in a significant increase in serious illnesses and death. For this reason, it is very important to talk with your doctor or nurse to make sure that everyone in your family gets the shots they need. To learn more, please visit:

<https://healthfinder.gov/NHO/PDFs/AugustNHOToolkit.pdf>

Looking Forward

According to the Wellness Council of America (WELCOA), there are many health observances in **September**. One very important focus is on Prostate Cancer Awareness. The Prostate Conditions Education Council (PCEC), in conjunction with WELCOA, has made it their mission to educate Men and the women about prostate cancer prevalence, the importance of early detection, available treatment options, as well as other men's health issues.

What is Prostate Cancer?

Prostate Cancer begins when normal cells in the prostate begin to change and grow uncontrollably. Some prostate cancers grow slowly and may not cause symptoms or problems for years while other prostate cancers are more aggressive and grow quicker, unfortunately, there is no way to predict how aggressive a cancer is before a biopsy. It is the most commonly diagnosed, major cancer among all Americans. The incidence of prostate cancer increases with age. Some studies have shown an overall 2- to 3-fold increase in the risk of prostate cancer in men who have a history of this disease in their family. Family history is defined as prostate cancer in a brother, father, or an uncle. It is more significant if a family member was diagnosed with prostate cancer at a younger age (less than 60 years old). The incidence rate of prostate cancer is two times higher in African-American men than Caucasian men.

Prostate Cancer Risk Factors

Age: The risk of prostate cancer increases with age.

Race: African American men are more than twice as likely to be diagnosed with prostate cancer and to die from the disease.

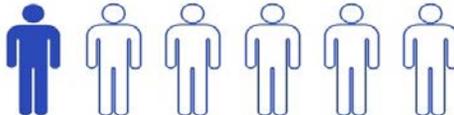
Family History: Men with a father or brother with prostate cancer have a higher risk of developing the disease.

Diet: Studies indicate there may be a link between diet and the cause or prevention of prostate cancer.

For More Info: <http://www.prostateconditions.org/>

Prostate Cancer: GET THE FACTS

Other than skin cancer, prostate cancer is the most common cancer in American men.

1 in 6 
men will be diagnosed with prostate cancer during his lifetime.



Prostate cancer can be a serious disease, but most men diagnosed with prostate cancer do not die from it. In fact, more than 2.5 million men in the United States who have been diagnosed with prostate cancer at some point are still alive today.