

FORGING THE FUTURE:



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Friday FACTS

1 October 2004

"Leadership, Partnership, and Championship"

Calendar Year POD Health Notes Posted on NEHC HP Website



Looking for innovative POD Notes to support your Command Health Promotion Program? Naval Hospital Bremerton has developed POD Notes for an entire year, following the National Health Events Calendar. They have been placed on the NEHC HP website under "Ideas & Innovations From the Field." You can view and download them by clicking here. http://www-nehc.med.navy.mil/hp/Ideas_Innovations.htm

Poster Session Submissions—Share Your Program Successes and Challenges

NEHC will soon be accepting abstracts for the 44th Navy Occupational Health & Preventive Medicine Conference Poster Session Program. The conference, with the theme "*Prevention First: A Healthy & Fit Force*", is scheduled for 12-18 February 2005 at the Virginia Beach Oceanfront, Virginia Beach, VA. The deadline for submitting an abstract to be considered for the Poster Session Program is 7 January 2005. Start thinking now about submitting a poster for the conference. Details regarding poster abstract on submissions will be posted on the NEHC website soon.

Know Your Cholesterol Numbers—Know Your Risk

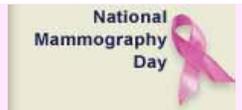


The National Cholesterol Education Program (NCEP) is pleased to present the [2004 National Cholesterol Education Month Kit](#). The online format of the kit makes it easy to access and disseminate information on cholesterol.

Cholesterol Month 2004 extends the theme, "Know your cholesterol numbers, know your risk." This theme emphasizes two of the main thrusts of the cholesterol guidelines: the importance of having your cholesterol measured and knowing your risk of developing heart disease. This year's Cholesterol Month kit contains a variety of materials that will assist you in bringing information on cholesterol lowering into your community, program, or practice. Cholesterol Month is a good time to recharge your cholesterol education activities. Research has clearly shown that lowering cholesterol can reduce the risk of developing heart disease.

This kit makes it easy to access the press release on the update as well as the update paper itself. In addition, other materials in the kit deal with lifestyle changes that are recommended as the primary treatment for lowering cholesterol. To access the kit visit: http://hin.nhlbi.nih.gov/cholmonth/chol_kit.htm

OCTOBER—BREAST CANCER AWARENESS MONTH



National Mammography Day Celebrated October 15

Early Detection Saves Lives

If you are age 40 or older, join the millions of women who get mammograms on a regular basis. Mammography is the single most effective method to detect breast cancer, long before physical symptoms can be seen or felt.

Breast cancer is the most common cancer diagnosed in American women. Early detection means better survival. Most organizations recommend you have a mammogram every one to two years throughout your lifetime starting at age 40. How often will depend on your risk factors. Your risk for breast cancer increases as you age.

Mammography facilities around the country will offer reduced-fee screenings on the 15th and throughout the month of October. For more information on certified mammography facilities in your area offering these screenings, call the American Cancer Society toll free at (800) 227-2345 or the Y-ME National Breast Cancer Organization at (800) 221-2141.

Source: National Breast Cancer Awareness Month Coalition, www.nbcam.org.

"Life is full of obstacle illusions."
-Grant Frazier