

WELLNESS WATCH

Across the Lifespan, Across Indiana



JUNE

[Fireworks Safety Month](#)

[Men's Health Month](#)

[Myasthenia Gravis Awareness Month](#)

[National Aphasia Awareness Month](#)

[National Congenital Cytomegalovirus Awareness Month](#)

[National Safety Month](#)

[National Scleroderma Awareness Month](#)

[National Cancer Survivors Day](#)
6/5

[Men's Health Week](#)
6/13 – 6/19

[National Lightning Safety Awareness Week](#)
6/19 – 6/25

[World Sickle Cell Day](#)
6/19

June spotlight - National Cancer Survivor's Day

A cancer diagnosis is never easy. Cancer impacts every aspect of a person's life, and the lives of his/her loved ones. However, with advancements in cancer treatment, and early detection cancer screenings, more and more Hoosiers are surviving a cancer diagnosis. In fact, according to the Indiana State Cancer Registry, there were an estimated 307,145 Hoosier cancer survivors as of Dec. 31, 2013. The 29th Annual National Cancer Survivors Day was Sunday, June 5, 2016. This day was a celebration for those who have survived, an inspiration for those recently diagnosed, a gathering of support for families and an outreach to the community. It is a day of hope, gratitude and empowerment.

Survivorship, like cancer itself, is complex and can be difficult to navigate. There are three phases of cancer survival – the time from diagnosis to the end of initial treatment, the transition from treatment to extended survival and long term survival. Cancer survivors are at increased risk for additional health issues, including cancer recurrence and developing other types of cancer. Sometimes this is due to the effects of cancer treatment, or to the same risk factors, such as an unhealthy lifestyle or genetic issues, that contributed to the first cancer.

According to the Centers for Disease Control and Prevention (CDC), cancer survivors can help maintain health and improve survival and quality of life after a cancer diagnosis by quitting tobacco use, being physically active, maintaining a healthy weight and discussing follow-up care with a health care provider; however, during 2013, 21.4 percent of cancer survivors in Indiana used tobacco, 38.3 percent did not engage in leisure time physical activity and 68.3 percent were considered to be overweight or obese.

The Institute of Medicine has identified the need

for cancer survivors to have a comprehensive care summary and follow-up plan once they complete their primary cancer care. This survivorship care plan should reflect their treatment and address a variety of post-treatment needs to improve their health and quality of life, and can be used to assist with future medical treatments. In 2010, according to the Indiana Behavioral Risk Factor Surveillance System, only 33 percent of cancer survivors in Indiana received a written summary of their treatments and 27 percent did not receive instructions about where to return or who to see for checkups after completing treatment.



The CDC has identified survivorship as a national health priority. In 2015, the Indiana State Department of Health (ISDH) Cancer Control Section was one of six states awarded funding from the CDC to develop a survivorship program to increase im-

plementation of evidence-based cancer survivorship interventions to increase the quality and duration of life among cancer patients. As part of the Indiana Survivorship Program (ISP), the Cancer Control Section is partnering with two health care systems to better meet cancer survivor needs, increase data for better observation, develop local partnerships that support cancer survivors, and help educate primary care providers on the needs of cancer survivors.

To learn more about the ISP, contact Emily Jones, ISDH Cancer Survivorship Director, at 317-234-2883 or emijones@isdh.in.gov. Those interested in learning more in general about cancer survivorship in Indiana, or who are interested in survivorship resources, can visit the Indiana Cancer Consortium website at www.indianacancer.org.


Summer water safety


Whether dipping your toes at the beach, jumping off the dock at the lake or diving into the deep end at the local pool there are some easy ways to stay safe and healthy this summer when around water. While swimming is a great form of physical activity and fun, thousands of Americans get sick or injured while swimming. Follow these tips to keep you and your family safe while swimming, boating and playing in water:


- Follow the “every hour everyone out” rule. Every 60 minutes give children an opportunity to use the bathroom, reapply sunscreen and drink plenty of fluids by requiring that they get out of the water.
- Be germ conscious. When in the water try to minimize the amount of water swallowed to keep germ consumption to a minimum. Children wearing diapers should be changed in a bathroom, not poolside, to keep germs away from the pool.
- Actively supervise children in and around the water, always giving them your undivided attention, even if they can swim. Do not rely solely on floatation devices to keep children safe.
- Avoid using alcohol while swimming or boating. Although Indiana is below the national rate for recreational boating deaths, a new report shows that during 2014, Indiana saw the most fatalities in three years from boating incidents. Many of these deaths identified alcohol use as a factor.
- Wear your lifejacket at all times. Indiana’s boating law requires a wearable life jacket for each passenger onboard a vessel. Swimming aids are fun toys, but they are not U.S. Coast Guard-approved personal flotation devices.
- Make sure lifejackets fit all swimmers/passengers. Check for proper snugness of a life jacket by having the individual make a “touchdown signal.” If the vest hits one’s chin or ears, the jacket is too big or the straps are too loose.
- Watch your speed and be aware of your surroundings. While on a boat remember to operate at safe and legal speeds and watch your wake. Take precautions to keep adults and children safe by keeping a lookout for swimmers, objects and other boats.


For more information on summertime water, swimming and boating safety, visit the [American Red Cross](#).

HOW TO PROPERLY FIT A LIFE JACKET


- **CHECK LIFE JACKET LABEL FOR THE APPROPRIATE WEIGHT OR CHEST SIZE.**


The life jacket label will indicate the size and weight of the intended user. Make sure the wearer is within these ranges. Verify that the life jacket label states it is “Coast Guard approved.”
- **PUT THE LIFE JACKET ON.**

Inspect the life jacket for wear and tear. Warning signs include rips and missing or broken buckles or straps.
- **BUCKLE ALL STRAPS AND TIGHTEN OR ZIP UP ALL ZIPPERS.**

Make sure all straps can be buckled and zippers zipped. Don't forget the crotch strap if there is one!
- **HAVE THE WEARER LIFT THEIR ARMS OVER HEAD AND GENTLY LIFT THEM BY THE TOP OF THE LIFE JACKET ARM OPENINGS.**

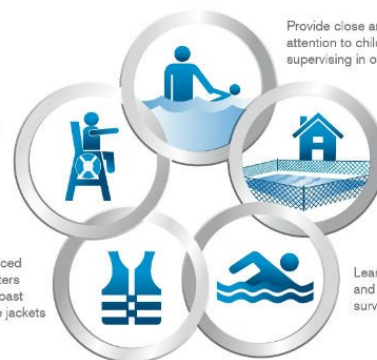
If the jacket rides up above their ears, it's too big. If the straps or zippers don't close, the jacket is too small.




WWW.BOATUS.ORG 

Circle of Drowning Prevention

Layers of protection are essential to help prevent drowning.
Plan ahead for aquatic activities:

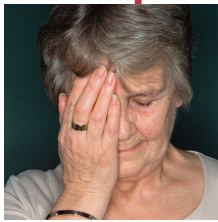


- Always swim in a lifeguarded area
- Provide close and constant attention to children you are supervising in or near water
- Fence pools and spas with adequate barriers, including four-sided fencing
- Learn swimming and water-safety survival skills
- Children, inexperienced swimmers, and boaters should wear U.S. Coast Guard-approved life jackets

 American Red Cross



Is sleep eluding you?



One of the most overlooked contributors to our health, sleep plays a very important role in our everyday functioning. Yet, for many women, falling

and staying asleep can be a real challenge. From technology to hormones and stress to parenting, many factors can impact getting a quality night's sleep. Follow these tips to help make your sleep as restful as possible:

- Stick to a schedule. By going to bed and waking up around the same times, even on weekends or days off work,

you help your body regulate its internal clock and improve sleep quality.

- Make your bedroom a sanctuary. Your bedroom should be free from distracting electronic devices and television, bright lights and loud noises. Try to keep the temperature between 60 and 67 degrees.
- Create a bedtime routine. Develop bedtime rituals that are soothing and relaxing, such as reading, yoga, meditation or deep breathing. These help you release stress and anxiety from the day and rest more soundly.
- Exercise every day. A tired body will sleep better. Even if your exercise is

not vigorous, being active and moving throughout the day can help.

- Re-evaluate your bed and bedding. Is your mattress too firm or too soft? Do you wake up sore? Most mattresses need replaced every 8-10 years.
- If you cannot sleep, take a break from trying. If you are having trouble falling asleep, leave your bedroom and do something else until you get tired. Go back to your room and try again when you feel sleepy.

For more information about sleep health, visit the [National Sleep Foundation](#).

Pre-diabetes: what you need to know

Eighty-six million American adults, more than one in three, have a condition called pre-diabetes. This means your blood sugars are higher than normal, but are not yet high enough to be diagnosed as diabetes. There are certain factors that put a person at a high risk for developing pre-diabetes and type 2 diabetes. These risk factors include:

- Age (especially those 45 years of age and older);
- Overweight or obese;
- Family history of diabetes;
- Race/ethnicity: African Ameri-

can, Hispanic/Latino, American Indian, Asian American or Pacific Islander background;

- History of diabetes while pregnant (called gestational diabetes) or given birth to a baby weighing nine pounds or more;
- Physically active less than three times a week.

You can prevent type 2 diabetes by making simple lifestyle changes now. If you do have pre-diabetes, research shows that doing just two things can help you prevent and/or delay type 2 diabetes:

- Lose 5% to 7% of your body weight if you are overweight (which is 10 to 14 pounds for a 200-pound person).
- Get at least 150 minutes each week of physical activity.

To learn about making healthier choices to reduce your risk of getting diabetes, visit the Indiana State Department of Health's Diabetes section webpage to learn more about a National Diabetes Prevention Program near you: <http://www.in.gov/isdh/24966.htm>.

2016 ISDH Labor of Love Infant Mortality Summit

Pregnancy and parenting are a shared and joyful experience for many Hoosier families. Tragically each year, however, nearly 600 Indiana parents experience the devastating loss of their infant before the baby has reached his/her first birthday. There are three primary causes that account for the majority of infant deaths before one year in Indiana. These are:

- Perinatal complications: Those that occur during pregnancy or child birth, such as pre-term birth, low birth weight, bacterial sepsis, respiratory conditions, etc.;
- Congenital malformations: Anoma-

lies that are either structural or functional; and

- Sudden Unexpected Infant Deaths (SUID): Those deaths that occur suddenly and unexpectedly and may be related to Sudden Infant Death Syndrome (SIDS), accidental suffocation or other, unknown causes.

Reducing the infant mortality rate has been declared the number one priority of the Indiana State Department of Health (ISDH), and many steps have been taken to help reduce the infant mortality rate in the state. Please join ISDH for its 4th Annual Labor of Love Infant Mortality Sum-

mit on Monday, Oct. 17, 2016 at the JW Marriott in Indianapolis. This year's Summit is focused on *Success through Partnerships*, which highlights the need for partnership building in this fight, as ISDH cannot address infant mortality alone. We are engaging a broader audience, identifying champions in local communities, providing education to a wide variety of providers and developing sustainable plans of action to move Indiana toward a dramatically lower infant mortality rate. Please see the attached save the date card for registration information. You can also visit the [2016 Labor of Love Summit website](#) to learn more. We look forward to seeing you there!



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Thank you for subscribing to the Office of Women's Health (OWH) Wellness Watch Newsletter. The Office of Women's Health wants to ensure that each woman in Indiana is aware of her own health status, risks and goals, and can achieve optimal health through access, education and advocacy.

- For more information about OWH's programs and initiatives, please visit: www.womenshealth.isdh.in.gov.
- Follow OWH on [Twitter](#) at @inwomenshealth.
- Follow this link to manage your subscription or to subscribe to the [OWH Wellness Watch Newsletter](#).

Upcoming Events

Baxter YMCA

[Aloha Family Fun Run](#)

6/11

Indiana School Health Network

[ISHN Annual School Health Conference](#)

6/14

One Community, One Family & Choices Coordinated Care Solutions

[The 15th Annual Indiana Systems of Care Conference](#)

6/14

Executive Women in Health Care

[EWHC Health Information Exchange with John Kransky](#)

6/21

Monumental Yoga 2016

[Monument Circle Yoga and Yoga Village](#)

6/21

Indiana Diabetes Prevention Network

[2016 Diabetes Prevention Conference and Networking Event](#)

6/22

Indiana Fatherhood Coalition & South East Community Services

[Father Engagement Conference](#)

6/30