



Employee of the Month

Congratulations to

Erica Falu

Our Employee of the Month for September 2014

Notices and Reminders

To **ALL** field employees please remember to get your flow sheets signed on a daily basis. ALL **Flow Sheets** must have the **appropriate signatures** from your consumer and you.

Please remember to clock in and out

1877-687-7310

or

1877-NURSE-10

Thank You,
Management Teams

In This Issue

September Employee of the Month

Hispanic Heritage Month

Prostate Cancer

Gynecological Cancer

Sickle Cell Anemia

Yoga Awareness

Emergency Home Care Program (EHC)

CAS Home Health Care Inc. is now introducing the EHC Program which is a community funded program dedicated to providing temporary Personal Assistance Services to individuals currently undergoing the enrollment process for Home and Community based services.

Further Your Education

Red Cross

PNA Nursing

Star Institute

HISPANIC HERITAGE MONTH

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.

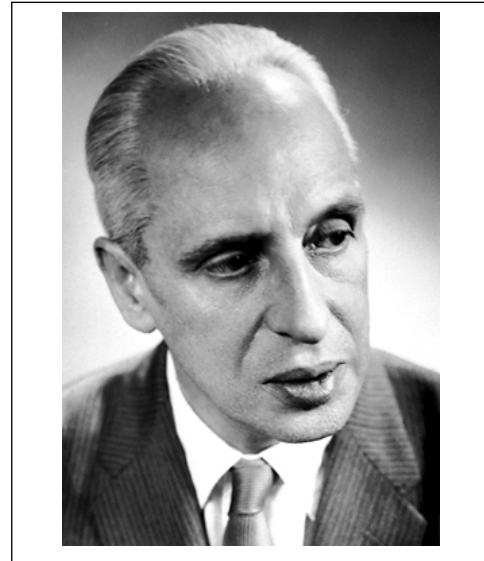
September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Columbus Day or Día de la Raza, which is October 12, falls within this 30 day period.



Source:

hispanicheritagemonth.gov

Wikipedia.org



Severo Ochoa

September, 24, 1905 – November, 1, 1993

Severo Ochoa was a Spanish -American Doctor of Medicine and Biochemist, and joint winner of the 1959 Nobel Prize in Physiology or Medicine with Arthur Kornberg.

He received the prize for his discovery of the process that would allow humans to create RNA in a test tube- a vital life substance that makes cells work and grow. This knowledge can be useful in understanding many things about the body. Understanding why some cells stay healthy while others grow tumors.

(RNA-Ribonucleic acid). Its principal role is to act as a messenger carrying instructions from DNA for controlling the synthesis of proteins, although in some viruses RNA rather than DNA carries the genetic information).

Sources

http://en.wikipedia.org/wiki/Severo_Ochoa

PROSTATE

CANCER AWARENESS

There are no warning signs of early prostate cancer. Once a tumor causes the prostate gland to swell, or once cancer spreads beyond the prostate, the following symptoms may happen:

- A frequent need to urinate, especially at night
- Difficulty starting or stopping a stream of urine
- A weak or interrupted urinary stream
- Leaking of urine when laughing or coughing
- Inability to urinate standing up
- A painful or burning sensation during urination or ejaculation
- Blood in urine or semen

These are no symptoms of the cancer itself; instead, they are caused by the blockage from the cancer growth in the prostate. They can also be caused by an enlarged, noncancerous prostate or by a urinary tract infection.

Cancer Prevention

Scientists look at risk factors and protective factors to help prevent new cases of cancer.

Anything that increases your chances of cancer developing is called a cancer risk factor. A cancer protective factor is the opposite. It is to **help** decrease your chances of cancer.

Some risk factors can be avoided, such as smoking. Other risk factors cannot be avoided, such as inheriting genes.

There are different studies about cancer prevention that suggest that changing your diet and lifestyle may help decrease your chances of cancer. This includes regular doctor visits and exercise.

Risk Factors

Age, race, family history of cancer, and obesity

WebMd.com

Wikipedia.org

Mayoclinic.org

GYNECOLOGICAL CANCER

AWARENESS

What are gynecologic cancers?

Gynecologic cancers are the uncontrolled growth and spread of abnormal cells originating in the female reproductive organs.

What causes gynecologic cancers?

There are many factors that cause gynecologic cancers. Medical research has discovered that some classes of genes, called oncogenes and tumor suppressor genes promote the growth of cancer. The abnormal function of these genes can be acquired (e.g., through smoking, aging, environmental influences) or inherited. Almost all cervical cancers and some cancers of the vagina are caused by a virus known as HPV, or Human Papillomavirus.

Can gynecologic cancers be prevented?

Screening and self-examinations conducted regularly can result in the detection of certain types of gynecologic cancers in their earlier stages, when treatment is more likely to be successful and a complete cure is a possibility. Diet, exercise and lifestyle choices play a significant role in the prevention of cancer. Additionally, knowledge of family history can increase the chance of prevention or early diagnosis by determining if someone may have a gene.

How are gynecologic cancers treated?

By using one or more of the following: Surgery, Radiation Therapy and/or Chemotherapy.

<http://www.foundationforwomenscancer.org/about/gynecologic-cancers/>

SICKLE CELL AWARENESS MONTH

Sickle cell anemia is an inherited disease Sickle Hemoglobin causes red blood cells to develop a sickle, or crescent shape. The sickle cells are still and sticky, the irregular shaped cells can get stuck in small blood vessels, which can slow and block blood flow and oxygen to parts of the body. There is no cure for sickle cell anemia.

However there are treatments to relieve pain.

SYMPTOMS

Sickle cells are fragile. They can die easily. On average normal red blood cells live for 120 days. The average sickle cell lives for 20 days . A shortage of red blood cells is called anemia.

Crises are episodes of periodic pain. Crises are a major symptom of sickle cell anemia. Pain develops when tiny blood vessels to your chest, abdomen and joints are blocked by the sickle cells. The pain can vary in intensity, duration and frequency. Hospitalization can occur if a crisis is severe enough.

Swollen Hands and feet are one of the visible symptoms in infants.

Frequent infections can occur because sickle cell can damage your spleen. Your spleen fights off infection.

Red blood cells provide your body with oxygen and nutrients. A shortage in healthy red blood cells can slow growth in children.

Two parents who both carry the sickle cell trait has a

- 50% chance of having a child who is a carrier of the sickle cell gene.
 - 25% chance of their child inheriting sickle cell anemia
 - 25% Chance of having an unaffected Child

Source: <http://www.nhlbi.nih.gov/health/health-topics/topics/sca/causes>

YOGA AWARENESS MONTH

Five benefits of yoga

Increases your flexibility

Stress reducer

Eases Migraines

Boost Sexual performance

Sleep Better

YOGA STUDIOS

Yoga garden

215-238-0989

Yogagardenphilly.com

Iyengar & Alignment based yoga

215-755-3268

Practiceyogastudio.com