CARESzone

Cervical Cancer Awareness Month

The International Agency for Research on Cancer (IARC) marks Cervical Cancer Awareness Month by highlighting the work that remains to be done for the world to eliminate this disease by the end of this century, and by promoting the tools that are available to achieve this goal.

The main cause of cervical cancer is persistent infection with high-risk types of human papillomavirus (HPV), an extremely common family of viruses that are transmitted through sexual contact. Cervical cancer is one of the most preventable and treatable forms of cancer. However, in 2020, an estimated 604,000 women were diagnosed with cervical cancer worldwide and about 342,000 women died from the disease, most of these cases and deaths (~90% for both) occurred in low- and middle-income countries.

To eliminate cervical cancer as a public health problem by 2100, all countries must reach and maintain an incidence rate of fewer than 4 new cases of cervical cancer per 100,000 women per year. Achieving that goal rests on three key pillars and their corresponding targets.

- Vaccination: 90% of girls fully vaccinated with the HPV vaccine by the age of 15 years;
- Screening: 70% of women screened using a high-performance test by the age of 35 years, and again by the age of 45 years;
- Treatment: 90% of women with pre-cancer treated and 90% of women with invasive cancer managed.

Each country should meet the 90-70-90 targets by 2030 to get on the path towards eliminating cervical cancer by the end of this century.

January: National Blood Donor Month

A snapshot of blood donation today

Every two seconds
someone in America needs a blood transfusion.

The need is great
extending beyond unexpected emergencies like car crashes, encompassing a wide range of medical treatments such as cancer therapies, cardiovascular and orthopedic surgeries, and organ and bone marrow transplants.

3% of Americans currently donate blood
despite 65 percent of the population being eligible to do so. Additionally, less than 20 percent of blood donations come from individuals in communities of color, and donations from individuals aged 19-24 have declined by nearly 32 percent from 2019 to 2021.

Nearly 7 million people
selflessly give blood every year, serving as a lifeline for countless individuals in need. This includes trauma victims, patients battling sickle cell disease or Thalassemia, as well as those who require organ or bone marrow transplants.

HELP SAVE A LIFE
GIVE THE GIFT OF BLOOD

AMERICAN HEART MONTH

Are You Heart Smart?

What to Know for a Healthier Heart

Heart disease is the leading cause of death in the United States. One in five deaths is due to heart disease, even though the disease is largely preventable.[1]

Keeping your heart healthy starts with living a heart-healthy lifestyle. But first, you need to get smart about your heart. Knowing what causes heart disease, what puts you at risk for it, and how you can reduce those risks can help you make informed decisions to protect your heart and keep it strong.

Want to test your knowledge? Take this short Heart Smart Quiz:

Heart Smart Quiz

1. **True or False?** High blood pressure is also known as hypertension and occurs when your blood pressure is consistently 130/80 mm Hg or higher.
2. **True or False?** Your body mass index, or BMI, shows if your weight is in a healthy range for your height and is one measure of your future risk for heart disease.
3. **True or False?** Cholesterol helps make hormones, vitamin D, and substances to help you digest foods. Your body needs it for good health, but in the right amounts.
4. **True or False?** Eating lots of vegetables, fruits, and whole grains, using fat-free or low-fat dairy products, and limiting foods high in saturated fat or sugar-sweetened beverages are all part of a heart-healthy diet.
5. **True or False?** Not getting enough sleep or getting poor quality sleep on a regular basis increases the risk of having high blood pressure, heart disease, and other medical conditions.
6. **True or False?** To strengthen their heart, adults should aim to get at least 150 minutes of moderate-intensity aerobic activity such as brisk walking each week.

Answer Key: All answers are True.

How did you do? Knowing your own risk factors for heart disease can help guide your lifestyle choices, so talk to your healthcare provider to make sure you're clear. Just as important: know your numbers. Your weight, waist size, blood pressure, cholesterol, and blood sugar levels all affect your heart. If they aren't where they should be, make a pledge to begin improving them.

Adding more physical activity to your day, eating a heart-healthy diet, managing stress, getting enough quality sleep, and not smoking, can put you on the path to better heart health. Learn more about heart disease prevention from The Heart Truth® at www.hearttruth.gov and download the Heart Smart Basics fact sheet to improve your knowledge about heart health.

https://www.cdc.gov/heartdisease/facts.htm