CONSORTIUM CONNECTION

"HEALTHY ENVIRONMENT, HEALTH LIFESTYLES, HEALTHY COMMUNITY" HEALTHYMIAMIDADE.ORG



October at a Glance

- BREAST CANCER AWARENESS MONTH
- HEALTH LITERACY MONTH
- GLOBAL HANDWASHING MONTH
- COMMUNITY HEALTH CORNER

CONSORTIUM FOR A HEALTHIER MIAMI-DADE

Attention!

We are proud to support our community organizations, community partners, and residents working to improve health across Miami-Dade County.

Have a program, event, or resource you'd like to share with the community? Please send in your submissions no later than the 5th of each month to Natouchka.Murray@flhealth.gov

Stay connected and help spread awareness of local health initiatives. Visit: HealthyMiamiDade.org



OCTOBER IS...

Breast Cancer Awareness Month

Breast cancer screening can help find cancer early, when it may be easier to treat. The CDC encourages individuals to talk with their health care provider about their personal risk and when screening is appropriate for them. Breast cancer can also affect men, and risk factors may include radiation exposure, higher estrogen levels, and a family history of breast cancer. According to the American Assosciation for Cancer Research In 2025, an estimated 2,800 men were expected to be diagnosed with breast cancer, with about 510 deaths projected from the disease.

Signs and Symptoms of Breast Cancer

- Lump in the breast or underarm (armpit)
- Swelling or thickening of all or part of the breast
- Redness, scaliness or thickening of the nipple or breast skin
- Nipple discharge (other than breast milk)
- Any change in the size or shape of the breast
- Pain in any area of the breast



Did You Know?

Free or low cost breast and cervical cancer screenings may be available through the Florida Breast and Cervical Cancer Early Detection Program, also known as the Mary Brogan Breast and Cervical Cancer Early Detection Program. Eligible women ages 40–64 who are uninsured, meet income requirements, live in Miami-Dade or Monroe counties, and have a valid picture ID may qualify for recommended screenings at little or no cost.

Learn more about eligibility and available services by visiting: **miamidade.floridahealth.gov**

Sources: FDA, AACR

Health Literacy Month

Health Literacy Month highlights the importance of making health information easy to find, understand, and use. Clear communication can help people make informed health decisions, navigate health services, and take an active role in their health and well-being.

Why is this so important?



You are your own best health advocate. Understanding your health options can help you ask better questions, make informed choices, and take a more active role in your well-being. And while October is a great time to focus on health literacy, any time is the right time to become a more informed health consumer.

How much do you know about health literacy? Take just two minutes to watch "5 Things to Know About Health Literacy" and discover five important takeaways about why clear, understandable health information matters.





Discover even more information about health literacy, including helpful resources and toolkit, by visiting the **National Library of Medicine**.

Sources: Medline

Global Handwashing Day

Global Handwashing Day, celebrated every October 15th, raises awareness about the importance of handwashing with soap and water as a simple but powerful way to protect our health. Clean hands help prevent the spread of germs and can reduce the risk of many common illnesses and infections. The CDC recommends washing hands with soap and clean, running water and scrubbing for at least 20 seconds, especially before preparing or eating food, after using the restroom and, after coughing, sneezing, or blowing your nose. Remember the five simple steps: wet, lather, scrub, rinse, and dry. If soap and water are not readily available, use a hand sanitizer containing at least 60% alcohol.

Learn more by visiting the **Centers for Disease Control and Prevention (CDC)**.





Sources: CDC



COMMUNITY HEALTH CORNER

Two Smiles, One Healthy Start : Oral Health from Pregnancy to Baby's First Birthday

A baby's oral health journey begins during pregnancy. Pregnancy brings changes throughout the body, including the mouth. Hormonal changes may leave an expectant mother with gums that are swollen, tender, or more likely to bleed. Dental care is safe and important during pregnancy, so it should remain part of the prenatal care. She should let her dental provider know she is pregnant and share any health concerns.

For some women, morning sickness adds another challenge. Vomiting exposes.100th enamel to stomach acid, which cari .ontribute to erosion over time. To protect teeth, rinse with water after vomiting instead of brushing.

Once the baby arrives, the focus grows from one smile to two. Before teeth appear, gently wipe the baby's gums twice a day with a clean, soft cloth. When the first tooth comes in, begin brushing twice daily with a small, soft-bristled toothbrush and a smear of fluoride toothpaste about the size of a grain of rice.

The next milestone is the baby's first dental visit by the first birthday, even if everything looks healthy. Starting with prenatal dental care and continuing through infancy helps address concerns early and builds healthy habits for year's come.

Written by: Stefanie Gaspard, CHRD, BHSc, CMBM | Liberty Dental Plan of Florida

Sources: **CDC-Talking to Pregnant Women About Oral Health,**
CDC - Oral Health Tips for Children







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