



Health Promotion Branch

In This Issue

SEP 09

Monthly Health Observances:

Fruit & Veggies – More Matters

National Suicide Prevention Week (6-12 Sep)

Prostate Cancer Awareness

Schedule of Events:

03 Sep: 1130-1230, Fun Run

10 Sep: 1000-1500, Health Fair (in support of the National Suicide Prevention Week)

11 Sep: 1000-1400, Display Table, Base Commissary

12 Sep: 0900-1100, TT Fun Run

16 Sep: 0930-1230/1700-200, OWC Welcome Aboard, O'Club

23 Sep: 1000-1400, CCCC Health Fair

25 Sep: 1000-1600, Cultural Heritage Day, Goettge Field House

Fruits & Veggies – More Matters

Fruits & Veggies-More Matters (formerly the 5 A Day program), started as a national program co-sponsored by the National Cancer Institute and the Produce for Better Health Foundation, a nonprofit consumer education foundation representing the fruit and vegetable industry. Many other government, private and non-profit agencies participate in this program.

The Fruit & Veggies-More Matters' health initiative is designed to increase fruit and vegetable consumption. The program is a simple, positive message: Eat 5 or more servings of fruits and vegetables everyday for better health. Eating more fruits and vegetables, whether fresh, frozen, dried, or canned, can help you reduce your risk of health disease and cancer, slow bone loss, and even improve mental functioning. Learn more at the Base Commissary on Fri, 11 Sep, 1000-1300, and sample fruits and vegetables.

National Suicide Prevention Week (6-12 Sep)

Marine Corps Base Quantico, Va. – In 2008, the Marine Corps endured the highest toll of suicides in more than a decade. The initial count is 41 suicides and almost 150 attempts, according to the preliminary suicide report by Manpower and Reserve Affairs on Jan 26. The calculations for calendar year 2008 suggest it will be the first in which the Corps' suicide rate will closely resemble the civilian rate when adjusted for the demographics of the Marine Corps. Thirty of the suicides were committed by Marines under the age of 25. The Corps is known as the youngest service, with 62 percent of its ranks comprised of Marines under the age of 25, compared to the Navy at 41 percent for this demographic.

A mandatory, high-impact, culturally relevant half-day leadership training program focused on suicide prevention for non-commissioned officers and Fleet Marine Force petty officers, to reduce stigma and provide them the tools to identify and assist Marines at-risk for suicide.

Regardless of duty station, deployment, or duty status, the primary stressors associated with Marine suicides are: problems in romantic relationships, physical health, work-related issues such as poor performance and job dissatisfaction, and pending legal or administrative action. There is no one single answer or action for suicide prevention. Suicide prevention does not lend itself to a quick or easy effort. It requires constant application of troop leading steps by many people to have an effect on an individual Marine.

26 Sep: 0800-
1200, DEFY
Meeting

Prostate Cancer Awareness

According to the Centers for Disease Control and Prevention (CDC), prostate cancer is the most commonly diagnosed cancer in men, and second only to lung cancer in the number of cancer deaths. In 2005 (the most recent year for which statistics are available), 185,895 men were diagnosed with prostate cancer, and 28,905 men died from it. CDC provides men, doctors, and policymakers with the latest information about prostate cancer.

Symptoms: Different people have different symptoms for prostate cancer. Some men do not have symptoms at all. Some symptoms are:

- Difficulty in starting urination.
- Weak or interrupted flow of urine.
- Frequent urination, especially at night.
- Difficulty in emptying the bladder completely.
- Pain or burning during urination.
- Blood in the urine or semen.
- Pain in the back, hips, or pelvis that doesn't go away.
- Painful ejaculation.

If you have any symptoms that worry you, be sure to see your doctor right away. These symptoms may be caused by conditions other than prostate cancer.

For more information, please contact our office at 451-2865.