

National Minority Health Month

THE COVID EFFECT

April is National Minority Health Month, a time to raise awareness about health disparities that continue to affect people from racial and ethnic minority groups and encourage action through health education, early detection, and disease control.

The COVID-19 pandemic has illustrated the disproportionate and severe consequences that health inequities can have on communities of color, with Black, Hispanic, Latino, American Indian, and Alaska Native populations in the U.S. experiencing higher rates of hospitalization and death than white populations. Culture, race, gender, or sexual orientation can affect access to treatment, support, and quality of care for many.

GIVE YOUR COMMUNITY A BOOST

ALCOHOL AWARENESS MONTH

April marks National Alcohol Awareness Month, a time to highlight the dangers of alcohol misuse. Alcohol misuse can contribute to diseases and injury-related health conditions, ranging from liver diseases, road injuries, and violence, to cancers, cardiovascular diseases, suicides, tuberculosis, and HIV/AIDS. Alcohol misuse is any consumption of alcohol that exceeds the recommended daily limits and can include uncontrolled drinking.

Warning signs of alcohol misuse:

- Inability to stop drinking even if you want to
- Difficulty controlling the amount you drink
- Challenges in your personal or professional relationships due to drinking
- Hoarding, stashing, or excessively seeking out alcohol
- Risky behaviors while drinking, such as driving, swimming, or unsafe sex
- Combining alcohol with other addictive or mood altering substances
- Drinking to manage emotional stress or trauma

Take the assessment to evaluate your drinking habits.



Testicular Cancer



The Facts

[Testicular cancer](#) is the most common cancer affecting people assigned male at birth aged 15 to 35. The most common sign to look out for is a painless lump in your testicle. Testicular cancer forms when malignant (cancer) cells develop in the tissues of one or (less commonly) both testicles. Testicular cancer like any cancer, is a serious condition and highly treatable and curable.

Types of Testicular Cancer

About 90% of all testicular cancer arises from germ cells in your testicles that clump together to form a mass or tumor.

Two types of testicular cancer

- **Seminoma:** Slow-growing cancer that primarily affects people in their 40s or 50s.
- **Non-seminoma:** Cancer that grows more rapidly than seminomas. It mainly affects people in their late teens, 20s and early 30s. There are four types of non-seminoma tumors. Each is named after the type of germ cell that makes up the tumor. Non-seminoma tumors include embryonal carcinoma, yolk sac carcinoma, choriocarcinoma and teratoma.

Symptoms and Causes

The most common sign of testicular cancer is a painless lump in your testicle. Other symptoms include:

- Swelling or sudden fluid build-up in your scrotum.
- A lump or swelling in either testicle.
- A feeling of heaviness in your scrotum.
- Dull ache in your groin or lower abdomen.
- Pain or discomfort in your scrotum or a testicle.
- A shrinking testicle (testicular atrophy).



These symptoms can occur with other conditions, too, so don't panic if you notice them. Schedule a visit with your provider to get checked. Delays in diagnosis allow cancer cells time to spread, making the disease harder to treat.

Diagnosis and Tests

Your provider may diagnose testicular cancer after investigating a lump or other change in your testicle you found during a self-exam. Common procedures and tests to help diagnose testicular cancer include:

- **Physical exam and history**
- **Ultrasound**
- **Inguinal orchiectomy biopsy**
- **Serum tumor marker test**
- **CT scans, X-ray, and MRI's**

Treatment

Treatment depends on several factors, including your health, treatment preferences, cancer stage, and tumor type. Seminomas tend to grow more slowly and respond better to radiation therapy than non-seminomas. Both kinds of testicular cancer tumors respond well to chemotherapy treatments.

If testicular cancer involves both seminoma and non-seminoma tumors, your provider will treat it as a non-seminoma.

Don' Delay...

Schedule a provider visit if you notice a change in one or both testicles. When it comes to cancer, timing is essential. Depending on your cancer type, early treatment can cure testicular cancer.

For More Information visit

[Testicular Cancer: Symptoms, Diagnosis & Treatment - Urology Care Foundation](#)
(urologyhealth.org)



USING INSECT REPELLENTS SAFELY

Springtime means the beginning of mosquito season. Insect repellents are available in various forms and concentrations.

The Texas Poison Center Network recommends the following precautions when using insect repellents:



- Repellents should be applied only to exposed skin and/or clothing (as directed on the product label).
- Never use repellents over cuts, wounds, or irritated skin.
- Don't apply to eyes and mouth. With young children, do not apply to their hands.
- Avoid breathing a repellent spray, and do not use it near food.
- Use just enough repellent to cover exposed skin and/or clothing.
- After returning indoors, wash treated skin with soap and water or bathe. This is particularly important when repellents are used repeatedly in a day or on consecutive days.
- If you suspect that you or your child is reacting to an insect repellent, wash treated skin and then call The Texas Poison Center Network 1-800-222-1222. If or when you go to a doctor, take the repellent with you.



Cancer Control Month

APRIL 2023

April is [Cancer Control Month](#), a national observance that aims to educate people about living healthy lives and making lifestyle choices that decrease cancer risk. [The Centers for Disease Control and Prevention \(CDC\)](#) announced that in 2019 the United States reported 1,752,735 new cancer cases. The primary aim of Cancer Control month is prevention and to ensure that more people know about the ways of prevention, early detection, and cancer treatment.

How to Prevent Cancer or Find It Early

By making [healthy choices](#), you can lower your risk of getting many common kinds of cancer. Screening tests can find some cancers early when treatment works best. Vaccines (shots) can help prevent several types of cancer.

Questions about Cancer?

[The National Cancer Institute \(NCI\)](#) provides clear and accurate answers to your questions about cancer and clinical trials free of charge and delivered in multiple languages.

CHILD ABUSE AWARENESS MONTH

Child abuse and neglect are [serious public health problems](#). Adverse childhood experiences (ACEs) are potentially traumatic events that occur in childhood (0–17 years). At least [1 in 7](#) children have experienced child abuse or neglect in the United States. Child abuse and neglect's total lifetime economic burden was about \$592 billion in 2018. Every year, Child Abuse Awareness Month is observed in April to recognize the efforts made by our communities and families in bringing up this issue in front of the world.

How can we prevent child abuse and neglect?

Child abuse and neglect are preventable. Certain factors may increase or decrease the risk of perpetrating or experiencing child abuse and neglect. To prevent child abuse and neglect violence, we must understand and address the factors that put people at risk for or protect them from violence which you can learn more about [here](#). Visit [AWARE Central Texas](#) for more local opportunities. This nonprofit organization collectively responds to those who have experienced violence and trauma through enhanced services, forming community partnerships, and creating sustainable change here in Central Texas.



SEXUALLY TRANSMITTED INFECTIONS (STIs)

These infections, also known as sexually transmitted diseases (STDs) are spread person-to-person by vaginal, anal, or oral sex. The infection may be bacterial, viral, or caused by a parasite entering and growing inside the body – some can be cured, and others like Herpes or HIV, cannot but there are medicines available to manage the symptoms and outbreaks.

STIs can be spread via unprotected sex, genital touching, sexual contact between the same sexes, or from a pregnant/breastfeeding woman to her baby. Certain STIs cause different health problems including infertility, organ damage, cervical cancer, and increased risk for HIV.

If you are sexually active, reduce your chances of getting an STI by using condoms, testing, limiting your number of sex partners, being vaccinated against HPV and Hepatitis B, and decreasing risky behaviors such as alcohol or drug abuse.

Common STIs: HPV, Herpes (HSV 1 & HSV 2), Syphilis, Hepatitis, Trichomoniasis, Gonorrhea, Chlamydia, HIV.

Please go to your primary provider or community health clinic for testing and treatment, the Temple and Killeen clinics can provide STI testing and other related services – immunizations, birth control and family planning.


Temple Clinic (254) 778-4766 M–Th 07:00–16:30 F 07:00–11:00 820 N. 31st, Temple, TX 76504
Killeen Clinic (254) 526-8371 M–Th 07:00–16:30 F 07:00–11:00 309 N. 2nd St, Killeen, TX 76542

Sexual Assault Awareness Month

Sexual assault refers to sexual contact or behavior that occurs without explicit consent. Many forms of assault include rape, unwanted touching or fondling, or forced sexual acts. It is important to remember it is never the victim's fault.



Force does not only mean physically making a victim act. It can be emotional coercion or psychological manipulation used to convince the victim into non-consensual situations. Using threats to force a victim to do something is considered to be an intimidation tactic.



**Denim Day -
Wednesday
April 26, 2023**

To observe this day wear denim, raise your voice in support of the survivors and victims of sexual assault, and spread awareness on social media! Men and women of all ages and backgrounds can be victims of sexual assault; we can support them all by coming together to advocate for more education and prevention.

In the United States, **1 in 5 women** experienced completed or attempted rape in their lifetime.

Approximately **25% of men** in the United States experienced a form of sexual violence in their lifetime.



Nationally, **81% of women and 43% of men** reported some form of sexual harassment and/or assault in their lifetime.

**If you need help, please call 1-800-656-4673
(SEXUAL ASSAULT TELEPHONE HOTLINE) or chat at
online.rainn.org - it is a safe, confidential 24/7 service.**

The impact of stress on your gut

Given how closely the gut and brain interact, it might seem obvious that the pair often influence each other. Some people feel nauseated before giving a presentation; others feel intestinal pain during times of stress. In any case, emotional and psychosocial factors play a role in functional gastrointestinal disorders.



Treating the whole body

Stress-related symptoms felt in the gastrointestinal tract vary greatly from one person to the next, and treatment can also vary. For example, one person with gastroesophageal reflux disease might have an occasional, mild burning sensation in the chest, while others experience excruciating discomfort night after night. As the severity of symptoms varies, so should the therapies, medications, self-help strategies, or even surgeries used to relieve them.

Many people have mild symptoms that respond quickly to changes in diet or medications. If your symptoms do not improve, your clinician may ask you more questions about your medical history and perform some diagnostic tests to rule out an underlying cause. For some people, symptoms improve as soon as a serious diagnosis, like cancer, has been ruled out. Your doctor may also recommend symptom-specific medications. But sometimes, these treatments are not enough. If symptoms persist, it's common to experience psychological distress.

Some people are reluctant to accept the role of psychosocial factors in their illness. But it's important to know that emotions cause genuine chemical and physical responses in the body that can result in pain and discomfort.

Cognitive behavioral therapy and stress reduction techniques such as meditation and relaxation therapies can help manage pain and improve other symptoms in ways that are different from how drugs act. The goal of all therapies is to reduce anxiety, encourage healthy behaviors, and help people cope with the pain and discomfort of their condition.

Source: www.health.harvard.edu/mind-and-mood/the-impact-of-stress-on-your-gut

SUPER PUBLIC HEALTH HEROES

APRIL 2023



I am Nina Cobb the Eldest Daughter of The Honorable David and Lana Williams. The wife of Ret. LTC Caesar D. Cobb, US Army, mother of three wonderful sons and 4 precious grandchildren. My hobbies are playing piano, reading, and traveling. I love this County, especially Killeen where I reside as the City of Killeen Councilwoman for District 3, Deaconess of Greater Vision Community Church, Past Parliamentarian PFPMA, and sit on many Boards within and outside of this county. If you speak my name to anyone, I hope they will reference my love for family, hope in youth, and how I tried to be honest, just, and fair to everyone. Bell County Health enables me to share my gift and love for health care and work with a wonderful team of professionals.



Nina Cobb
Emergency Response School Nurse
Coordinator
Bell County Public Health District

“WORK WILL WIN WHEN WISHING WON’T!”



Family Resource Fair

Brookhaven Resource Center invites you and your family to join us at Brookhaven for a fun family night.

April 20, 2023 (Thursday)
4pm -6pm

Sponsored by your Brookhaven Resource Team
Parent Liaison - Jamikka Mercer MFLC - Glori Sommerer
Counselor - Ms. Theodosia Varnado CIS - Nancy Rodriguez



Community Calendar



April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Salado Farmers Market (every saturday) 9am-1pm
2	3	4	5	6	7 First Friday at Temple Children's Museum 5-7pm	8
9	10	11	12	13	14	15 Temple Culture on the Square 4-8pm
16	17	18	19	20 Brookhaven Resource Fair 4-6:30pm	21	22 SHAC Family Wellness Fair 12-4pm
23	24	25	26	27 Celebrate Killeen Festival 6-9:30pm	28 Bloomin' Temple Festival 6-11pm Celebrate Killeen Festival 6-9:30pm	29 Bloomin' Temple Festival 6-11pm Celebrate Killeen Festival 6-9:30pm
30						

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Bell County Public Health District

PROMOTE • PREVENT • PROTECT

BCPH Admin Office

4236 Lowes Dr. Temple, TX 76502

Monday- Thursday 7:00am – 5:30pm

Phone: 254-773-4457

Fax:

Immunizations Office

1605 North Main Street Belton TX 76513

Monday- Thursday 7:00am – 4:30pm

Friday 7:00am – 11:00am

Phone: 254-939-2091

Temple WIC

201 N 8th St. Temple TX 76501

Monday- Thursday 7:00am – 5:30pm

Phone: 254-778-1511

Fort Hood WIC

**36000 Darnall Loop (2nd FL) Fort Hood,
TX 76544**

Monday- Thursday 7:00am – 4:30pm

Friday 8:00am – 12:00pm

Phone: 254-532-8680

Killeen Clinic

309 North 2nd St Killeen, TX 76541

Monday- Thursday 7:00am – 4:30pm

Friday 7:00am – 11:00am

Phone: 254-526-8371

Temple Clinic

820 North 31st Street Temple, TX 76504

Monday- Thursday 7:00am – 4:30pm

Friday 7:00am – 11:00am

Phone: 254-778-4766

Killeen WIC

116 E Avenue D, Killeen, TX 76551

Monday- Thursday 7:00am – 5:30pm

Phone: 254-526-2033

Copperas Cove WIC

**213 W Avenue D, Copperas Cove, TX
76522**

Monday- Thursday 7:00am – 4:30pm

Phone: 254-547-9571

Environmental Health Office

2905 West Adams Temple, TX 76504

Monday-Thursday 8:00am-5:00pm

Friday 8:00am – 11:30pm

Phone:

254-778-7551 (OSSF)

254-771-2106 (Retail Food)