Each National Observance presents an opportunity to educate the public, energize co-workers and promote healthy behaviors among those in our community.

NOVEMBER

National Health Observances:

“Source: 2015 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington, DC.”

MONTH-LONG OBSERVANCES:

American Diabetes Month
Bladder Health Month
COPD Awareness Month
Diabetic Eye Disease Awareness Month
Lung Cancer Awareness Month
National Alzheimer’s Disease Awareness Month
National Family Caregivers Month
National Healthy Skin Month
National Hospice Palliative Care Month
National Stomach Cancer Awareness Month
Open Enrollment—Affordable Care Act Insurance

WEEK-LONG OBSERVANCES:

18-24 U. S. Antibiotic Awareness Week
17-23 Gastroesophageal Reflux Disease Awareness Week

RECOGNITION DAYS | EVENTS:

1 Daylight Savings Time
1 “ACA” OPEN SEASON BEGINS
3 Election Day! VOTE, VOTE, VOTE, VOTE
9 National Diabetes Heart Connection Day
19 Great American Smoke out (Am. Cancer Soc.)
21 International Survivors of Suicide Day
26 National Family Health History Day

Daylight Saving Time
Sunday, Nov. 1

Heads-Up! Daylight Saving Time ends in 2020 at 2 a.m. on Sunday, Nov. 1, marking the time when clocks “fall back” and we gain an extra hour of sleep. The next change (Spring forward 1 hour) will be on Sunday, March 14, 2021, 2:00 am.

Daylight Saving Time started in Europe during World War I as a way to economize fuel usage. The United States started Daylight Saving Time a year after WWI ended in 1918.

The Uniform Time Act of 1966 standardized time zones and daylight saving practices around the United States, but it allowed individual states to pass laws exempting themselves. Hawaii and much of Arizona do not observe daylight saving time, nor do American Samoa, Guam, the Minor Outlying Islands, the Northern Mariana Islands, Puerto Rico and the U.S. Virgin Islands.
**Lung Cancer Awareness Month | American Lung Association**

**Lung Cancer Awareness Month** On November 10, 2020, the American Lung Association will be hosting a virtual Lung Cancer Patient Meetup. Join us to learn more about the latest trends, resources and research surrounding lung cancer! Learn more and register at the following link.

**The Great American Smokeout 2020**

By quitting – even for one day – smokers will be taking an important step toward a healthier life and reducing their cancer risk. The American Cancer Society Great American Smokeout® takes place on the third Thursday in November - November 19, 2020.

**Hospitality Club Corner**

**BIRTHDAYS THIS MONTH**

November Birthstone poem - the Topaz

*Who first comes to this world below
In dreary November's fog and snow,
Should prize the topaz amber hue,
Emblem of friends and lovers true.*

**HOSPITALITY CLUB MEMBERS’ BIRTHDAYS**

<table>
<thead>
<tr>
<th>NAME</th>
<th>DAY</th>
<th>WORK LOCATION</th>
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<tbody>
<tr>
<td>Yvette Jackson</td>
<td>03</td>
<td>Clarksdale</td>
</tr>
<tr>
<td>Bridgette Rockette</td>
<td>07</td>
<td>Clarksdale</td>
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<tr>
<td>Shandricka Furdge</td>
<td>13</td>
<td>Quitman Sch-Base</td>
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<td>Yvonne Moore</td>
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<td>LaJoya Jones</td>
<td>19</td>
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<tr>
<td>Tana P. Vassel</td>
<td>22</td>
<td>Administration</td>
</tr>
<tr>
<td>Lawanda Mills</td>
<td>22</td>
<td>Coldwater</td>
</tr>
<tr>
<td>Walter Jackson, Jr.</td>
<td>26</td>
<td>Administration</td>
</tr>
</tbody>
</table>

**The PURPOSE of the Hospitality Club**

To promote and encourage positive employee relationships, by providing its members an opportunity to network in a non-work environment and share in fun and creative activities. To uplift members’ spirits during their time of illness and bereavement and to acknowledge birthdays and Christmas.

**AEHCHSC’s Mission:**

To improve the health of people in the Mississippi Delta and delta hills communities by increasing access to integrated, comprehensive primary and preventive health care, and related services while promoting economic development.
**DID YOU KNOW?**

**People** with type 2 diabetes have more than two times the risk for developing heart disease.

**Two out of three** deaths in people with type 2 diabetes are attributed to cardiovascular disease.

Approximately **30 million Americans** have diabetes, 8 million are not yet diagnosed, and 86 million with signs of prediabetes. [https://diabetesheartconnection.org/the-facts-1](https://diabetesheartconnection.org/the-facts-1)
Pediatrics’ Corner

COVID-19 Vaccine Appears Well-Tolerated and Effective in Developing Antibodies in Small Study of Older Adults

It’s been truly breathtaking to watch the progress being made on a daily basis to develop safe and effective vaccines for SARS-CoV-2, the novel coronavirus that causes COVID-19. Indeed, months sooner than has ever been possible for a newly emerging infection, several promising vaccines are already working their way through Phase 3 studies, the final stage of clinical evaluation. I remain optimistic that we will have one or more vaccines that prove to be safe and effective by January 2021.

But, as encouraging as the early data have been, uncertainty has remained over whether vaccines that appear safe and effective in developing antibodies in younger adults will work as well in older people, too. It’s a critical issue given that older individuals also are at greater risk for severe or life-threatening illness if they do get sick from COVID-19.

So, I’m pleased to highlight some recent findings, published in the New England Journal of Medicine [1], from an early Phase 1 clinical trial that was expanded to include 40 adults over age 55. While we eagerly await the results of ongoing and larger studies, these early data suggest that an innovative COVID-19 vaccine co-developed by NIH’s Vaccine Research Center (VRC), in partnership with Moderna Inc., Cambridge, MA, is both well tolerated and effective in generating a strong immune response when given to adults of any age.

Readers were able to uncover key steps in HIV replication by reconstituting and watching these events unfold outside the cell.

“Our findings reveal essential insights into reverse transcription and integration of the HIV genome,” Sundquist says. “We anticipate that our cell-free system will help advance future studies of the early viral life cycle.”

Top, visual slices of a ruptured capsid. The DNA loop is enhanced in magenta. Bottom, a composite model illustrating the 3D arrangement of the DNA and capsid lattice. Christensen et al., Science

Study sheds light on key steps in the HIV life cycle

Education programs may improve young children’s asthma control

Asthma is one of the most common chronic diseases affecting children in the U.S. About 5.5 million children currently live with the condition, which inflames and narrows the airways. Symptoms may include coughing, wheezing, tightness in the chest, and shortness of breath.

A combination of health programs at school and home appeared to improve asthma control in preschool children from low-income families.

Dobbs: Residents not following guidelines is largest contributor to COVID-19 spike

October 16, 2020, The Clarion Ledger, Keisha Rowe - State Health Officer Dr. Thomas Dobbs said Friday that residents not following general safety precautions is likely the largest factor in the state’s current spike in new cases of COVID-19. During a news conference Friday, Dobbs said the fact that so many people seem to have stopped using masks following the expiration of the governor’s executive order has him concerned. "Why we would move away from that ... has me perplexed and I'm extremely disappointed," he said. Following the news of Thursday’s number of new cases, Anita Henderson, a pediatrician in Hattiesburg and president-elect of the Mississippi Chapter of the American Academy of Pediatrics, tweeted a screenshot of the daily numbers from the state health department.
AEHCHC Batesville clinic staff kicked things off on the right foot...a pink-booted one!

Friday, October 23rd, staff members participated in education and intervention for Breast Cancer Awareness Month. The week beginning October 26th, there were behavioral health presentations for patients as well as on Wednesday, October 28 for staff. On Thursday, October 29th, a similar event was held at our Tunica Clinic. On Friday, October 30th, a breast cancer and annual wellness drive-thru along with trunk-or-treat. Backpacks and supplies were given away to the first 20 children in attendance. - Tana P. Vassel
Two Studies Show COVID-19 Antibodies Persist for Months

More than 8 million people in the United States have now tested positive for COVID-19. For those who’ve recovered, many wonder if fending off SARS-CoV-2—the coronavirus that causes COVID-19—one time means their immune systems will protect them from reinfection. And, if so, how long will this “acquired immunity” last?

The early data brought hope that acquired immunity was possible. But some subsequent studies have suggested that immune protection might be short-lived. Though more research is needed, the results of two recent studies, published in the journal Science Immunology, support the early data and provide greater insight into the nature of the human immune response to this coronavirus.

The new findings show that people who survive a COVID-19 infection continue to produce protective antibodies against key parts of the virus for at least three to four months after developing their first symptoms. In contrast, some other antibody types decline more quickly. The findings offer hope that people infected with the virus will have some lasting antibody protection against re-infection, though for how long still remains to be determined.
COVID-19 and Your Eyes

The new coronavirus behind the pandemic causes a respiratory illness called COVID-19. Its most common symptoms are a fever, coughing, and breathing problems. Rarely, it also can cause an eye infection called conjunctivitis.

Symptoms
Based on data so far, doctors believe that 1%-3% of people with COVID-19 will get conjunctivitis, also called pinkeye. It happens when the virus infects a tissue called conjunctiva, which covers the white part of your eye or the inside of your eyelids. Symptoms include if your eyes are:

- Red
- Swollen
- Itchy

If you have conjunctivitis, it doesn’t necessarily mean you have COVID-19. The more likely causes are the many different viruses, bacteria, chemicals, and allergens that can irritate your eyes.

Many forms of conjunctivitis go away with over-the-counter treatments in about 1-2 weeks. But if you also have a fever, cough, or shortness of breath, ask your doctor what, if anything, you should do. Call before you head to a hospital or a medical center to see if it’s safe for you to visit and for any instructions for your arrival.

https://fepblue.webmdhealth.com/newsletters?id=APU79nnZHHG1scXg1dCa3dvze-xtik4auSSP3PEYpirU0&s=14148&mrdid=0f75bb298414eb118141005056865db0

Mississippi Must Expand Medicaid Now to Protect Its Workers

October 14, 2020, Families USA, Emmett Ruff

In Mississippi, tens of thousands of working people are losing their jobs and their job-based health insurance as the country grapples with a massive public health crisis. Because Mississippi has not expanded its Medicaid program, people who lose their job-based health insurance typically have no good options for staying covered. Even Mississippians who continue to work in essential industries during the COVID-19 crisis may not have coverage if they do not get health insurance through their job. Medicaid expansion could significantly address this access issue and support Mississippi’s workers, but the state must act quickly. Now more than ever, hardworking Mississippians need Medicaid coverage. The state must expand Medicaid immediately!

U. S. Antibiotic Awareness Week

Nov. 18-24, 2020

Antibiotics can save lives and are critical tools for treating a number of common and more serious infections, like those that can lead to sepsis. At least 28% of antibiotics prescribed in U.S. outpatient settings are unnecessary and each year, enough prescriptions are written in outpatient settings to give five out of every six people one antibiotic prescription.

Any time antibiotics are used, they can cause side effects and contribute to the development of antibiotic resistance, one of the most urgent threats to the public’s health.

Improving the way healthcare professionals prescribe antibiotics, and the way we take antibiotics, helps keep us healthy now, helps fight antibiotic resistance, and ensures that these life-saving drugs will be available for future generations.

Gastroesophageal Reflux Disease Awareness Week - Nov. 17-23, 2020
International Survivors of Suicide Loss Day – Saturday, November 21, 2020

In 1999, Senator Harry Reid, who lost his father to suicide, introduced a resolution to the United States Senate, leading to the creation of International Survivors of Suicide Loss Day.

On the Saturday before Thanksgiving (November 21, 2020) this campaign promotes coming together and supporting the survivors of this tragic event. When someone commits suicide, they affect everyone who knew and loved them. For those people, grief and trauma can be especially difficult. Because the death is self-inflicted, coming to terms with the reasons and the stigma associated with it often makes it hard to grapple with, which is why they need all the support they can get.

https://nationaltoday.com/international-survivors-of-suicide-day/

High blood pressure awareness and treatment declining

After increasing between 1999 and 2014, both awareness and treatment of high blood pressure dropped among adults in the U.S. Nearly half of adults in the U.S. live with high blood pressure, also called hypertension. It is currently defined as having a blood pressure reading of at least 130/80 mm Hg or taking blood pressure medications for the condition. High blood pressure is the main risk factor for stroke. It can also contribute to other serious health problems, including chronic kidney disease, heart attack, and heart failure.

High blood often has no warning signs, but can lead to life-threatening conditions like heart attack or stroke. mixetto / E+ via Getty Images

Weight Management

Obesity is a chronic condition that affects more than one in three adults and about 17 percent of children and adolescents in the United States. More than one in three adults is overweight. Being overweight or obese increases your risk of type 2 diabetes, heart disease, stroke, fatty liver disease, kidney disease, and other health issues.

If you are struggling with your weight, you may find that a healthy eating plan and regular physical activity help you lose weight and keep it off over the long term.

https://www.niddk.nih.gov/health-information/weight-management

NIH-funded study links adolescent brain differences to increased waist circumference

Obesity in the United States affects approximately 35% of children and adolescents and is associated with negative health consequences, mentally and physically, as well as higher mortality rates. Children who are obese have more than a fivefold likelihood of becoming obese as adults. Predictive models of weight gain in youth, coupled with knowledge about factors that could impact this trajectory, would benefit public health and individual wellbeing.

“We know that childhood obesity is a key predictor of adult obesity and other poor health outcomes later in life,” said Nora D. Volkow, M.D., director of NIDA. “These results extend previous animal studies to reveal what may prove to be a vicious cycle in which diet-related inflammation in brain striatal regions promotes further unhealthy eating behaviors and weight gain.”

10/13/2020 08:30 AM EDT

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AEHCHC Clarksdale Clinic’s staff, keeps HOPE alive for finding a Breast Cancer cure.
Just in case you have anything left from your Thanksgiving meal, I found 60 recipe ideas on Country Living.com that will spic up those leftovers like this one:

**43 OF 60**

**Turkey and Brie Monte Cristo Sandwiches**

Serve up these sandwiches on your favorite bread. This blogger chose Italian slices, but any slice will be tasty.

Get the recipe at The Tasty Bite.

https://www.countryliving.com/food-drinks/g1064/thanksgiving-leftovers/?slide=9 (Ctrl+click)

Here’s a short list of the other 59 dishes. You may even find an idea or two for your Thanksgiving table:

- Sweet-Potato Spoon Bread with Caramel-Pecan Topping
- Leftover Turkey and Wild Rice Soup
- Leftover Thanksgiving Turkey Pesto Panini
- One-Pot Cheesy Turkey Tamale Pie or Leftover Turkey Enchiladas
- Leftover Thanksgiving Casserole
- Turkey, Cranberry, and Almond Salad or Leftover Turkey Salad Sandwiches
- Deep Fried Loaded Mashed Potato Bites
- Thanksgiving Turkey Gumbo

**National Family Health History Day**

Thanksgiving Day is not only a time to gather with friends and family to eat a sumptuous meal and count blessings. It’s also **National Family Health History Day** on November 26, an annual event that also takes place on Thanksgiving. The idea is to take a day when everyone in your family is assembled and discuss the family health history, specifically any occurrence of **colorectal cancer**. Healthcare providers encourage you to use this day to share and care about this and other serious diseases.

**Coming up in December 2020:**

Safe Toys and Gifts Month, World AIDS Day, National Influenza Vaccination Week.