

From the Desk: Public Health Talk

with Anthony Maldonado, MPH

Hello everyone,

I hope you had a great Halloween and enjoyed some delicious candy! I want to take a moment to recognize that October is Breast Cancer Awareness month. According to the CDC, “Each year in the United States, about 240,000 cases of breast cancer are diagnosed in women and about 2,100 in men. About 42,000 women and 500 men in the U.S. die each year from breast cancer. Black women have a higher rate of death from breast cancer than all other women.” You can find additional information about symptoms, risk factors, screenings and more [here](#).

I also want to recognize that November 1st, is the first day of Indian Heritage month. “This month is a time to celebrate rich and diverse cultures, traditions, and histories and to acknowledge the important contributions of Native people” states the National Congress of American Indians. For more information about American Indian and Alaska Native Heritage Month, please visit www.ncai.org.

Respiratory season is here and so far, is what we would expect. Nationally (throughout the United States) we are seeing cases of respiratory illness increase. The graph below indicates that cases are currently at a low or minimal level, which aligns with our expectations for this time of the year.

