

The Bulldog School Nurses

FALL NEWSLETTER



OCTOBER 2024

LICE: A HEAD- SCRATCHING DILEMMA

HOW TO EXAMINE FOR HEAD LICE

top reminders

**flu shots for
preschool**
DUE DECEMBER
SCHEDULE NOW



Have you heard about the

TEAL PROJECT

Head Lice:
what Parents Need
to Know

WINTER WELLNESS

A guide for parents

**COMING
SOON**
Stay Tuned
**HEALTH OFFICE
MANUAL**

10 steps

*to keep head
lice out of
hair*



Please click any of the hyperlinks for the articles



Q AND A AN ITCHY EDITION



October is

Pink

LET'S CELEBRATE BREAST CANCER AWARENESS MONTH

U.S. BREAST CANCER STATISTICS

About 1 in 8 U.S. women (just over 12%) will develop invasive breast cancer over the course of her lifetime.



Every

13 minutes

a woman dies of breast cancer in the U.S.

A woman's risk of breast cancer is approximately

2X

greater if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer.



1989 2013
About 39,620 women in the U.S. were expected to die in 2013 from breast cancer, though death rates have been decreasing since 1989 — with larger decreases in women under 50.

85%

of breast cancer occurs in women who have no family history of breast cancer.



The most significant risk factors for breast cancer are gender (being a woman) and age (growing older).



Largest group of survivors is in the U.S. with more than

2.9 million survivors.

BREAST CANCER MYTHS

Myth #1

Finding a lump in your breast means you have breast cancer.

Myth #2

Only women with a family history of breast cancer are at risk.

Myth #3

A mammogram, or X-ray of the breast, can cause breast cancer to spread.

Myth #4

Having a family history of breast cancer means you will get it.

Myth #5

You can catch breast cancer or transfer it to someone else's body.

Myth #6

Use of underarm antiperspirants and deodorants cause breast cancer.

WAYS TO REDUCE YOUR BREAST CANCER RISK

- Do not smoke
- Breastfeed
- Control your weight
- Be physically active
- Limit or avoid alcohol
- Avoid exposure to radiations



#Cancer

Source: <http://www.who.int>

OCTOBER
BREAST CANCER AWARENESS MONTH

**EARLY
DETECTION
SAVES
LIVES**