



## November 2021 Newsletter

### November Public Health Brief: Breast Cancer

Breast Cancer is the most common cancer in American women, apart from skin cancers. Some people do not have warning signs or symptoms which is why mammograms are essential to early detection

#### Common types of breast cancer:

- **Invasive ductal carcinoma** begins in the ducts and then the tumor grows outside the ducts into other parts of breast tissue.
- **Invasive lobular carcinoma** begins in the lobules and then the cancer spreads to nearby breast tissues.

Invasive cancer cells can also spread to other areas of the body for the above types of breast cancer.

Read the full brief [here](#).



Image: Breast Cancer Brief

### Maryland Guide for Finding and Using Data to Inform Local Health Priorities

The University of Maryland's Horowitz Center for Health Literacy created a data guide for LHIC members in order to obtain data and information that can be helpful in completing needs assessments, identifying specific populations with health needs, planning activities and programs, and monitoring changes in health throughout the community.

View the guide [here](#).



Image reads: School of Public Health Horowitz Center for Health Literacy

### Diabetes Prevention Program

University of Maryland Upper Chesapeake Health offers a FREE Diabetes Prevention Program. The mission of this program is to reduce a participant's risk of diabetes by (at least) 58% through a modest amount of weight loss (5-7%) and by making other important lifestyle changes. There will be the following

class offerings:

1. [Virtual men's group \(Tuesdays 6pm-7pm\)](#)
2. [Virtual group - all welcome \(possibly on Tuesdays 6pm-7pm\)](#)
3. [Spanish speaking class \(Mondays 6:30pm-7:30pm\)](#)

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## New: Community Partner Bulletin on HCHD Website

We have created a new webpage to share LHIC community partner events! The page can be found on the HCHD website under the LHIC menu tab. The "Community Partner Bulletin" page was created in hopes that LHIC members could share with us happenings in Harford County that will better the health of our residents. Please send any flyers to [ronya.nassar@maryland.gov](mailto:ronya.nassar@maryland.gov) to advertise on our new page.



Image: Banner saying "Community Partner Bulletin"

To view the page, [click here](#).

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## Upcoming Events and Meetings

**MHAAC | LHIC | OIT virtual meeting - Tuesday, November 30, 2021, from 8:00 to 10:00 am via Google Meets.**

**Family Health virtual meeting - TBD**

**Chronic Disease Prevention and Wellness - TBD**

If you would like to attend these meetings or need the virtual call-in information please email Christina Claypool ([Christina.Claypool@maryland.gov](mailto:Christina.Claypool@maryland.gov)) and Ronya Nassar ([ronya.nassar@maryland.gov](mailto:ronya.nassar@maryland.gov)).

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## Publications of Interest

**[The Advisory Committee on Immunization Practices' Interim Recommendation for Use of Pfizer-BioNTech COVID-19 Vaccine in Children Aged 5–11 Years — United States, November 2021](#)**

Source: Morbidity and Mortality Weekly Report (MMWR)

**[Addressing Health Disparities in Diabetes](#)**

Source: CDC

**[Social Determinants of Health and Diabetes: A Scientific Review](#)**

Source: American Diabetes Association

Contact Ronya Nassar at [ronya.nassar@maryland.gov](mailto:ronya.nassar@maryland.gov) with questions, comments, or to be added to the LHIC email list.

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