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**World Mental Health Day 2019 – 10th October  
Working together to prevent suicide**

**Key Facts as per WHO:**

- Worldwide Every 40 seconds someone loses their life to suicide.
- Close to 800 000 people die due to suicide every year.
- India has the highest suicide rate in South-East Asia.
- The age standardized suicide rate in India is 16.4 per 100,000 for women (6th highest in the world) and 25.8 for men (ranking 22nd).
- Suicide is the second leading cause of death among 15-29-year-olds.



***A day for "40 seconds of action"***

- If you are struggling, take 40 seconds to kickstart a conversation with someone you trust about how you are feeling.
- If you know someone who has lost a loved one to suicide, take 40 seconds to start a conversation and ask them how they are doing.
- If you are an employer or manager, take 40 seconds to formulate a positive message of support to your employees about resources available to them in the workplace or local community in times of mental distress.
- If you have a platform for communicating with a large audience (social media, television, radio), provide 40-second slots for sharing mental health stories and messages.
- If you work in media, highlight the 40-second statistic in interviews, articles and blogposts.

**Who is at risk?**

Suicides happen impulsively in moments of crisis with a breakdown in the ability to deal with life stresses, such as financial problems, relationship break-up or chronic pain and illness.

In addition, experiencing conflict, disaster, violence, abuse, or loss and a sense of isolation are strongly associated with suicidal behavior. Suicide rates are also high amongst vulnerable groups who experience discrimination, such as refugees and migrants.

**Here are some ideas which can help in preventing suicides:**

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- Key Facts as per WHO:
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**Breast Cancer Awareness Month in October**

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## Breast Cancer Awareness Month in October

**NEED OF THE HOUR is awareness about breast examination, beginning from 20 years of age, and regular screening from a qualified doctor, so that it can be detected early and treated successfully. "Early detection is the key to prevention."**

***The Breast Cancer Awareness Month, marked in countries across the world every October, helps to increase attention and support for the awareness, early detection and treatment as well as palliative care of this disease.***

### Key Facts as per WHO:

- Breast cancer is the most commonly diagnosed cancer in women.
- Breast cancer is the second leading cause of cancer death among women.
- There are about 1.38 million new cases and 4,58,000 deaths from breast cancer each year (IARC Globocan, 2008).
- 25 years back, out of every 100 breast cancer patients, 2% were in 20 to 30 years age group, 7% were in 30 to 40 and so on. 69% of the patients were above 50 years of age. Presently, 4% are in 20 to 30 yrs. age group, 16% are in 30 to 40, 28% are in 40 to 50 age group.
- India has a predominant young population and hence the numbers of women being diagnosed with breast cancer is only going to increase.

### Signs for early detection:

- Nipple tenderness or a lump or thickening in or near the breast or underarm area
- A change in the skin texture or an enlargement of pores in the skin of the breast
- Any unexplained change in the size or shape of the breast.
- Dimpling anywhere on the breast.
- Unexplained swelling or shrinkage of the breast (especially if on one side only)
- Nipple that is turned slightly inward or inverted
- Skin of the breast, aureola, or nipple that becomes scaly, red, or swollen or may have ridges or pitting resembling the skin of an orange
- Addition of vegetables and fruits in your diet helps in maintaining a healthy body weight.
- For new mothers, it is advisable to breastfeed their child at least for one year.
- Don't smoke or drink alcohol in excess.



### Breast Cancer Prevention

- It is important to self examine your breasts. Women should be aware as to how their breast normally look and feel. If you feel any change, then consult the doctor.
- It is advisable for women who are around 40 to get their mammography done. Mammography is a simple radiographic technique which helps in detecting irregularities in the breast tissue.

#### Disclaimer

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"A disease does not come like a thunder bolt from a clear sky. It is a result of constant violation of natural laws. It constantly expands and accumulates and suddenly these violations manifest as disease. It only seems sudden." - Hippocrates



Wonders of Wellness