

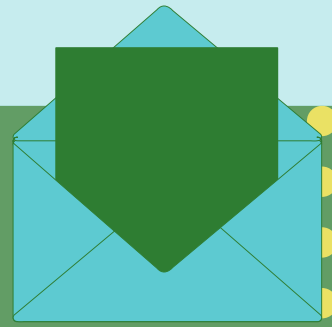
LMN

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Vol. 1, Issue 2~ October 2025

LMN PULSE Newsletter



KEEPING OUR FINGER ON THE PULSE OF HEALTH & WELLNESS

WELCOME NOTE

Hello LMN Family,
October is a special month in global health, it's Breast Cancer Awareness Month. Across the world, people wear pink, share stories, and take action to support those affected. This edition of LMN Pulse brings you simplified insights on breast cancer, early detection, and prevention tips.

We've also added short notes on Sudden Infant Death Syndrome (SIDS), a condition that affects infants under 1 year old because awareness and safe practices save lives.

BREAST CANCER FT SIDS



WHAT'S INSIDE?

- Health Spotlight
- Research in focus
- Study guides & learning tips
- Lifestyle & Wellness corner



HEALTH SPOTLIGHT

BREAST CANCER

Breast cancer is the most common cancer in women worldwide.

1 in 8 women will be diagnosed with breast cancer in their lifetime.

While rare, **men** can also develop breast cancer.

Risk factors: age, family history, genetics (BRCA1/BRCA2), obesity, alcohol use, and lack of physical activity.

Warning signs to check for:

New lump in the breast or underarm

Change in size, shape, or appearance of the breast

Dimpling or redness of breast skin

Nipple changes (discharge or pulling inward)

Good news: When detected early, breast cancer has a high survival rate. Screening and awareness save lives.

RESEARCH IN FOCUS

Key medical updates (2024-2025)

- **Targeted therapies** like PARP inhibitors are showing promise in patients with BRCA gene mutations.
- **Immunotherapy combinations** are improving survival in advanced breast cancer.
- **AI-enhanced mammograms** are increasing detection rates and reducing false positives.



STUDY GUIDE

& LEARNING TIPS

No.....

Date.....

Breast Cancer Basics:

Remember the 3 “E’s”:

1. **Examine** – Do monthly self-checks.
2. **Engage** – Talk with your doctor about family history and screening.
3. **Early Detect** – Mammograms save lives; start at age 40 (or earlier if high-risk).



LOCAL

SPOTLIGHT

BREAST CANCER AWARENESS IN GUYANA

Guyana continues to make strides in the fight against breast cancer, with several new initiatives:

- **“Pinktober 2025” Campaign Launch:**

The Ministry of Health launched this year’s Pinktober under the theme “Act Now, Live Strong.”

- **Expanded Mammography Access:**

Earlier this year, Lethem Regional Hospital commissioned a new mammogram machine. The Suddie Hospital also upgraded its imaging services.

- **Ongoing Screening Support:**

The Cancer Institute of Guyana continues to offer digital mammography and other diagnostic services to support early detection and treatment.

Together, these efforts reflect Guyana’s growing commitment to cancer awareness, access, and early intervention, reminding us all that prevention and knowledge are our first lines of defense. 🌸

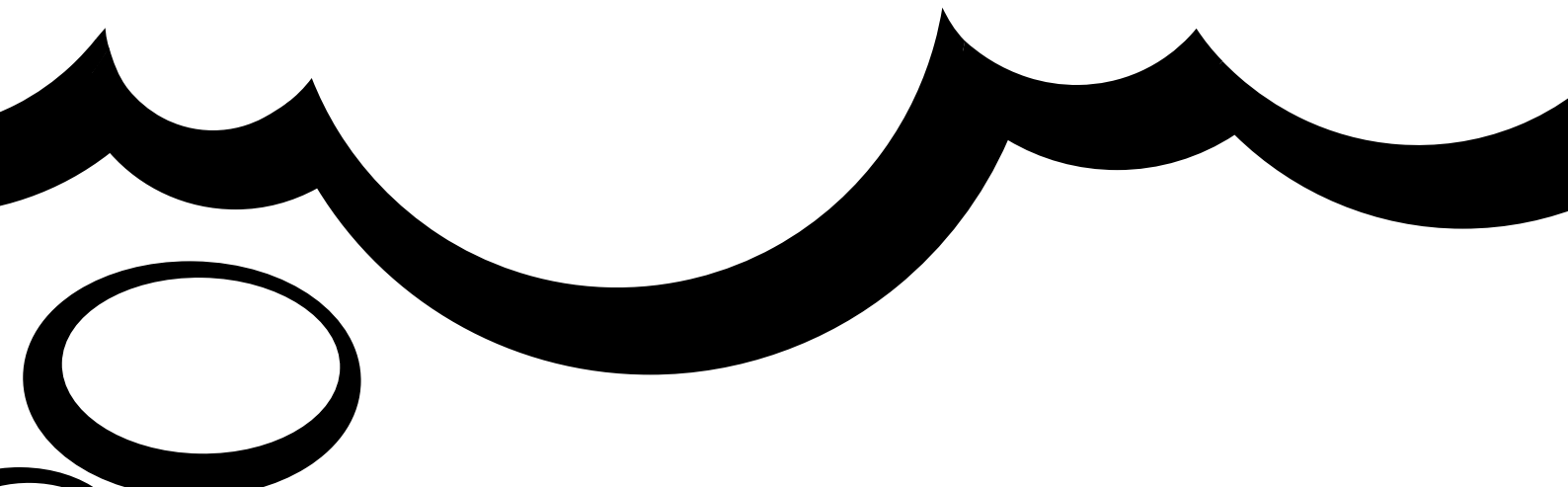
LIFESTYLE & WELLNESS CORNER

- **Stay** physically active (150 minutes/week).
- **Maintain** a healthy weight.
- **Limit** alcohol consumption.
- **Eat** a balanced, colorful diet.
- **Breastfeed** if possible — lowers risk for mothers.



October is also SIDS Awareness Month.

- SIDS = sudden, unexplained death of a baby under 1 year old.
- While the exact cause is unknown, safe sleep practices reduce risk:
- Always place babies on their back to sleep.
- Use a firm, flat sleep surface no pillows, toys, or loose blankets.
- Keep the baby's sleep area smoke-free.
- Share your room, not your bed.



OCTOBER 2025 HEALTH OBSERVANCES

- All Month – Breast Cancer Awareness Month
- All Month – Health Literacy Month
- All Month – ADHD Awareness Month
- All Month – SIDS Awareness Month
- All Month – Pregnancy & Infant Loss Awareness Month
- All Month – Spina Bifida Awareness Month
- October 5 – World Meningitis Day
- October 6 – World Cerebral Palsy Day
- October 7 – National Depression Screening Day
- October 9 (Second Thursday) – World Sight Day
- October 10 – World Mental Health Day
- October 11 – World Obesity Day
- October 13 – Metastatic Breast Cancer Awareness Day
- October 15 – Global Handwashing Day
- October 15 – Pregnancy & Infant Loss Remembrance Day
- October 17 – National Mammography Day
- October 19–25 – National Health Education Week
- October 20 – World Osteoporosis Day
- October 22 – International Stuttering Awareness Day
- October 24 – World Polio Day
- October 29 – World Psoriasis Day
- October 29 – World Stroke Day

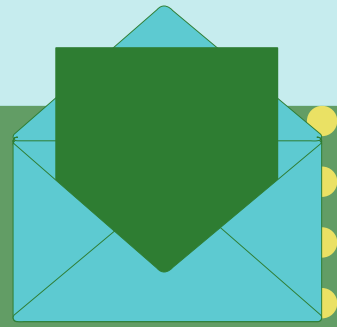
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GOODBYE

Knowledge is power but action saves lives. This October, let's wear pink 🌸, share awareness, and support screening for breast cancer. Let's also practice safe sleep to prevent SIDS. Together, we can protect health at every stage of life. ❤️

Stay safe and stay informed,
The LMN Team

LMN NOTIFICATIONS

