

# ECHO (Enhancing Collaborative Health Options & Opportunities) through HOPE (Hope and Healing Opportunities with Proactive & Preventive Education)



June is...

- Alzheimer's & Brain Awareness Month
- Men's Health Month
- National Employee Wellness Month
- National Migraine and Headache Awareness Month
- National Safety Month

### MESSAGE FROM MZCD STAFF



Dr. Ronald Caldwell, Kontia Grant, Sapphire De'Bellott, and Barbara Anderson.

### PTSD Awareness Month

Pregnancy and postpartum-related PTSD is most widely recognized and addressed during Maternal Mental Health Awareness Month in May and PTSD Awareness Month in June. These observances shine a vital light on birth trauma, high-risk pregnancies, and the Perinatal Mood and Anxiety Disorders (PMADs) that affect up to 1 in 5 birthing people.

#### Why It Matters

Pregnancy and childbirth can be traumatic due to emergency C-sections, difficult NICU stays, medical complications, or previous loss. Unlike general PTSD, child-birth-related PTSD (CB-PTSD) can specifically cause intrusive thoughts, flashbacks triggered by medical equipment sounds, or a fear of future medical environments.

### AUTISTIC PRIDE DAY



A pride celebration for autistic people is held on June 18 each year. Autistic

pride recognizes the importance of pride for autistic people and its role in bringing about positive changes in the broader society.

Neurodiversity itself is a biological fact: all brains are unique. The neurodiversity movement advocates for acceptance and inclusion of people with different neurotypes. This includes autistic people, people with ADHD, people with dyslexia, and more.

## Family Health & Fitness Day

Celebrated the second Saturday in June each year, NRPA's Family Health & Fitness Day is a special day promoting the importance of parks and recreation in keeping communities healthy and active.

On this day, park and recreation agencies are encouraged to participate by inviting families to be active and healthy at their local park or recreation center.

Whether that involves hosting a special event, such as a family fun run, planning a health and wellness fair, or simply encouraging community members to engage with your local trails and facilities through your social media platforms, there are end-



less opportunities to be as creative and fun as you'd like with your celebration!

This annual campaign is a unique opportunity for everyone—park and recreation agencies, community members, healthcare providers, public health organizations, and sponsors—to discover, embrace, and share the power of well-being in communities.

Source: National Recreation and Park Association (NRPA)

## Congenital Cytomegalovirus

Congenital Cytomegalovirus (CMV) is the most common infectious cause of birth defects in the US.

National Congenital Cytomegalovirus Awareness Month is observed every June to educate the public about the most common infectious cause of birth defects in the US. Designated by Congress in 2011, the month focuses on prevention, early diagnosis, and supporting families affected by the virus.

#### What is CMV?

CMV is a common virus that infects people of all ages. In the United States, nearly 1 in 3 children are already infected with CMV by age 5. Over half of adults have been infected with CMV by age 40.

Once CMV is in a person's body, it stays there for life and can reactivate. A person can also be re-infected with a different strain of the virus.

#### Signs and Symptoms

Most people with CMV show no signs or symptoms and aren't aware that they have been infected.

Sometimes, infection in healthy people can cause mild illnesses like:

- Fever
- Sore throat
- Fatigue
- Swollen glands

Occasionally, CMV can cause mononucleosis or hepatitis (liver problems).

If you have a weakened immune system and get CMV, you can have more serious symptoms affecting the eyes; lungs; liver; esophagus; stomach; and intestines.

#### CMV and Babies

Babies born with CMV can have brain, liver, spleen, lung, and growth problems. The most common long-term health problem in babies born with CMV infection



is hearing loss. This may be detected soon after birth or may develop later in childhood.

#### Who is at Risk?

Anyone can get CMV. Some people are at higher risk for complications from CMV, like those who are pregnant or have weakened immune systems.

- If you are pregnant and infected with CMV, you can pass CMV to your developing baby. When a baby is born with a CMV infection, it is called congenital CMV.
- About 1 in 200 babies are born with congenital CMV infection.
- About 1 in 5 babies with congenital CMV infection will have birth defects or other long-term health problems.

#### Prevention During Pregnancy

Because the virus spreads through close contact with bodily fluids (such as saliva and urine), pregnant people can significantly reduce their risk of infection by taking simple daily precautions:

- Washing hands frequently with soap and water.
- Avoiding sharing food, utensils, or drinks with young children.
- Refraining from kissing young children on the mouth or face.

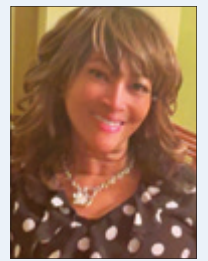
In the Project NAF program, we are blessed to witness new life with our participants, and it's natural to want to hold and kiss a newborn baby. Unless otherwise advised, holding a baby is perfectly fine. Still, I often hear my mother's voice reminding me, "Do not kiss babies on the face, just give a light kiss on the back of the head."

Source: CDC

### MOUNT ZION COMMUNITY DEVELOPMENT, INC.



Dr. John H. Grant, Founding Chairman, President, CEO of Mount Zion Community Development, Inc.



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#### Project Empower

Education Means Power – in collaboration with community partners to impact the opioid crisis.



#### OUR PARTNERS

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