

# Arkansas Medical Supply

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## HALLOWEEN Safety Tips

- All Dressed UP: Plan costumes that are short enough to prevent tripping and catching on decorations. Wear bright and reflective gear. A great way to add some color and light to your trick or treat bags is to make them brightly colored and put a flashlight in them so they glow.
- Carving a Jack-O-Lantern: Kids should never carve their own pumpkin. If they want to help let them draw the face with a marker then an adult carve their drawing. Consider using a glow stick to light up your pumpkin to prevent fires and accidents. It is also fun to get different colored glow sticks to switch things up!
- Safety for the home: Remove leaves and other toys or lawn equipment from walkway to prevent children from tripping. Be sure to have a porch light on and the walkway lit up for easy access. Restrain pets so they don't jump, bark, or scare trick or treaters.
- Healthy Halloween: Although rare make sure you check all treats for tampering.

## AMS NEWSLETTER



### October 2018

It is our mission to provide the highest quality of medical products and personal service to all customers!

We strive to help our customers live better! We take pride in working with our customers to meet their needs and in turn enhance their ability to live independently.

### Calendar of Events

- October 8- Columbus day
- October 10- World Mental Health Day
- October 31- HALLOWEEN
- Breast cancer awareness month

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# World Mental Health Day: October 10



Why World Mental Health Day is important:

- This day is an opportunity to reflect and take ownership of your own mental wellbeing. We are all juggling a lot; stress, kids, illnesses, money, disappointment, grief, etc. All these emotions add up and at some point you reach your breaking point. Use this day as an opportunity to think about your mental health issues and make changes if necessary. Try listing out problems with some quick solutions, build on what you have and try to make it better.
- It is not just about you and your mental health. You don't need to have depression, anxiety, stress or any other mental health disorder to make a difference today. Educating yourself and offering support to your community can help everyone's health. If you see someone stressing out about things they need to get done offer to help them out whether you can pick up a task from them or just offering a shoulder to lean on. It gives people relief just knowing that there is someone out there supporting them and the work they are doing.
- World mental health day helps create awareness and action on a global scale. It starts a conversation about mental health and wellbeing that helps reduce the stigma associated with mental health illnesses and could lead to more people seeking support and treatment.

## October is National Breast Cancer Awareness Month



This October, **Arkansas Medical Supply** is proud to participate in National Breast Cancer Awareness Month. Breast cancer is the most common kind of cancer in women after skin cancer. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that most women can survive breast cancer if it's found and treated early.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often. Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

World Mental Health Day information: [webplus.info](http://webplus.info)  
Breast Cancer Information: [cdimiami.com](http://cdimiami.com)