

# EVERYDAY WELLBEING

March/ April/ May Are The  
Months for:

Endometriosis Awareness Month

Brain Injury Awareness Month

IBS Awareness Month

Parkinson's Awareness Month

Skin Cancer Awareness Month

Maternal Mental Health Awareness  
Month



National Endometriosis Awareness Month falls in March,  
offering the perfect opportunity to learn more about this painful  
disease-and what you can do about it.



## Did You Know?\*

- Endometriosis affects 5% to 10% of women.
- It occurs when tissue that normally lines the uterus grows in other areas, such as the fallopian tubes or ovaries.
- The only way to definitively diagnose endometriosis is through laparoscopic surgery.
- Symptoms include lower back pain, extremely painful periods, pain during sex and infertility.

\*From the American Academy of Family Physicians

## The good news?

**Treatments are available to  
reduce pain and cramping:\*\***

- **Gonadotropin-releasing hormone (GnRH)** medicines stop the growth of endometriosis by sending the body into a menopause-like state
- **Danazol treatment** stops the release of menstruation-related hormones
- **Progesterone and progestin hormone** pills reduce or stop menstruation
- **Birth control pills** can make periods lighter and shorter
- **Laparoscopy** can remove or destroy lesions related to endometriosis
- **Surgery** can sever the abdominal nerves causing symptoms

**\*\*From the National Institute of Child Health and Human Development**





# EVERYDAY WELLBEING

## MARCH IS BRAIN INJURY AWARENESS MONTH



A traumatic brain injury—or TBI—is a blow or jolt to the head that disrupts the normal function of the brain.

The severity of the TBI is determined at the time of the injury and may be classified as: mild, moderate, severe, or penetrating.

**MORE THAN  
485K**  
TBIs REPORTED  
SINCE 2000 BY U.S.  
SERVICE MEMBERS\*

**82.2%**  
CATEGORIZED AS MILD  
TBI, ALSO KNOWN  
AS CONCUSSION

**ONLY  
16.9%**  
TBIs OCCUR IN  
THE DEPLOYED  
SETTING\*



## WHAT TYPES OF ACTIVITIES CAN LEAD TO A TBI?



Military  
Training  
Exercises



Sports and  
Recreational  
Activities



Motor  
Vehicle  
Collisions

## HOW CAN I BE A BRAIN WARRIOR?

### PROTECT

- Wear a helmet
- Practice safe driving techniques
- Be aware of your surroundings
- Check out [health.mil/AHFTF](https://health.mil/AHFTF) for more safety tips

### TREAT

- See your health care provider as soon as you experience a potentially concussive event
- Learn to recognize signs and symptoms of TBI, including headaches, trouble sleeping, and blurred or double vision
- Check out [health.mil/TBIFactSheets](https://health.mil/TBIFactSheets) for more information

### OPTIMIZE

- Learn how to advocate for a loved one with TBI while ensuring your own emotional and physical health
- Ask your medical provider to explain the steps on your recovery journey and how to safely return to duty
- Check out [health.mil/TBIPatientResources](https://health.mil/TBIPatientResources) for more information



<https://biausa.org/>

\*IBICOF 2023 DOD Worldwide Numbers for TBI, DOD TBI Worldwide Numbers since 2000, [health.mil](https://health.mil) TBInumbers

\*Agini Y, Rogers LL, Stout KC. Incidence of traumatic brain injury in the U.S. military, 2000-2014. *Mil Med*. 2019;194(5-6):e273-81.



# EVERYDAY WELLBEING

## FIBER



## FAST FACTS: ABOUT IBS

**IBS**  
APRIL  
AWARENESS MONTH

IBS is a chronic functional bowel disorder characterized by symptoms of abdominal pain and altered bowel habits (constipation and diarrhea), in the absence of structural or biochemical abnormalities that are detectable with the current routine diagnostic tools.

IBS is the most common condition diagnosed by gastroenterologists and is one of the most frequently seen conditions by PCPs



IBS affects both men and women of all ages. It is thought only a fraction of individuals with symptoms of IBS seek medical attention. Most individuals will initially consult PCPs for their symptoms, and the factors that drive this consultation are symptom severity, especially pain, and concerns that symptoms might indicate an underlying severe disease, such as cancer.



The prevalence of IBS globally is 11%, however, it is thought that IBS remains underdiagnosed.

Symptom-based criteria of IBS were first developed in 1989 by an international working group who met in Rome (the Rome criteria). These criteria have been updated in the Rome II, III, and most recently, in 2016, the Rome IV criteria for IBS. However, awareness of the criteria by PCPs is limited and the criteria are often perceived as too complex to use in clinical practice.

According to the Rome IV diagnostic criteria, IBS is characterized by recurrent abdominal pain for, on average, at least one day per week in the past three months, associated with two or more of the following:

- symptoms related to defecation
- symptoms associated with a change in stool frequency
- symptoms associated with a change in stool form or appearance, based on the Bristol Stool Form Scale (BSFS)



Subtypes of IBS are recognized by the Rome IV criteria based on the person's reported predominant bowel habit, when not on medications, as follows:

- IBS-C: with predominant constipation (Bristol types 1 and 2)
- IBS-D: with predominant diarrhea (Bristol types 6 and 7)
- IBS-M: with both constipation and diarrhea (Bristol types 1 and 6)



The symptoms most frequently reported for IBS-D are: abdominal pain and discomfort, abdominal bloating, distension, urgency, and diarrhea.



The symptoms most frequently reported for IBS-C are: abdominal pain, bloating, and constipation.



The underlying cause of IBS is still unclear and, as there are no diagnostic disease markers for IBS, guidelines recommend PCPs make a positive diagnosis using criteria that are based on the person's symptoms.





# EVERYDAY WELLBEING

## WHAT IS PARKINSON'S?

PARKINSON'S DISEASE AFFECTS ONE IN 100 PEOPLE OVER AGE 60. IN THE UNITED STATES, 60,000 NEW CASES WILL BE DIAGNOSED THIS YEAR ALONE.

**1/100**  
OVER  
AGE 60

**60,000**  
NEW

LESSER-KNOWN SYMPTOMS OF PARKINSON'S INCLUDE DEPRESSION, APATHY, FATIGUE, AND DEMENTIA.



PARKINSON'S DISEASE IS CAUSED BY THE DEATH OF DOPAMINE CELLS.

**60 TO 80%**

OF THESE CELLS ARE ALREADY LOST BY THE TIME MOTOR SYMPTOMS APPEAR.



THE EXACT CAUSE OF PARKINSON'S DISEASE IS UNKNOWN BUT BOTH GENETICS AND ENVIRONMENT ARE CAUSES.



**THERE IS NO TEST** TO DIAGNOSE PARKINSON'S DISEASE. PEOPLE WITH PARKINSON'S VISIT MULTIPLE DOCTORS AND CAN WAIT YEARS BEFORE A CORRECT DIAGNOSIS.



THERE IS NO CURE FOR PARKINSON'S DISEASE TODAY. BUT THE MICHAEL J. FOX FOUNDATION IS WORKING URGENTLY TO CHANGE THAT. LEARN MORE AT [WWW.MICHAELJFOX.ORG](http://WWW.MICHAELJFOX.ORG)

**1M/US**

TODAY, AN ESTIMATED ONE MILLION PEOPLE IN THE UNITED STATES AND MORE



**5M/WORLD**

THAN FIVE MILLION WORLDWIDE ARE LIVING WITH PARKINSON'S DISEASE.



**3 OUT OF 5**

AMERICANS WILL SUFFER FROM A NERVOUS-SYSTEM DISEASE SUCH AS PARKINSON'S OR ALZHEIMER'S.

RESEARCHERS ARE INVESTIGATING POTENTIAL EARLY SYMPTOMS, SUCH AS IMPAIRED SENSE OF SMELL, CERTAIN SLEEP DISORDERS, CONSTIPATION, AND UNUSUAL FATIGUE.



TODAY'S BEST PARKINSON'S DRUG WAS DISCOVERED IN



**1967**

LYNDON B. JOHNSON WAS PRESIDENT AND NEIL ARMSTRONG HAD NOT YET WALKED ON THE MOON.

DYSKINESIA IS OFTEN MISTAKEN FOR A SYMPTOM OF PARKINSON'S DISEASE, BUT IT IS ACTUALLY A SIDE EFFECT OF PARKINSON'S TREATMENT. MANY PATIENTS REPORT DYSKINESIA TO BE AS DEBILITATING AS THE DISEASE ITSELF.



<https://www.michaeljfox.org/>

**GET INVOLVED**





## EVERYDAY WELLBEING

Don't  
skip  
the  
sunscreen



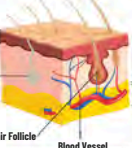
## Skin Cancer 101

The Skin Cancer Foundation is here to provide you with the tools you need to prevent, detect and treat skin cancer. If you see anything new, changing or unusual on your skin, see a dermatologist.

### SKIN: YOUR LARGEST ORGAN

The skin is the largest organ in the human body. It forms a waterproof, protective wrap over your entire body, serving as a barrier to infection and helping to control your body temperature.

Squamous Cells  
Melanocytes  
Sweet Gland  
Hair Follicle  
Blood Vessel



### Skin Facts

The average adult human has a skin surface area between 16.1 and 21.5 square feet.  
In just a square inch of skin, there are approximately:  
• 60,000 melanocytes, which give skin its color  
• 1,000 nerve endings  
• 600 sweat glands  
• 20 blood vessels

### WHAT IS SKIN CANCER?

Skin cancer is the out-of-control growth of abnormal cells in the epidermis, the outermost skin layer, caused by unrepaired DNA damage that triggers mutations. These mutations lead the skin cells to multiply rapidly and form a malignant tumor. It may grow inward and outward, eventually becoming visible on the surface of the skin. The two main causes of skin cancer are the sun's harmful ultraviolet (UV) rays and the use of UV indoor tanning beds. The good news is that if skin cancer is caught early, your dermatologist can treat it with little or no scarring and high odds of eliminating it entirely. Often, the doctor may even detect the growth at a precancerous stage, before it has become a full-blown skin cancer.

### Basal Cell Carcinoma

This is the most common form of skin cancer, with an estimated 3.6 million cases in the U.S. each year. Basal cell carcinomas (BCCs) are abnormal, uncontrolled growths that arise from the skin's basal cells in the epidermis. These cancers most often develop on skin areas typically exposed to the sun, especially the face, ears, neck, scalp, shoulders and back. Most BCCs are caused by the combination of intermittent, intense exposure and cumulative, long-term exposure to UV radiation from the sun or from tanning beds. BCCs can be locally destructive if not detected and treated early. Occasionally these cancers metastasize (spread) and in very rare instances they can be fatal.

### Squamous Cell Carcinoma

This is the second most common form of skin cancer. Squamous cell carcinoma (SCC) is an uncontrolled growth of abnormal cells arising from the squamous cells in the epidermis. An estimated 1.8 million cases of SCC are diagnosed each year in the U.S. Cumulative, long-term exposure to UV radiation from the sun and indoor tanning causes most SCCs. They are common on sun-exposed areas such as the ears, face, scalp, neck and hands, where the skin often reveals signs of sun damage, including wrinkles and age spots. SCCs can sometimes grow rapidly and metastasize if not detected and treated early. The number of deaths from SCC in the U.S. each year is unknown but may be several thousand.

### Melanoma

Melanoma is a cancer that develops from melanocytes, the skin cells that produce melanin pigment, which gives skin its color. The more dangerous of the three most common forms of skin cancer, melanoma is often triggered by the kind of intense, intermittent sun exposure that leads to sunburn. Tanning bed use also increases risk for melanoma. Melanomas often resemble moles and sometimes may arise from them. The disease has a very high chance of being cured if found and treated early. About 200,000 cases of melanoma are estimated to be diagnosed in the U.S. in 2024, about 100,000 of them invasive. When melanoma progresses, it can spread to vital organs, and it causes more than 8,000 deaths in the U.S. each year.

### Merkel Cell Carcinoma

Merkel cell carcinoma (MCC) is a rare, aggressive cancer that starts in the outer layer of skin and looks like Merkel cells; however, it is unlikely to originate from those specific cells. It has a high risk of recurring and spreading (metastasizing), often within two to three years after diagnosis. There are about 3,000 new cases of MCC in the U.S. each year, and they are rarely found at an early stage. However, immunotherapy drugs are improving survival. About 80 percent are associated with a virus called the Merkel cell polyomavirus; 20 percent are caused by UV radiation. These tumors often appear on sun-exposed areas of the body as a pearly, pimple-like lump, sometimes skin-colored, red, purple or bluish-red, and are rarely tender to the touch. They can advance rapidly, which is often what causes patients and doctors to take notice. It is important to take a diagnosis seriously and act quickly to find multidisciplinary care to form a treatment plan.

### Basal Cell Carcinomas



A shiny bump, or nodule, that is pearly or translucent and is often pink, red, white or clear. The bump can also be brown, especially in skin of color.

An open sore that bleeds, oozes or crusts and doesn't heal for three or more weeks may be a sign of a BCC. It might also have a slightly elevated, rolled border and a crusted central indentation.

A reddish, irritated or crusty patch that may itch or hurt. Other BCCs may look like white, yellow or waxy scars.

### Squamous Cell Carcinomas



A wart-like growth that crusts and occasionally bleeds.

A persistent, scaly patch that sometimes crusts or bleeds.

An elevated growth with a central depression that occasionally bleeds. It may rapidly increase in size.

### Actinic Keratoses

The most common type of precancerous skin lesion, actinic keratosis (AK), typically appears on skin that has been frequently exposed to the sun or to artificial UV light from tanning beds. AKs often occur on the face, lips, ears, scalp, back of the hands and forearms. They typically feel rough to the touch and look like pink, white or tan scaly or crusty patches, red bumps, protruding sores or cracks with dried blood. Left untreated, 10 percent or more may turn into squamous cell carcinomas, so treatment by a dermatologist is recommended.

### The ABCDEs of Melanoma



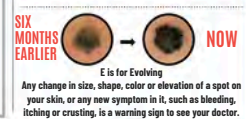
**A is for Asymmetry**  
Most melanomas are asymmetrical: a line through the middle would not create matching halves. Common moles are usually round and symmetrical.

**B is for Border**  
Melanoma borders tend to be uneven and may have scalloped or notched edges. Common moles tend to have smoother, more even borders.

**C is for Color**  
Multiple colors are a warning sign. While benign moles are usually a single shade of brown, a melanoma may have different shades of brown, tan or black. As it grows, the colors red, white or blue may also appear.

**D is for Diameter or Dark**  
It is a warning sign if a lesion is the size of a pencil eraser (about 6 mm, or 4 inch, in diameter) or larger. It's also important to look for any lesion, no matter what size, that is darker than others.

**E is for Evolving**  
Any change in size, shape, color or elevation of a spot on your skin, or any new symptom in it, such as bleeding, itching or crusting, is a warning sign to see your doctor.



### Atypical Moles (also known as DYSPASTIC NEVI)

Atypical moles are pigmented lesions that appear different from common moles and often resemble melanomas. Though the vast majority will never become malignant, they are more likely than ordinary moles to develop into melanomas. For this reason, a dermatologist should check them regularly, especially if they grow larger, change in color or shape, or take on any new traits such as itching, flaking or oozing. People with atypical moles have an increased risk of developing melanoma, whether in the mole itself or elsewhere on the body. Those with 10 or more have 12 times the risk of developing melanoma compared with the general population.

ONE IN FIVE AMERICANS will develop skin cancer by the age of 70. Knowledge is your greatest weapon in fighting it. This primer gives you an overview of the major types of skin cancer and the precancers that can develop into skin cancer if left untreated.

Let us help!  
SkinCancer.org



LEARN MORE

<https://www.skincancer.org/>





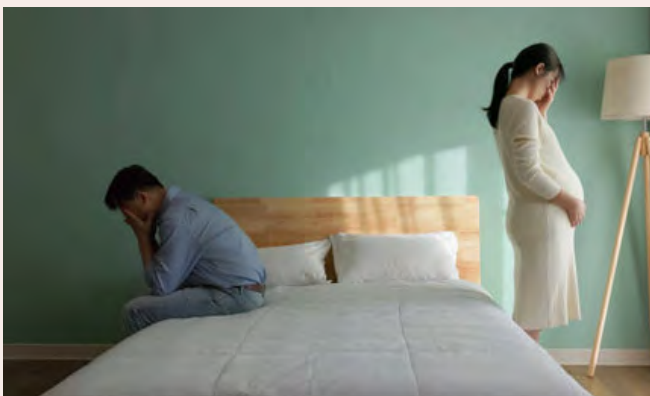


# NBOE Benefit Services Newsletter Spring 2025



MATERNAL  
**MENTAL**  
HEALTH  
MONTH  
MAY 2025

"It's okay to not be okay"



## Pregnancy and Postpartum Mental Health Illnesses

CLINICALLY REFERRED TO AS PERINATAL MOOD & ANXIETY DISORDERS (PMADS)

1 in 5



women will experience a maternal mental health illness like pregnancy or postpartum depression or anxiety.

800,000 +

women will suffer from a pregnancy or postpartum mental health illness in the United States each year.



Only 15% of women with PMADS are diagnosed, making these the most under-diagnosed obstetric complications in the U.S.



Women who have had a PMAD are **50% more likely** to have it with their next pregnancy.

## Over 20% of postpartum deaths

are caused by suicide, the most common cause of mortality in postpartum women.

African American women suffer at rates 35% higher than the rest of the population.



Women in their childbearing years are the largest group with depression in the U.S.



1 in 10 dads

will experience a perinatal mental health disorder after the birth of their child.



Untreated anxiety and depression can lead to emotional and social problems and developmental delays in children.



Pregnancy and postpartum mental health illnesses impact the whole family, not just women, and are temporary and treatable with professional help.

**motherhood UNDERSTOOD**



LEARN MORE

<https://policycentermmh.org/>



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PROGRAM!**

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# SPOTLIGHT ON CHRONIC DISEASE

## Problem

AMERICAN COLLEGE OF  
Lifestyle Medicine



6 in 10 Americans have a **Chronic Disease**



4 in 10 Americans have **2 or more Chronic Diseases**



38% of Americans will be diagnosed with **Cancer** during their lifetimes



**Chronic diseases** - heart disease, cancer, diabetes, stroke, & Alzheimer's are the leading causes of disability and death



Half of all Americans have **Cardiovascular Disease**



1 in 3 Americans have **Pre-Diabetes**

**88 Million**  
**34 Million**

Americans have **Pre-Diabetes** | 90% do NOT know it

people live with **Type 2 Diabetes**

**72% of Americans are Overweight or Obese**

36 million men and 29 million women are overweight  
32 million men and 36 million women are obese



## Cause

### Eliminate



**Poor Diet**



**Sedentary Behavior**



**Smoking**

### Prevent

**80%** of heart disease & stroke

**80%** of type 2 diabetes

**40%** of cancer

## Solution

### Restore Health

**Whole-food, plant predominant diet**

**1**

**150 mins/wk of moderate exercise**

**2**

**8 hours of restful sleep**

**3**

**Daily relaxation time to lower stress**

**4**

**No Smoking**

**5**

**Regular connection to positive people**

**6**





Save  
The  
Date



# SPRING 2025

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## RECHARGE & RENEW

**SATURDAY, MAY 17, 2025**  
10:00AM - 1:00 PM

**RAFAEL HERNÁNDEZ ELEMENTARY SCHOOL**  
345 BROADWAY NEWARK, NJ 07104

Quest Biometric screening  
1-on-1 access to NBOE Representatives and providers  
Healthy Breakfast  
Raffles, door prizes, gift cards  
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REGISTER NOW



**Newark**  
Board of Education  
Roger León, Superintendent



Where Passion Meets Progress





# New York Yankees

## TEACHER APPRECIATION SPECIAL OFFER

★ JUNE 16TH - JUNE 19 AS WELL AS SATURDAY, JUNE 21<sup>ST</sup> AND SUNDAY, JUNE 22<sup>ND</sup> ★



### EACH SPECIAL EVENT TICKET INCLUDES:

**-ALL TICKETS PURCHASED WILL INCLUDE A \$15 MEAL AND BEVERAGE VOUCHER, AND THE CHOICE BETWEEN A TUMBLER OR A TOTE BAG**

**ORDER TICKETS HERE**

FOR ADDITIONAL INFO PLEASE

EMAIL:

**JTRAGALE@YANKEES.COM**

OR CALL : (646) 977-8090

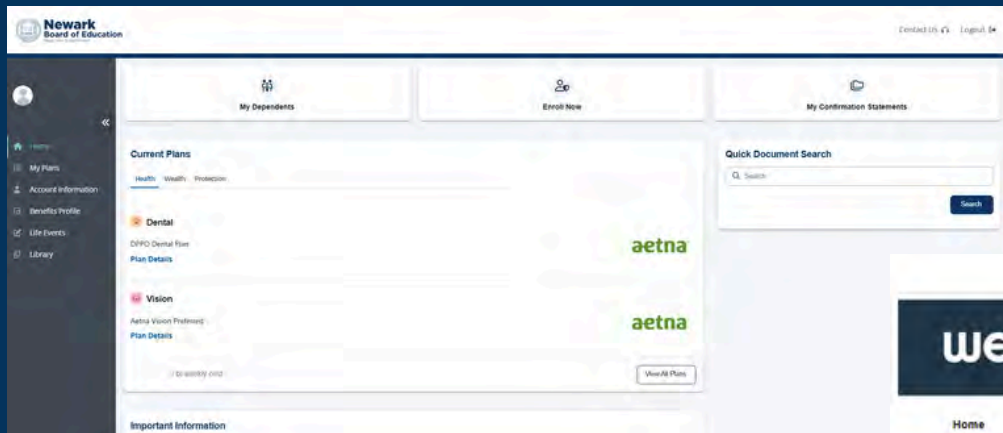




# Important Reminders: FSA

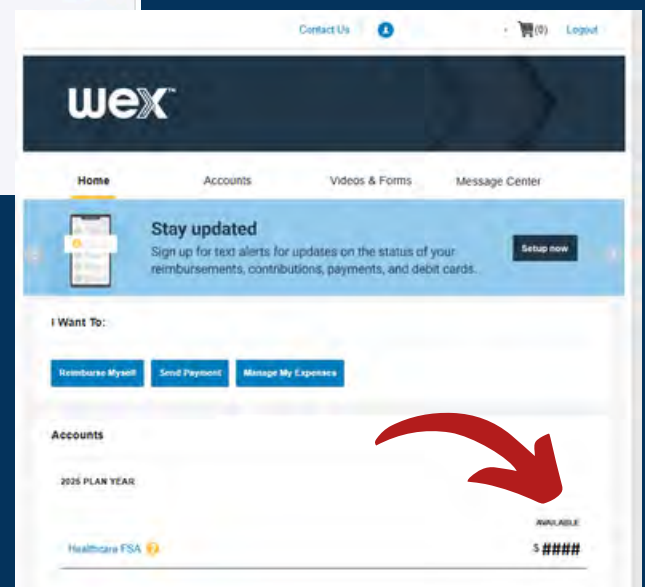


You can view your FSA balance anytime. Please visit [www.NBOEbenefits.com](http://www.NBOEbenefits.com) using your district username and password. Scroll down to Helpful Links, then click on View My Spending Account.



MORE INFO

**Click here!**







# LOOKING AHEAD

Here's a sneak  
peak at what's to  
come in the next  
issue:

- Everyday Wellbeing: June, July, August
- Spotlight on Men's Health
- New Programs
- Declaring a Life Event
- Important Announcements