

Wellness News

October 2022

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“Your present circumstances don’t determine where you go; they merely determine where you start.” – *Nido Qubein*

Breast Cancer Awareness Month



Breast cancer awareness is an effort to raise awareness and reduce the stigma of breast cancer through education on symptoms and treatment

Ask your doctor when you should get a mammogram

Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early when it is easier to treat and before it is big enough to feel or cause symptoms. Mark your calendar, October 21st is National Mammography Day.

What are the symptoms?

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include—

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.
- If you have any signs that worry you, see your doctor right away.

What are the risk factors?

Studies have shown that your risk for breast cancer is due to a combination of factors. The main factors that influence your risk include being a woman and getting older. Most breast cancers are found in women who are 50 years old or older.

Some women will get breast cancer even without any other risk factors that they know of. Having a risk factor does not mean you will get the disease, and not all risk factors have the same effect. Most women have some risk factors, but most women do not get breast cancer. If you have breast cancer risk factors, talk with your doctor about screening for breast cancer.

How can I lower my risk?

You can do things to help lower your breast cancer risk.

- Keep a healthy weight and exercise regularly.
- Don't drink alcohol or limit the amount of alcohol you drink.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.
- Breastfeed your children, if possible.

Fast facts about breast cancer

- Each year in the United States, about 255,000 women get breast cancer and 42,000 women die from the disease.
- Men also get breast cancer, but it is not very common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.

One in eight women will develop breast cancer in their lifetime. This month, help spread awareness to your family, friends and colleagues on things they should know about breast cancer and what measures they can take to lower their risk.

Source:

1. <https://www.cdc.gov/cancer/dcp/resources/features/breastcancerawareness/index.htm>

2. <https://www.ttrs.texas.gov/Pages/healthcare-news-breast-cancer-awareness.aspx>

Healthy Choices

Ten Things You Can Do for Your Mental Health

Try these tips to keep your balance, or re-balance yourself

1. Value yourself

Treat yourself with kindness and respect and avoid self-criticism. Make time for your hobbies and favorite projects or broaden your horizons. Do a daily crossword puzzle, plant a garden, take dance lessons, learn to play an instrument or become fluent in another language.

2. Take care of your body

Taking care of yourself physically can improve your mental health. Be sure to:

- Eat nutritious meals
- Avoid smoking and vaping-- see Cessation Help
- Drink plenty of water
- Exercise, which helps decrease depression and anxiety and improve moods
- Get enough sleep

3. Surround yourself with good people

People with strong family or social connections are generally healthier than those who lack a support network. Make plans with supportive family members and friends or seek out activities where you can meet new people, such as a club, class or support group.

4. Give yourself

Volunteer your time and energy to help someone else. You'll feel good about doing something tangible to help someone in need — and it's a great way to meet new people.



October 10th is World Mental Health Day

This October, embrace mental health and shatter the stigma around it by celebrating World Mental Health Day on October 10.

Whether you run your own business or work as part of a team, prioritize mental health.

Here are 7 ideas on how to engage employees and support mental health in the workplace:

1. Hold a Mental Health Seminar
2. Organize an Office Outing
3. Engage in Community Work
4. Hold an Employee Recognition Ceremony
5. Organize a Mini Sporting Event
6. Hold a Fun Movie Screening
7. Coordinate a Social Brew Get-together After Work

#WorldMentalHealthDay

Source:

1. <https://www.who.int/campaigns/world-mental-health-day/2022>
2. <https://www.vantagefit.io/blog/world-mental-health-day-2022/>

Ten Things You Can Do for Your Mental Health (cont'd)



5. Learn how to deal with stress

Like it or not, stress is a part of life - practice good coping skills. Try [One-Minute Stress Strategies](#), do Tai Chi, exercise, take a nature walk, play with your pet or try journal writing as a stress reducer. Also, remember to smile and see the humor in life. Research shows that laughter can boost your immune system, ease pain, relax your body and reduce stress.

6. Quiet your mind

Try meditating, [Mindfulness](#) and/or prayer. Relaxation exercises and prayer can improve your state of mind and outlook on life. In fact, research shows that meditation may help you feel calm and enhance the effects of therapy.

7. Set realistic goals

Decide what you want to achieve academically, professionally and personally, and write down the steps you need to realize your goals. Aim high but be realistic and don't over-schedule. You'll enjoy a tremendous sense of accomplishment and self-worth as you progress toward your goal.

8. Break up the monotony

Although our routines make us more efficient and enhance our feelings of security and safety, a little change of pace can perk up a tedious schedule. Alter your jogging route, plan a road-trip, take a walk in a different park, hang some new pictures or try a new restaurant. See [Rejuvenation 101](#) for more ideas.

9. Avoid alcohol and other drugs

Keep alcohol use to a minimum and avoid other drugs. Sometimes people use alcohol and other drugs to "self-medicate", but in reality, alcohol and other drugs only aggravate problems.

10. Get help when you need it

Seeking help is a sign of strength — not weakness. And it is important to remember that treatment is effective. People who get appropriate care can recover from mental illness and addiction and lead full, rewarding lives.

Contest-winning Apple Caramel Crisp

In honor of National Apple Month and National Caramel Month, let's celebrate with this fall dessert sure to please the entire family!

Ingredients:

- 3 cups old-fashioned oats
- 2 cups all-purpose flour
- 1-1/2 cups packed brown sugar
- 1 teaspoon ground cinnamon
- 1 cup cold butter, cubed
- 8 cups thinly sliced peeled tart apples
- 1 package (14oz.) caramels, halved
- 1 cup apple cider, divided



Directions:

1. Preheat oven to 350°. In a large bowl, mix oats, flour, brown sugar and cinnamon; cut in butter until crumbly. Press half the mixture into a greased 13x9-in. baking dish. Layer half of each of the following: apples, caramels and remaining oat mixture. Repeat layers. Drizzle 1/2 cup cider over top.
2. Bake, uncovered, 30 minutes. Drizzle with remaining cider; bake until apples are tender, 15-20 minutes longer.

Nutrition Facts:

1 serving: 564 calories, 20g fat (11g saturated fat), 43mg cholesterol, 213mg sodium, 94g carbohydrate (59g sugars, 4g fiber), 7g protein.

Keeping Hands Clean

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections. Germs can spread from person to person or from surfaces to people when you:

- Touch your eyes, nose, and mouth with unwashed hands.
- Prepare or eat food and drinks with unwashed hands.
- Touch surfaces or objects that have germs on them.
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects.



Respiratory Care

Every cell in the body needs oxygen to function properly. This is why your lungs are so important! Healthy lungs keep us active without limitations. We often overlook our lungs because we breathe without even thinking until there is a problem. According to the American Lung Association, nearly 37 million Americans live with a chronic lung disease like asthma and COPD, which includes emphysema and chronic bronchitis.

Keep your lungs healthy: avoid or quit smoking or vaping, exercise regularly, avoid indoor pollutants and irritants, avoid outdoor pollutants, maintain your health and have regular medical check-ups.

Recipe: <https://www.tasteofhome.com/recipes/contest-winning-caramel-apple-crisp/>

Source:
1. <https://mybethanymedical.com/lung-health-awareness-month/#~:text=According%20to%20the%20American%20Lung,to%20think%20about%20pulmonary%20wellness>
2. <https://www.cdc.gov/hygiene/personal-hygiene/hands.html#:~:text=Washing%20hands%20can%20keep%20you.and%20drinks%20with%20unwashed%20hands>