

WELLNESS NEWSLETTER

BREAST CANCER AWARENESS MONTH

Breast Cancer Facts:

- ◇ One in eight women will be diagnosed with breast cancer in their lifetime.
- ◇ Breast cancer is the most commonly diagnosed cancer in women.
- ◇ Breast cancer is the second leading cause of death among women.
- ◇ Each year it is estimated that over 220,000 women in the United States will be diagnosed with breast cancer and more than 40,000 will die.
- ◇ Although breast cancer in men is rare, an estimated 2,150 men will be diagnosed and approximately 410 will die.
- ◇ Death rates have been declining since about 1990, due in part to better screening, early detection, increased awareness and always improving treatment options.

Reduce Your Risk:

- ◇ Exercise boosts the immune system and helps keep your weight in check. Just 3 hours of exercise per week can lower your risk of breast cancer.
- ◇ Eating a nutritious low-fat diet with plenty of fruits and vegetables can help reduce your risk. Fat triggers estrogen production that can fuel tumor growth.
- ◇ Quit Smoking
- ◇ Drink in Moderation
- ◇ Manage your Stress
- ◇ Hormone Replacement Therapy (HRT) can increase your risk of breast cancer. Try to seek safer alternatives.

Remember:

- ◇ Give yourself a breast self-exam once a month.
- ◇ Have a routine physical every year which includes a breast exam and pelvic exam.
- ◇ If you are of average risk, start having mammograms at age 50.
- ◇ Know your family history.



"THE END OF BULLYING BEGINS WITH ME"



October is National Bullying Prevention Month. It's a time when people can unite nationwide and raise awareness of bullying prevention through events, activities, outreach and education. October 9th is Unity Day, wear orange to support the cause. Source: www.pacer.org

DOWN SYNDROME AWARENESS MONTH

Down Syndrome is a genetic condition that occurs in one in every 691 births. It is not related to race, nationality, religion or socioeconomic status. Most children with Down Syndrome have mild to moderate impairments, but it is important to note that they are more like other children than they are different. They have many talents and gifts and should be given the opportunity and encouragement to develop them.

Source: www.nads.org



EDUCATE BEFORE YOU MEDICATE

October marks the 28th national "Talk About Prescriptions" Month. This year their theme is "Be Medicine Smart." It is so important, especially if you have multiple chronic conditions, that you are communicating with your doctor and pharmacist about what you are taking. It is important that they also know if you are taking any Over-the-Counter medications or supplements on a regular basis.

Source: www.talkaboutrx.org

MUSHROOM AND BELL PEPPER OMELET WITH FONTINA

World Egg Day is October 11th. The "incredible, edible egg" has gotten a bad reputation because they contribute to cholesterol. However, they are also a great source of protein, vitamin A, potassium, folic acid, choline and biotin, most of which is found in the yolk. So the health benefits are substantial, but just remember...moderation.

Ingredients

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|---------------------------------|----------------------------------|-------------------------------|
| 1 tsp olive oil | 1/2 C chopped seeded plum tomato | 2 large egg whites |
| Cooking Spray | 1/2 tsp salt | 1/2 tsp butter |
| 1/4 C chopped scallions | 1/8 tsp pepper | 1/2 C shredded fontina cheese |
| 1/2 medium green pepper, sliced | 2 tsp chopped parsley | 1/4 C reduced fat sour cream |
| 2 C sliced shitake mushrooms | 8 large eggs | |

Directions

1. In nonstick skillet coated in cooking spray add 1/2 tsp of olive oil and heat. Add scallions and green pepper, sauté 1 minute. Add mushrooms and sauté an additional 3 minutes. Stir in tomato, salt and pepper and cook for 30 seconds. Remove from pan and keep warm.
2. In bowl whisk eggs, egg whites, salt, parsley. Add 1/2 tsp of olive oil and butter to the skillet and heat until butter melts. Add egg mixture until edges begin to set. Slide spatula around edges and lift omelet, tilting the pan to allow the uncooked egg mixture to come in contact with the pan. Continue cooking until center is set.
3. Spoon vegetable mixture on top of 1/2 of omelet, top with cheese and fold omelet in half. Cut into 4 wedges and top with sour cream. Serve immediately.



Source: www.myrecipes.com

