

NEWSLETTER

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Oct
2020
October 1 –
October 31

HEALTH OBSERVANCE **Breast Cancer Awareness Month!**

By Megan Tomlinson,
Preferred Partner Manager - Wellworks For You



What is breast cancer?

Breast cancer begins in the cells of the breast as a group of cancerous cells. Then, the cancerous cells invade the surrounding tissue, and spread to other areas of the body. Breast cancer becomes present when malignant tumors develop in the breast.

What are the risk factors?

For some women, there are risk factors that will contribute to the overall possibility of them developing breast cancer during their lifetime. These risk factors include, but are not limited to, genetic factors along with environmental and lifestyle factors. Genetic factors can comprise of your sex, age, family history, density of breast tissue and menstrual/reproductive history. About 5-10% of breast cancers can be linked to known gene mutations inherited from one's mother or father. Meanwhile, some environmental factors may include poor diet, lack of physical activity and being overweight. Some lifestyle factors, including alcohol consumption and radiation therapy to the chest, can also be a contributing factor to breast cancer.

What are the signs?

Signs of breast cancer include nipple tenderness or lump thickening in the breast or underarm, a change in skin texture (some describe this as an orange peel texture), changes in the size of breast along with clear or bloody discharge. As noted earlier, men can also suffer from breast cancer, and can experience the same symptoms as women in many cases. As always, if you are experiencing any of these symptoms along with breast pain, it's recommended to contact your primary care doctor.

Can I conduct a self-exam?

Yes! Johns Hopkins Medical center states, "Forty percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important." All adult women should conduct a monthly self-exam. You can conduct the self-exam in the shower, while looking in the mirror, or lying down. As explained by the National Breast Cancer Foundation, Inc. when doing your monthly self-exam while in the shower you can follow these simple instructions, "With the pads/flats of your 3 middle fingers, check the entire breast and armpit area pressing down with light, medium, and firm pressure. Check both breasts each month feeling for any lump, thickening, hardened knot, or any other breast changes." The Mayo Clinic provides an overview of the visual and physical self-exam for individuals to conduct on a monthly basis [here](#).

Common Misconceptions and Myths

- *There is no scientific evidence that supports the correlation between wearing a bra and being diagnosed with breast cancer.*
- *Similarly, there is no scientific evidence supporting antiperspirant as a cause to breast cancer.*
- *Carrying your cell phone in your bra is not necessarily recommended, as researchers are still learning the long-term effects of extended cell phone use, however there is currently no direct link between carrying your cell phone in your bra and breast cancer diagnoses.*
- *Some individuals believe if they do not have family history, they are exempt from the possibility of having breast cancer, but this is not true. As noted earlier, 5-10% of cases of breast cancer are believed to be hereditary causes.*
- *The notion that there is one approach to treatment for all breast cancer patients is not true. Each form of breast cancer and the patient's lifestyle and environmental factors play a role in deciding the treatment approach.*
- *Lastly, breast cancer does not only affect older women and men. In 2017 alone, about 4% of invasive breast cancers were diagnosed in women under age 40 and in 2020, about 2,620 men are expected to be diagnosed with the disease.*

IN THIS ISSUE

Health Observance

Page 1

Halloween Candy Craze Tricks and Treats

Pages 2

WellBalance Health Tip Corner

Page 2

Changing of Seasons

Page 3

Did You Know?

Page 3

Featured Recipe

Page 3

SOURCES:

https://www.breastcancer.org/symptoms/understand_bc/statistics

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

https://www.breastcancer.org/symptoms/understand_bc/myths-facts

Please Note: The content in this newsletter is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Halloween Candy Craze Tricks and Treats

Brandon Harrar, Creative/Marketing Manager - Wellworks For You



The kids look forward and are counting down the days to October 31! They have their costume ideas on their mind and are ready for a sugar rush. However, adults might get spooked by what's getting put in their child's bag or what's being served at parties. This is a great time to get creative and find fun ways to include some healthy options in the mix. Whether you're having a party with friends or trick-or-treating in the neighborhood, try using some of these tips to make your Halloween festivities a little healthier.

FOR THE TRICK-OR-TREATER:

- **Fill up first.** What kid doesn't want to eat their favorite candy right when it goes into their trick-or-treat bag? Having a healthy meal **BEFORE** your kids go trick-or-treating can reduce their temptation to snack while walking or to overindulge, because their tummies will be full.
- **Bag the monster bag.** Choose or make a smaller collection container for your child and steer clear of the pillow case method. If you encourage kids to only take one piece of candy from each house, they'll be able to visit more houses in the neighborhood.
- **Look before you eat.** Check expiration dates and inspect all edibles before allowing children to eat them. Don't let children eat anything with questionable or unknown ingredients, especially if they have food allergies.

FOR THE PARTY HOST:

- **Up the fright factor.** Serve healthy snacks dressed up in the Halloween theme. There are lots of creative ideas being shared online at this time of year, like banana ghosts, apple monster mouths, carrot witch fingers, and candy-corn-colored fruit popsicles or parfaits!
- **Keep 'em on their feet.** Include plenty of physical activities, like a zombie dance party, three-legged monster race, spider crawl, or pumpkin toss.
- **Rethink the drink.** Don't forget that cutting back on sugary treats includes soda and sugar-sweetened beverages. Offer water, unsweetened tea, 100% juice, or fat-free/low-fat milk instead. Make a Halloween-themed punch from sparkling water and a splash of 100% orange juice, garnished with plenty of orange slices and black grapes or blackberries.

FOR THE STAY-AT-HOME CREW:

- **No self-service.** Hand out treats to each trick-or-treater – one per child – instead of letting them decide how much to take. If you have more than one item, ask them to choose which they prefer. This can help you get control of your Halloween budget, too!
- **Avoid the whole mess.** Want to avoid candy altogether, not to mention masses of kids at your door? Dress your family up in costumes and go see a movie or deliver healthy Halloween treats to your local police or fire station, nursing home, or children's hospital.
- **Be that house.** You don't have to pass out candy on Halloween. Start a new tradition and give out healthier treats or non-edible items. Don't worry, we're not talking about toothbrushes! Get creative, and keep it colorful and kid-friendly, such as snack-sized packages of pretzels or popcorn, sugar-free gum, bouncy balls, small glow sticks, or small wind-up toys. Be careful to avoid giving very small items that could be a choking hazard to little ones.

Have some fun this Halloween with creative low-contact ideas to remain socially distant!

(Click here)

SOURCE:

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/how-to-have-a-healthy-halloween>



WelBalance

HEALTH TIP CORNER

Take some time for yourself.

Autumn and winter are the Earth's way of telling us to slow down. Start a journal or track your moods to get more in touch with how your feeling.

SOURCE:

<https://www.activeminds.org/blog/15-autumn-wellness-tips-to-keep-you-healthy-this-fall/>

Changing of The Seasons

Maintaining A Healthy Immune System

By Kimberly Farrell; Wellness Coordinator - Wellworks For You

Fall is just around the corner and this time of year can bring about some exciting transitions. Cooler days, a new school year, and an ever-growing list of pumpkin-spiced creations may serve as a welcomed distraction from the uncertainty and anxiety that has continued to challenge us throughout the summer. But in between digging out the jackets and upcoming holiday decorations, it is important to remember that this time of year also brings us flu season. Ensuring that you and your loved ones do your best to maintain healthy immune systems and receive preventive flu shots this year is more important than ever. Concerns continue to grow about overwhelming our healthcare facilities with additional flu cases among COVID-19. But getting a flu shot and encouraging others to do the same will help to conserve critical resources, such as PPE, ventilators, hospital beds, and more.

If you have questions or concerns about getting your annual flu shot this year, you are not alone. However, the CDC has been working diligently with healthcare providers, as well as state and local health departments, to ensure that vaccinations are performed safely and that COVID-19 precautions are strictly followed at every location. The CDC also offers reputable information and answers to frequently asked questions [here!](#)

Although some settings, such as workplaces or community centers, may not offer vaccinations as they normally would this year due to the COVID-19 pandemic, you can rest assured that options are available to you and loved ones. For more information about where and when you can get a flu vaccine this season, please visit <https://vaccinefinder.org/>.

2020 has presented us with so many challenges already. Let's not allow the seasonal flu, which we know exactly how to prevent and treat, be another. Get vaccinated today!

SOURCE:

<https://www.cdc.gov/flu/prevent/keyfacts.htm>

<https://www.baltimoresun.com/coronavirus/bs-hs-flu-coronavirus-20200825-hba46ik7xragzm2zajmmkljoam-story.html>

<https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm>

<https://www.vaccinateyourfamily.org/vaccines-diseases/current-flu-season/>



Did You Know?

About 1 in 8 U.S. women (about 12%) will develop invasive breast cancer over the course of their lifetime?

A man's lifetime risk of breast cancer is about 1 in 883. In 2020 alone 2,620 men are expected to be diagnosed with breast cancer by the end of the year.

Source:

https://www.breastcancer.org/symptoms/understand_bc/statistics

Featured Recipe

LUNCH

Savory Pumpkin and Sage Soup

8 Servings

INGREDIENTS

- ¼ cup olive oil
- 3 large sweet onions, sliced
- 3 cloves garlic, chopped
- 2 large leaves sage, chopped
- 2 teaspoon fresh ginger, grated and peeled
- ¼ teaspoon ground nutmeg
- 2 quarts lower-sodium vegetable or chicken broth
- 3 15-ounce cans pure pumpkin
- 1 tablespoon lemon juice
- 1 inch oil
- 24 small sage leaves
- Kosher salt
- 7 ounces shiitake mushrooms, stemmed and very thinly sliced

NUTRITION

Per serving: Each serving contains about 215 calories, 5g protein, 32g carbohydrates, 10g fat (1g sat), 9g fiber, 750mg sodium

DIRECTIONS

1. In 5-quart saucepot, heat oil on medium. Add onions and salt. Cook 40 minutes or until deep golden brown, stirring occasionally. Add garlic, sage, ginger and nutmeg. Cook 5 minutes or until garlic is golden, stirring occasionally. Add broth and pumpkin. Heat to simmering on high, scraping up browned bits from bottom of pot. Reduce heat to maintain simmer; cook 20 minutes stirring occasionally.
2. With immersion blender or in batches in blender, puree soup until smooth. Stir in lemon juice, 1 teaspoon salt and ¼ teaspoon black pepper. Makes about 10 cups. Soup can be made and refrigerated up to 2 days ahead. Reheat on medium. (If soup is too thick, add water or broth for desired consistency.)
3. Make the Sage and Shiitake Garnish: In 2-quart saucepan, heat oil on high until hot but not smoking. Add sage leaves to oil. Fry 1 to 2 minutes or until leaves are browned, stirring occasionally. With slotted spoon, transfer to large paper-towel-lined plate; sprinkle with pinch of salt. In batches, add shiitake mushrooms to hot oil. Fry 2 minutes or until deep golden brown, stirring occasionally. Transfer to same plate as sage; sprinkle with pinch of salt. Cool completely. Garnish can be made up to 3 hours ahead. Let stand at room temperature.



Source: <https://www.goodhousekeeping.com/food-recipes/easy/a34568/savory-pumpkin-and-sage-soup/>



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