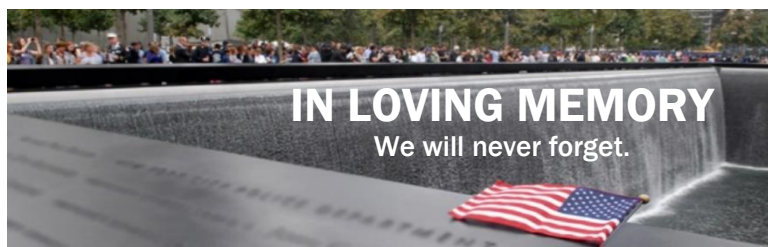


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## HEALTH OBSERVANCE

# PROSTATE CANCER AWARENESS MONTH!

By Kimberly Farrell, Wellness Coordinator - Wellworks For You

The American Cancer Society estimates that about 191,930 men in the United States will be diagnosed with prostate cancer in 2020. If this sounds like a large number, it is, because prostate cancer is the second most common type of cancer in men after skin cancer. The survival rate for most men who are diagnosed with local or regional prostate cancer - meaning the disease was detected early while still confined to the prostate or nearby organs - is nearly 100%.

There are often no signs or symptoms of prostate cancer in its early stages and it is still unclear what causes the disease. However, screening can detect small changes that may indicate the development of prostate cancer. There are also several factors that have been shown to increase risk. If any of the following apply to you, consult your physician to see if early or more frequent screening may be recommended.

- Ages 50-65
- African-American ancestry
- Family history of prostate cancer or breast cancer
- Obesity
- Tobacco use or other chemical exposure

While prostate cancer may be asymptomatic in its early stages, there are several noticeable signs and symptoms that commonly indicate more advanced prostate cancer. These may include:

- Blood in semen or urine
- Pain with urination or ejaculation
- Frequent urination, difficulty stopping/starting urination, or decreased force in the stream of urine
- Bone and/or low back pain
- Erectile dysfunction

This Prostate Cancer Awareness Month we encourage you to understand your risk, explore prevention and early detection options, and help spread awareness about this highly treatable disease. Talk to your doctor today!

### SOURCE:

"Prostate Cancer." Mayo Clinic, Mayo Foundation for Medical Education and Research, 17 Apr. 2019, [www.mayoclinic.org/diseases-conditions/prostate-cancer/symptoms-causes/syc-20353087](http://www.mayoclinic.org/diseases-conditions/prostate-cancer/symptoms-causes/syc-20353087).

"Can Prostate Cancer Be Found Early?" American Cancer Society, 1 Aug. 2019, [www.cancer.org/cancer/prostate-cancer/detection-diagnosis-staging/detection.html](http://www.cancer.org/cancer/prostate-cancer/detection-diagnosis-staging/detection.html).

"Should I Get Screened for Prostate Cancer?" Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 31 July 2019, [www.cdc.gov/cancer/prostate/basic\\_info/get-screened.htm](http://www.cdc.gov/cancer/prostate/basic_info/get-screened.htm).

# MINDFULNESS STRATEGIES

Kevin Hesser, Wellness Coordinator - Wellworks For You

In understanding the meaning of mindfulness, we must first understand what it is not mindfulness. The purpose of mindfulness as a practice can commonly be misconstrued. The point of mindfulness is not, not to think; it's to think without getting stuck on a thought. Thoughts are perfectly natural and virtually impossible to ever truly stop. You may recognize and notice thoughts, feelings, or emotions; however, the key is to not dwell too long on any particular one. Allow them to simply be, acknowledge they are there, but then let them go and carry on with your day. There's a classic experiment of the pink elephant. If you were told not to think of a pink elephant, could you do it? Sounds easy enough, right? However, what you'll quickly learn is that the more you try to not focus on something, the more difficult it is to put it out of mind. True mindfulness starts with letting go... of thoughts, feelings, emotions, and anything that no longer serves you in this present moment – right here, right now.

While meditation is the most common mindfulness practice and one of the easiest methods to achieve a mindful state, it's not the only way. You can also be mindful in practicing yoga, going on a walk or run, cooking your favorite meal, or essentially any daily activity. If you ever feel your mind wandering off or unable to stay focused on the present moment, try these mindfulness strategies (If a strategy does not work for you – that's okay! We are all unique, so it just may take some time to discover what works best for you):



**BOX-BREATHING:** Get into a comfortable position (sitting or standing), close your eyes, and inhale deeply through your nose while counting to four (4). Feel the air fill your lungs and hold your breath while counting to four (4) again, then slowly exhale for another four (4) seconds. Hold your breath for four (4) seconds before inhaling again, and repeat for four (4) minutes, or until you achieve a peaceful, mindful state.

**MEDITATION:** Find a quiet space with minimal sound or distractions. Light a candle or incense (lavender is known to be a naturally therapeutic fragrance). Get into a comfortable seated position, or lie down on a comfortable surface. Playing soothing, instrumental music or nature sounds is recommended, but not required; if you prefer total silence, do what is most conducive to help you relax. Set a timer for 10-15 minutes. Allow your thoughts to flow freely and notice them, but then let them go and move onto the next. Continue to breathe and focus on your breath if your mind starts to wander. You may also use a mantra to help you stay present (i.e. "I am guided. I am grounded. I am grateful.")

**BODY SCAN:** You may perform a body scan either sitting or standing. Close your eyes, and let them be heavy; try not to squint or squeeze. Envision your body and work your way down, and as you do, try to bring awareness to each individual part of you and breathe into any areas that may be sore or painful. Relax all the muscles in your face... let your jaw and mouth hang there, and let your tongue rest. Let your shoulders fall in place and slouch as low as they can go. Let your arms feel limp and make sure your hands are rested comfortably. Make sure your glutes are not clenched and do a final scan of your body to ensure it's as loose, untensed, and as relaxed as humanly possible.

**FLOW STATE:** Getting into a flow state, aka "in the zone", is an excellent mindfulness practice. This state of mind may occur naturally, but you can also help put yourself into flow by engaging fully, energetically, and presently in an activity, whether for fun or for work. For example, you may enter a flow state while you're cooking, drawing, writing, or even finishing up an important project. By being completely immersed in a given activity, you're allowing yourself to experience it in its entirety as well as promote true creativity.

In time, the more you practice, the easier and more natural this ability will come to you, just like learning any skill in life. Mindfulness is no exception. When in doubt: **INHALE... EXHALE... REPEAT.**

**SOURCE:**

<https://www.medicalnewstoday.com/articles/321805>

<https://www.verywellmind.com/what-is-flow-2794768>

<https://www.mindful.org/how-the-body-scan-meditation-practice-reduces-biological-stress/>



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## HEALTH TIP CORNER

**“Tomorrow and plans for tomorrow can have no significance at all unless you are in full contact with the reality of the present, since it is in the present and only in the present that you live. There is no other reality than present reality, so that, even if one were to live for endless ages, to live for the future would be to miss the point everlastingly.”**

- Alan Watts,

*The Wisdom of Insecurity: A Message for an Age of Anxiety*



# LET'S FALL INTO FITNESS

By Veronica Giffing; Wellness Coordinator - Wellworks For You

As the weather cools off, workouts tend to become less frequent because leaving the house doesn't exactly sound great. Between the chilled winds and unpredictable rainstorms, our summer days doing cannon balls in the pool or going for a run at 8 p.m. seem like a distant memory. However, the workouts don't have to stop just because summer has vanished. Fall is a beautiful time to get out and enjoy the leaves turning a variety of different shades. Giving extra attention to self-care is crucial as fall phases into winter and many people become affected by seasonal changes. The good news is that exercise just so happens to be mother nature's antidepressant. So, fetch yourself a sweatshirt, set some "healthy time" aside, and get ready to work it out with these fun and easy fall tips!

- **Turn TV time into movement time:**
  - Complete a bodyweight circuit during a 30-minute show
  - Elevate your heart rate during commercials (jumping jacks/squats, running in place, burpees, stepping over and under, side shuffles, crawls, etc.)
- Find a walking buddy that will hold you accountable rain or shine (6-ft. apart)
- Try the "Pumpkin Workout":
  - Don't have a medicine ball? Use a pumpkin to perform lunge twists, step-ups, squat thrusts, and mountain climbers!
- Spice up your post-workout smoothie with pumpkin spice or apple cinnamon oatmeal
- Try kayaking or canoeing for a whole-body workout and some great scenery
- Rake leaves all while burning calories and breathing in the fall air
- Try something new such as racquetball, barre workouts, tai chi, CrossFit, yoga, or circuit training
- Visit a corn maze to get some extra steps in
- Search for community 5k walks or races
- Take a trip to a national park and bring your bike or take a hike!

#### SOURCE:

<https://www.livestrong.com/article/98340-10-tips-fall-fitness/>  
<https://bamboocorefitness.com/17-tips-fall-fitness/>



## Did You Know?

### Staying active in the fall can help prevent injury in the winter months

Spending just an hour getting lost in a corn maze, strolling around a pumpkin patch, taking a hike through the woods, or leisurely riding down a bike path will burn between 200 and 600 calories per hour. These are just some of the fall activities that can help prevent muscle strain during the winter.

- Northwestern Medicine,  
Physical Medicine and Rehabilitation

## Featured Recipe

### DESSERT

#### Peanut Butter Banana Muffins

12 Servings

#### INGREDIENTS

- 3 large ripe bananas
- 1/2 cup natural peanut butter
- 4 tablespoons honey
- 2 eggs
- 2 teaspoons vanilla extract
- 1 1/4 cups oat flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 cup dark chocolate chips

#### NUTRITION

**Per serving:** Each serving contains about 176 calories, 25g Carbohydrates, 7.6g Protein, 6g Fat, 1g Saturated Fat, 15mg Cholesterol, 203mg Sodium, 238mg Potassium, 3g Fiber, 8g Sugar; 8g, 63mg Calcium, 0.8mg Iron

Source: <https://bromabakery.com/healthy-peanut-butter-banana-muffins/>



#### DIRECTIONS

1. Preheat oven to 425°F. Line a muffin tin with 12 muffin cups, and spray the muffin cups with an oil-based spray. Set aside.
2. In a large bowl combine the bananas, peanut butter, honey, eggs, and vanilla. Stir until well combined. Add the oat flour, baking powder, and salt and fold to combine. Add the chocolate chips. Make sure to not over mix.
3. Scoop batter into prepared muffin cups, filling just shy of the top of the cups. Bake for 5 minutes at 425°F, then, without opening your oven door, turn the oven down to 350°F and bake for an additional 15 minutes.
4. Remove from oven and allow to cool for 10 minutes, before transferring to a wire rack to cool completely.