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**HEALTH OBSERVANCE**

**Cervical Health**

**Awareness Month**

*Kellie O'Keefe – Wellworks For You*



National Cervical Health Awareness month is a great time to raise awareness and educate ourselves of the effects of cervical cancer and HPV. The American Cancer Society estimates that about 14,000 new cases of invasive cervical cancer will be diagnosed in the United States next year.

**What is cervical cancer?**

Cervical cancer is a type of cancer that occurs in the cells of the cervix. It was once the leading cause of death for women in the United States. However, due to medical advances in cancer prevention and detection, cervical cancer is highly preventable and treatable if detected early. Prevention methods vary depending on your age. Talk to your doctor about which methods are right for you and your medical history.

**Recommended Prevention by Age:**

- **Preventative Care in your 20's:** Pap test every three years
- **Preventive Care from Ages 30 – 65:** Pap test and HPV test every 5 years
- **Preventative Care for Ages 65+:** Women with an abnormal diagnosis should be tested once a year for 20 years following the result, even if this results in testing continuing past the age of 65. A woman whose uterus and cervix have been removed for non-cervical cancer and who has no history of cervical or pre-cervical cancer should not be tested beyond age 65.

**Ways to Promote Cervical Health:**

- **HPV Vaccine** – Receiving an HPV vaccine can protect you against the types of HPV that cause 90% of cervical cancers. This vaccination is recommended for anyone ages 9 and up. If you are between 27 and 45, and have not been vaccinated against HPV, you can talk to your doctor about a “catch-up” vaccination.
- **Diet** – What you eat can affect your risk of cervical cancer! Remember to eat a diet rich in fruits and vegetables. Studies have shown that following a Mediterranean diet can help lower the risk of several cancers.
- **Exercise** – As little as 30 minutes of aerobic exercise a day, such as swimming, walking, or cycling, has been shown to reduce the risk of cervical cancer!
- **Practice safe sex** - Sexually transmitted infections such as chlamydia, gonorrhea, syphilis, and HIV/AIDS are major complications of cervical cancer.

**Sources:**

[How to promote cervical health | HCA Florida \(hcafloridahealthcare.com\)](https://www.hcafloridahealthcare.com/health/cervical-cancer-prevention/)  
[Cervical Cancer Prevention \(PDQ®\)–Health Professional Version - NCI](https://www.nccp.org/health-professional-version/)  
[Cervical Health Awareness Month – NCCC \(nccc-online.org\)](https://www.nccc-online.org/)  
<https://www.cancer.org/cancer/cervical-cancer/about/key-statistics.html>



**WellBalance Health Corner**

**Mindfulness via the 5 Senses**

Mindfulness is a great way to reduce stress, improve creativity and improve memory. Try out this method for practicing mindfulness anywhere.

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**Setting Realistic Health Goals**

Learn how to set realistic, achievable goals for the new year.

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## HEALTH TIP CORNER

Mindfulness is the ability to focus your attention on the present moment.



## Mindfulness via the 5 Senses

Ashley Long – Wellworks For You

### What is Mindfulness?

The meaning and practice of mindfulness is often misconstrued, oftentimes making mindfulness seem daunting and unobtainable. However, mindfulness is simply the ability to pay attention to the present moment with purpose and without judgment. In its simplest form, mindfulness pairs breathing techniques to relax the body and mind. It is something everyone is capable of.

### What are the Benefits of Practicing Mindfulness?

Mindfulness has been shown to reduce stress, enhance problem-solving abilities, create awareness, and unleash creativity. The beauty of mindfulness is that it can be explored anytime and anywhere.



### Let's Practice! 5 Senses Tap In

A quick, on-the-go mindfulness practice involves tapping into the five senses to ground into the present moment. To begin, sit comfortably with your back straight, feet flat on the floor, and hands in your lap. Begin with a deep inhale through the nose and exhale through the mouth.

**Sight: What do you see?** Are your eyes opened or closed? What colors, textures, or objects do you see?

**Feel: What do you feel?** Are you sitting outside with a breeze? Are you comfortable? Are any muscles tense that you can relax?

**Hear: What do you hear?** Do you listen to birds chirping outside? Can you hear the breeze ruffle through the trees? Do you have music playing? Are you listening to your breathing sequence?

**Smell: What do you smell?** Can you smell a candle? Do you smell hand sanitizer or lotion? Can you pick up any scents from the weather – a breeze, wet leaves, cold rain, or heavy snowfall?

**Taste: What do you taste?** Did you finish a meal, snack, or beverage? Can you taste anything from the air surrounding you?

Once you explore each sense you are experiencing, you may finish your practice with one final inhale and exhale. This practice can be repeated anytime for any length of time.

Sources:  
[Mindfulness exercises - Mayo Clinic](#)

# Setting Realistic

## Health Goals

*Dawn Koch – Wellworks For You*

The New Year is a popular time to re-evaluate our lives and set improvement goals. However, one roadblock many of us fall into is setting too large of goals without setting in place a realistic plan of how to see them through.

It is great to dream big, but make sure you put in place smaller steps to bring those goals to life. By breaking your goals down into smaller steps, it is easier to transition your changes into a sustainable lifestyle.

Remember, it takes 8 to 12 weeks to create new habits!

### How to Create Sustainable New Year's Goals

**Set a Goal** Start off by reflecting on what you would like to change in your life. Consider what makes you feel your best and move in that direction.

**Check to Make Sure your Goal is Realistic** A very common New Year's goal is weight loss. Maybe you plan to lose 50 pounds by the end of the year. Start off by speaking with your doctor about if this would be a healthy goal for you. For most adults, healthy weight loss is anywhere from ½ to 2 pounds a week. So, yes, this can be a realistic goal if it has been approved by your doctor.

**Break Down Your Goal into Smaller Goals** Setting out to lose 50 pounds can feel overwhelming. Instead, try breaking it down by thinking of it as 4 - 5 pounds a month or about 1 pound a week.

**Identify Your Potential Roadblocks** Think of small areas in your lifestyle that could sabotage your goal and create a list of these areas. If your goal is to lose weight, take notice if you go out to eat every day or drink multiple servings of soda often. Maybe you sit all day and don't have time to exercise at home. Try to identify one or two roadblocks to start with.

**Create Measurable Steps to Achieve Your Goal** Once you have broken your goals down into smaller steps, decide on measurable actions you can take to achieve your goal. For example, create a plan to walk for 45 minutes 3 times a week for the next 8 weeks, and then reassess how you feel. Or start by reducing your soda from three cans a day to two, then to one or none over time.

The key is making small lifestyle changes that you can live with over time – and small changes add to significant results!



## FEATURED RECIPE

### Chicken & Spinach Skillet Pasta with Lemon and Parmesan

4 Servings

High-Protein, Egg Free, Low Sodium, Gluten-Free Optional



## INGREDIENTS

- 8 ounces gluten-free penne pasta or whole-wheat penne pasta
- 2 tablespoons extra-virgin olive oil
- 1-pound boneless, skinless chicken breast or thighs, trimmed if necessary and cut into bite-size pieces
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cloves garlic, minced
- ½ cup dry white wine
- Juice and zest of 1 lemon
- 10 cups chopped fresh spinach
- 4 tablespoons grated parmesan cheese, divided

## DIRECTIONS

1. Cook pasta according to package directions. Drain and set aside.
2. Meanwhile, heat oil in a large high-sided skillet over medium-high heat. Add chicken, salt, and pepper; cook, occasionally stirring, until just cooked through, 5 to 7 minutes.
3. Add garlic and cook, stirring until fragrant, about 1 minute. Add in wine, lemon juice, and zest; bring to simmer
4. Remove from heat. Stir in spinach and the cooked pasta. Cover and let stand until the spinach is wilted. Divided among 4 plates and top each serving with 1 tablespoon of Parmesan.

## NUTRITION

**Serving Size:** 2 cups

**Per Serving:**

<b>Calories:</b> 335	<b>Protein:</b> 28.7g
<b>Carbohydrates:</b> 24.9g	<b>Dietary Fiber:</b> 2g
<b>Fat:</b> 12.3g	<b>Saturated Fat:</b> 2g
<b>Calcium:</b> 113mg	<b>Magnesium:</b> 107.9mg
<b>Sugar:</b> 1.1g	<b>Sodium:</b> 499.2mg

Source: [Chicken & Spinach Skillet Pasta with Lemon & Parmesan Recipe | EatingWell](#)