

WELLNESS NEWSLETTER

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HEALTH OBSERVANCE

PANCREATIC CANCER AWARENESS MONTH

Lisa Kyler, Creative Content Manager – Wellworks For You

How familiar are you with pancreatic cancer? Pancreatic Ductal Adenocarcinoma (PDAC) is not discussed as often as other cancers, but is the 11th most common cancer that impacts over 60,000 Americans each year. Although it is currently not as prominent as other diagnoses, it projects to become one of the top leading causes of death by 2030. Take some time this November during Pancreatic Cancer Awareness Month to gain awareness, become informed, and find ways you can get involved.

The human pancreas is an organ that sits behind the stomach. There are two important types of cancer diagnosis to understand. Most pancreatic cancers are exocrine cancers. This means that exocrine cells in the pancreas start to grow out of control. Another less common type of pancreatic cancer involves Pancreatic Neuroendocrine Tumors, which start in the endocrine cells of the pancreas. These cells make up a smaller percentage and produce important natural hormones, such as insulin and glucagon.

Both types of pancreatic cancer have very different outcomes and treatments. Although true causes are still generally unknown, awareness surrounding the risk factors is the first step towards prevention. Roughly 10% of cancer cases are considered hereditary, but most cancers are caused randomly or through external factors. Individuals who have the following risk factors are more likely to develop pancreatic cancer.



- Long-standing diabetes
- Chronic and hereditary pancreatitis
- Smoking
- African-American or Ashkenazi Jewish ethnicity
- Over the age of 60
- Males slightly more likely than females
- Diets high in red and processed meats
- Obesity

Although research has produced encouraging recent developments, diagnosing pancreatic cancer can be challenging without the availability of universal standard testing. That's why it is important to discuss any changes in weight, nausea, stool, or appetite with your doctor. Through the use of different image screenings, as well as tissue samples, doctors can make a proper diagnosis.

Find ways locally to get involved, including volunteering, being an advocate, or organizing an event. With only a 10% five-year survival rate after a pancreatic cancer diagnosis, now is the best time to get the word out.

Sources:

<https://www.pancan.org/facing-pancreatic-cancer/about-pancreatic-cancer/>

<https://www.cancer.org/cancer/pancreatic-cancer/about/what-is-pancreatic-cancer.html>

IN THIS ISSUE

Health Observance

Page 1

WellBalance Health Corner:

*Thanksgiving and Our
Emotional Health*

Page 2

Grow for November

Page 3

Featured Recipe

Page 4

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HEALTH CORNER

THANKSGIVING AND OUR EMOTIONAL HEALTH

Kimberly Farrell, Preferred Partners Team Lead – Wellworks For You

Thanksgiving is typically a joyful time filled with relaxation, gratitude, and heartfelt connections between loved ones. However, busy schedules, financial roadblocks, family dynamics, and the continued unknowns of the pandemic can make this a time of immense stress for many people. While you prepare for the upcoming holiday season, it is important to put your own mental and emotional health at the forefront. If the very mention of the "holiday season" causes you more anxiety than excitement, here are tips to help you confidently enjoy the coming months.

Set physical, emotional, financial, and social boundaries ahead of time and stick with them.

If you are not comfortable with something, you have every right to say no without feeling guilty. Do what feels right to you.

Prioritize sleep and exercise.

Both are critical to mental and emotional health, so do your best to keep up with your routine in these areas.

Set realistic expectations.

Being prepared is great, but don't be too surprised if things don't pan out exactly how you imagined. Any number of factors can influence how the day unfolds, and there is only so much you have control over. Try to embrace life's curveballs as they come.

Schedule time for self-care.

Though your schedule may look different over the holidays, make time for the things that bring you inner peace and happiness.

Be honest with your loved ones about your feelings. Most will appreciate your authenticity.

Even if they do not completely understand your view, they will be less likely to pressure you into uncomfortable conversations once you open up.

Be kind to yourself. Enough said.



Sources:
<https://www.dosomething.org/us/articles/7-ways-to-protect-your-mental-health-during-thanksgiving-this-year>
<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>

GROW FOR MOVEMBER

Brandon Harrar, Creative Resources Manager – Wellworks For You

November is best known for celebrating Thanksgiving and honoring those who served our country on Veterans Day. However, it is also a month where many of your male friends and co-workers may suddenly come to work clean-shaven. Don't be surprised on November 1st when they suddenly look 10 years younger, but become a scuffed movie villain by Thanksgiving. So, what's with the change?

Across the globe, individuals are standing up for men's health in what they've coined as Movember, or "No-Shave-November". It is a time when we can all raise awareness for mental, physical, and social issues that men of all ages deal with daily. It's also a campaign on many platforms to fund men's health projects, such as suicide prevention and mental health research. Visit <https://us.movember.com/get-involved/moustaches> to learn about how your facial hair growth can be a saving grace for someone out there who needs help.

Other "Mo"vements

If you have trouble growing facial hair, don't worry. There are plenty of other ways you can support Men's Health this month. **Movember.com** has other ways you can join in the fight to "Save A Bro."



MOVE FOR MOVEMBER

Raise awareness for your bros by running or walking. Set a 60-mile movement goal this month for the 60 men lost every hour all over the world.



HOST A MO-MENT

Create a virtual or in person event that will draw an even bigger crowd of "Mo-Bros" and "Mo-Sisters".



MO YOUR OWN WAY

Challenge yourself by creating your own personal adventure. Then, share your success in honor of your fellow men.



MO BROS AND MO SISTERS

Join a global community that is committed to men's health issues everywhere. Stay informed and up to date on all of the information you need to save a life.

Sources:

<https://us.movember.com/>

<https://abcnews.go.com/Health/wanted-movember-shave-november/story?id=26654042>

Featured Recipe

Raisin-Cardamom Overnight French Toast

10 Servings



INGREDIENTS

- 1 pound whole-grain bread, diced (1-inch pieces)
- 1 cup raisins
- 8 large eggs
- 3 ½ cups reduced-fat milk
- ½ cup (1 stick) unsalted butter, melted
- 3 tbsp. packed light brown sugar
- 1 tbsp. ground cardamom
- 2 tsp. vanilla extract
- ¼ tsp. salt
- ¾ cup chopped pistachios

DIRECTIONS

1. Coat a 9-by-13-inch baking dish with cooking spray.
2. Toss bread and raisins in the prepared pan. Whisk eggs in a large bowl. Add milk, butter, brown sugar, cardamom, vanilla and salt; whisk to combine. Pour the custard over the bread mixture. Sprinkle with pistachios. Coat a piece of foil with cooking spray and cover the pan, coated-side down. Place another 9-by-13-inch baking dish on top as a weight. Refrigerate for at least 8 hours or up to 1 day.
3. Preheat oven to 350° F. Remove the top baking dish, leaving the foil in place. Let stand at room temperature while the oven preheats.
4. Bake the casserole, covered, for 45 minutes. Uncover and bake until golden, 20 to 25 minutes more. Let stand for 10 minutes before serving.

NUTRITION

Per serving: Each serving (1¼ cups) contains about 418 calories, 16.5g protein, 42.7g carbohydrates, 5g dietary fiber, 20.6g sugars, 21g fat, 9g saturated fat, 180.1mg cholesterol

Source: <http://www.eatingwell.com/recipe/260938/raisin-cardamom-overnight-french-toast/>