

WELLNESS NEWSLETTER

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HEALTH OBSERVANCE

BREAST CANCER AWARENESS MONTH

Lisa Kyler, Creative Content Manager – Wellworks For You

Brandon Harrar, Creative Services Manager – Wellworks For You

Take a moment to educate yourself about breast cancer this October during Breast Cancer Awareness month. 1 in 8 women in the United States are diagnosed with breast cancer in their lifetime, and it's estimated over 40,000 will die from it this year. This issue doesn't impact women alone. Although rare, men can also develop breast cancer. The best solution is to be informed, aware, and to get screened often (men too!) – especially if it runs in your family.

Common risk factors, such as gender, race or ethnicity, age, and family history of breast cancer may not be in your control. However, others may be things you can change. Understanding the facts surrounding actionable and non-actionable risk factors can help you lower your risk.

Other risk factors for breast cancer include:

Previous chest radiation

Benign breast disease

Lobular Carcinoma In Situ (LCIS) growth

DES (Diethylstilbesterol) exposure

Early menstrual periods

Late menopause

Non-child birth or first child birth after 30

Dense breast tissue

Long-term Estrogen and progesterin medicine use, post-menopause

Excess weight, post-menopause



BRCA1 and BRCA2 genes. Hereditary breast cancer accounts for about 1 in 20 to 1 in 10 breast cancer cases. BRCA1 and BRCA2 genes are the most common genes linked to breast cancer. These are tumor suppressor genes that usually have the job of controlling cell growth and cell death. When they're changed, they don't do their job correctly, and cancer tumors may grow. Changes in these genes account for most cases of hereditary breast cancer. They're linked to other kinds of cancer, especially ovarian cancer. In the U.S., BRCA changes are most common in women of Ashkenazi Jewish ancestry.

Educate yourself on the signs and symptoms of breast cancer. You should know what's normal on your body – and what's not. Any changes in the skin, color, size, or possible lumps are worth getting checked out. Get to know your family history and if any close family members have had breast cancer. Being aware of your risk level is the first step in early detection. Most importantly, don't skip on your yearly physicals! Your Primary Care Physician may be able to recognize any changes you may have overlooked. For more information regarding Breast Cancer, log on to <https://www.breastcancer.org>.

Sources:

<https://www.dosomething.org/us/facts/11-facts-about-breast-cancer>

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HEALTH CORNER

TRICK OR TREAT!

Halloween Health Tricks and Treats

Kristina Buccilli, Preferred Partners Team Lead – Wellworks For You

Halloween is right around the corner! With the chance to dress up in fun costumes and stock up on treats, it's no wonder Halloween is a favorite holiday for both kids and adults. For a fun and safe Halloween, give these 5 trick-or-treat tips a try.

- 1. Eat a healthy meal or snack before trick-or-treating.** Going trick-or-treating on an empty stomach can lead to overeating, so be sure your kids eat a nourishing meal or snack beforehand.
- 2. Think outside the box.** The [Teal Pumpkin Project](#) encourages families to consider handing out non-food items to trick-or-treaters. While Halloween is usually known for candy and treats, handing out non-food items like temporary tattoos, stickers and bubbles are important to consider for kids with food allergies. An easy way to know if a house is handing out non-food treats is to look for a teal-colored pumpkin outside the home.
- 3. Teach portion control.** If you have leftover candy after Halloween, pair it with a healthy snack like fruit, yogurt, or veggies and limit it to one or two treats per day. This is also the right time to teach kids about enjoying special treats in moderation.
- 4. Get moving.** Get some exercise by making Halloween a fun family activity. Walk instead of driving kids house to house. Set a goal of how many houses or streets you'll visit, or compete in teams to do as many as you can. Bring a bottle of water and a flashlight, and wear comfortable shoes for walking.
- 5. 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.

Most importantly, have fun! Halloween comes once a year and is meant for fun and indulgence.



DOMESTIC VIOLENCE AWARENESS

Danielle Rogge, Wellness Coordinator – Wellworks For You

Trigger Warning: Mentions of physical and mental abuse

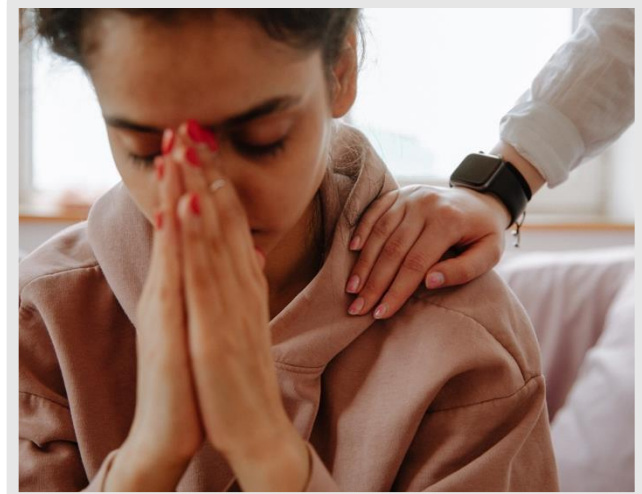
The Autumn wind allows us to find solace in nature. For those in search of direction, this time of the year allows for moments of reflection. Mental wellbeing has been an area of need for many around the world in today's social climate. An estimated 10 million people a year in the United States are affected by domestic violence in their homes and communities. Feelings of isolation and helplessness are playing a huge role in the psyche of so many. Each day, people of all ages, races, and income levels are harmed by someone or people that are close to them. It is important now more than ever to recognize the behavioral patterns and tendencies of the people around you.

According to the National Domestic Violence Hotline, Domestic Abuse is a pattern of behaviors used by a partner(s) to maintain power and control over another partner in an intimate relationship. Moreover, multiple forms of abuse are generally present at the same time in abusive situations.

Cues to Violence

These signs often appear before abuse happens. They can be a clue to a possible problem:

- **Violent family life.** People who were abused as children or saw abuse learn that violence is acceptable behavior.
- **Use of force or violence to solve problems.** A person who has a criminal record for violence gets into fights, or acts tough is likely to act the same way with their partner and children. Warning signs include having a quick temper and overreacting to little problems. They may be cruel to animals, destroy objects you value, or punch walls or throw things when upset.
- **Alcohol or drug abuse.** Watch for drinking or illegal drug problems. Especially if the person refuses to admit a problem and get help.
- **Jealousy.** The person keeps tabs on you and wants to know where you are at all times. They want you to spend most of your time with them. The person makes it hard for you to find or keep a job or go to school.
- **Access to guns or other weapons.** The person may threaten to use a weapon against you. This danger is heightened if guns and ammunition are easily accessed in the home.
- **Expecting you to follow their orders or advice.** The person gets angry if you don't fulfill their wishes or anticipate their wants. The abuser makes you feel responsible for their anger. The abuser controls all the money, sometimes down to each penny.
- **Very emotional highs and lows.** The person can be very kind one day and cruel the next.
- **You fear their anger.** You change your behavior because you are afraid of their reaction.
- **Rough treatment.** The person has used physical force trying to get you to do something you don't want to do or threatens you or your children.
- **Blocking aid.** The person may prevent you from calling for help or getting medical care.



If you know someone with these behaviors, talk with a domestic abuse counselor or another therapist. Call 800-799-SAFE (7233) to speak to a representative 24/7 from the [National Domestic Violence Hotline](#). Advocates are also available to chat. If you're in immediate danger, call 911.

Many times abusers monitor your online activity. Consider using a computer the abuser can't access if you're looking for shelters or domestic violence resources.

Experts say that abusers don't fit a certain character type. They may seem charming or they may seem to be angry. What is consistent among abusers is their constant attempt to maintain power and control over the other person. The behaviors seen in attempts to gain this power are listed above.

Sources:

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Featured Recipe

Potato Pumpkin Mash

8 Servings

INGREDIENTS

- 8 cups cubed peeled pie pumpkin (*about 2 pounds*)
- 8 medium Yukon Gold potatoes, peeled and cubed
- $\frac{1}{2}$ to $\frac{3}{4}$ cup 2% milk
- 8 tbsp butter, softened
- 1 tsp salt
- 1 tbsp olive oil
- $\frac{1}{4}$ tsp coarsely ground pepper



DIRECTIONS

1. Place pumpkin in a large saucepan; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, for 20-25 minutes or until tender.
2. Meanwhile, place potatoes in another saucepan; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, for 10-15 minutes or until tender.
3. Drain potatoes; return to pan. Mash potatoes, adding $\frac{1}{4}$ cup milk, 4 tablespoons butter and $\frac{1}{2}$ teaspoon salt. Add additional milk if needed to reach desired consistency. Transfer to a serving bowl; keep warm.
4. Drain pumpkin; return to pan. Mash pumpkin, gradually adding the remaining butter and salt and enough remaining milk to reach desired consistency; spoon evenly over potatoes. Cut through mashed vegetables with a spoon or knife to swirl. Drizzle with olive oil; sprinkle with pepper. Serve immediately.

NUTRITION

Per serving: $\frac{3}{4}$ cup equals 214 calories, 13 g fat (8 g saturated fat), 31 mg cholesterol, 384 mg sodium, 23 g carbohydrate. 2 g fiber. 3 g protein

Source: <https://www.tasteofhome.com/recipes/potato-pumpkin-mash/>