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OCTOBER 2019



BREAST CANCER AWARENESS & DENTAL HYGIENE MONTH



QUICK FACT

DID YOU KNOW?

The risk to have tooth loss, fillings and tooth decays is higher on those who consume 3 to more glasses of soda? A good reason to skip out on the sugar next time!

EARLY DETECTION OF BREAST CANCER STARTS WITH YOU

BY: WELLWORKS FOR YOU

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."

Women in their 20s and 30s should have a clinical breast exam about every 3 years and self-exams should begin even earlier, especially when there is a family history of breast cancer. In addition to performing self-exams, once women enter their 40s, it is recommended to have a yearly mammogram. Mammography can detect tumors before they can be felt which is key to early detection.

When recommended mammography is combined with regular medical care, breast self-exams help women know what is normal for their bodies, so they are aware of any changes. As stated by the National Breast Cancer Foundation, Inc., any changes to the breast should be discussed with a doctor, but don't panic if you find a lump; 8/10 of lumps are not cancerous. Always call your doctor whenever you have concerns.

FEATURED RECIPE: PUMPKIN PANCAKES

Serves: 7



INGREDIENTS

- ❑ 1½ cups white whole-wheat flour
- ❑ 2 teaspoons baking powder
- ❑ ½ teaspoon pumpkin pie spice
- ❑ ¼ teaspoon baking soda
- ❑ ¼ teaspoon salt
- ❑ 1 large egg
- ❑ 1½ cups buttermilk
- ❑ 1 cup pumpkin puree
- ❑ ¼ cup toasted chopped pecans
- ❑ 2 tablespoons canola oil
- ❑ 1 tablespoon sugar
- ❑ 1 teaspoon vanilla extract

DIRECTIONS

1. Whisk flour, baking powder, pumpkin pie spice, baking soda and salt in a large bowl. Whisk egg, buttermilk, pumpkin, pecans, oil, sugar and vanilla in a medium bowl. Make a well in the center of the dry ingredients, add the wet ingredients and whisk just until combined. Resist overmixing—it will make the pancakes tough.
2. Let the batter sit, without stirring, for 10 to 15 minutes. As the batter rests, the baking powder forms bubbles that create fluffy pancakes and the gluten in the flour relaxes to make them more tender.
3. Coat a large nonstick skillet or griddle with cooking spray; heat over medium heat. Without stirring the batter, measure out pancakes using about ¼ cup batter per pancake and pour into the pan (or onto the griddle). Cook until the edges are dry and you see bubbles on the surface, 2 to 4 minutes.
4. Flip and cook until golden brown on the other side, 2 to 4 minutes more. Repeat with the remaining batter, coating the pan with cooking spray and reducing the heat as needed.

NUTRITION

Serving Size: 2 (4-inch) pancakes

Per serving: 201 calories; 8 g fat(1 g sat); 4 g fiber; 27 g carbohydrates; 7 g protein; 11 mcg folate; 29 mg cholesterol; 6 g sugars; 2 g added sugars; 5,513 IU vitamin A; 2 mg vitamin C; 155 mg calcium; 4 mg iron; 379 mg sodium; 213 mg potassium

Source: <http://www.eatingwell.com/recipe/250885/pumpkin-pancakes/>

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HEALTH OBSERVANCE

NATIONAL DENTAL HYGIENE MONTH

Maintaining a clean and healthy mouth is a key factor to staying healthy and maintaining a good immune system. Consuming or using harmful substances and not taking care of your body can lead to numerous health concerns including poor dental hygiene.

Causes of bad oral hygiene:

- Bacteria build up
- Smoking
- Not brushing your teeth or flossing correctly
- Sugary drinks including: soda, coffee, and alcohol
- Not going to the dentist yearly

Long term concerns of poor oral hygiene:

- Heart disease
- Mouth cancer
- Stroke
- Dental decay
- Bad breath
- Gum disease
- Lung conditions
- Bad breath
- Diabetes

Tooth problems are very painful and can lead to more serious health problems. It can cause an extremely unhealthy number of bacteria and plaque to build up. It is very important to keep up with your dental hygiene if you wish to avoid these problems later in life!

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