

Information for Healthy Living

A quarterly newsletter to keep you healthy and informed.

October, 2016

Recipe Corner

Foods rich in antioxidants and fiber (like the Smoothie recipes below) promote better breast health and help to boost your immune system!

Berry Green Tea Smoothie

Ingredients:

- 1/2 cup cranberries (frozen)
- 1/4 cup blueberries (frozen)
- 1/2 cup blackberries (frozen)
- 5 strawberries (frozen)
- 1 banana (frozen)
- 1/2 cup green tea (brewed and cooled)
- 1/4 cup yogurt (or soy milk)
- 2 tablespoons honey
- 1 teaspoon ginger (minced)

Directions

1. Combine all ingredients in a blender until smooth and frothy
2. Serve

Nutrition Info: Calories 185.2, Saturated Fat 1.6g, Cholesterol 4mg, Sodium 17.1 mg, Total Carbohydrate 44.4g, Dietary Fiber 5.8g, Sugars 32g, Protein 2.8 g

Blueberry Pomegranate and Flaxseed Smoothie

Ingredients:

- 1/2 cup plain Greek Yogurt
- 1 1/2 cups unsweetened pomegranate juice
- 1 cup frozen blueberries
- 2 tablespoons honey
- 2 tablespoons ground flaxseed or flax meal
- 1 cup ice

Directions

1. Place berries, juice, flax-seeds/meal and honey into a blender until smooth
2. Add yogurt and ice
3. Blend until smooth
4. Serve

Nutrition Info: Calories 321, Fat 9g, Protein 4g, Carbohydrates 58g, Fiber 4g, Cholesterol 15mg, Sodium 48mg

Taking Control of Your Health

Manage Your Health, Lower Your Health Risk

OCTOBER IS BREAST CANCER AWARENESS MONTH

Take An Active Role In Your Breast Health!

Chances are you know someone affected by breast cancer, or will during your lifetime. After skin cancer, breast cancer is the most common cancer among American women. Each year in the United States more than 200,000 women get breast cancer and more than 40,000 women die from the disease.

What are the risk factors for breast cancer?

Many risk factors are out of our control but knowing them can help you better understand your risk and make lifestyle changes that will help reduce the likelihood of developing the disease.

Age. The risk of breast cancer rises as you get older. Women between the ages of 50 and 74 are at the highest risk.

Genetics. Women who have family members with breast or ovarian cancer are at risk and should be tested for the breast cancer gene (*BrCA1 & BrCA2*).

Body. Obesity, high breast density, not having children, menstruation at an early age (before 12) and/or menopause at an older age (after 55) are all contributing factors.

Lifestyle. Adult weight gain, sedentary lifestyle and heavy drinking all increase your risk, and are within your control.

Previous Treatments. Use of birth control pills, hormone replacement therapy and radiation therapy to the chest prior to the age of 30 can also increase risk.

What Are the Symptoms?

Symptoms can include any change in the size or the shape of the breast, detection of a lump, pain in any area of the breast, nipple retraction (turning inward) and discharge from the nipple. If you have any signs that worry you, or notice changes in your breasts, see your doctor right away.

What can I do to reduce my risk of breast cancer?

Take charge of your cancer risk by developing a personal plan to monitor your breast health. Speak with your doctor about your breast health and risk. Conduct regular breast self-exams and get regular mammograms to help identify breast cancer early, when it is most treatable.

For more information on lowering your breast cancer risk, visit:

http://www.cdc.gov/cancer/breast/basic_info/prevention.htm



GET INFORMED!

Information is one of our best weapons in combatting breast cancer.

In honor of **Breast Cancer Awareness Month**, here are four of the most comprehensive and usable on-line information sources currently available.

Susan G. Komen for the Cure (<http://ww5.komen.org>) This site provides a wealth of information about breast cancer including a comprehensive education section. You can also easily find the latest news about breast cancer, ways to donate or get involved in an event near you.

Breast Cancer in Men

- Male breast cancer accounts for about **1%** of all breast cancers, or about **2500 cases per year**.
- A lump beneath the nipple is the most common symptom.
- Risk factors are similar to those experienced by women: age, genetic factors, family history, radiation exposure, elevated levels of estrogen and lifestyle choices.
- Many male breast cancers are diagnosed when the disease is more advanced due to a general reluctance to acknowledge symptoms.
- Men diagnosed with breast cancer early have a good chance for a cure.
- 1 in 5 men who develop breast cancer have a close male relative with a history of breast cancer.

National Breast Cancer Foundation

(www.nationalbreastcancer.org) This site provides tools, tips and information from the basics (signs and symptoms, types, stages, myths) to helping to create your own personalized early detection plan. There is also a question and answer section covering a wide range of topics in a friendly, easy-to-read format.

Pink Ribbon International

(www.pinkribbon.com) This site is organized like an online magazine and provides an abundance of information about breast cancer, along with awareness events and opportunities to donate. Along with the educational information about breast cancer you can also find lifestyle-oriented advice such as fashion and beauty tips.

Breastcancer.org

(www.breastcancer.org) This site focuses on breaking down the disease into manageable parts including symptoms, diagnosis, treatments and side effects to dealing with how breast cancer affects your day-to-day life (nutrition, career, etc.). It is easy to navigate and also contains a blog, chat rooms and discussion boards to get even more personalized information and advice.

What Do These 12 Foods Have in Common?

Broccoli	Tumeric
Flaxseed	Berries
Cantaloupe	Apples
Soybeans	Walnuts
Green Tea	Garlic
Pomegranates	Carrots
Sweet Potatoes	Fish

Incorporating them into your diet COULD help to promote better breast health and boost your immune system! Recent studies have shown that a diet rich in fruits and vegetables and low in starchy carbohydrates may help prevent breast cancer and recurrence. Further, studies have shown that diet may even be more important than weight management in breast cancer prevention.

Your Total Lifestyle Counselor (TLC) is your 'health advocate' - a GPS to help you navigate the complex healthcare map. Contact your TLC at (800) 432-8421 for personalized tools and resources to help you maintain your good health.