

# Wellness Corner Connection

Debby Schiffer, Wellness Director for BURLCO & TRICO JIFs

Monthly  
Observances for  
September:

**Focus is on YOU:**  
*What do you want to  
change?  
What will motivate you  
to make those  
changes?*

1. **Set a plan of action**
2. **Get in the right mindset**
3. **Attack!!**
4. **Conquer!!!**
5. **Succeed!!**

**Also featured:**  
**Healthy Aging Month**

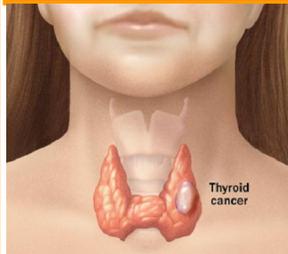
**Foods that help with  
Inflammation and  
anti-aging  
Importance of sleep**

**Thyroid Cancer  
Awareness**

**Thyroid Cancer Facts**

**IF IT IS IMPORTANT  
TO YOU, YOU WILL  
FIND A WAY.**

**IF NOT  
YOU'LL FIND  
AN EXCUSE**



## Thyroid Cancer Awareness Month

Thyroid Cancer Awareness Month is as good a time as any to address the misconceptions and give some much needed insight into this condition, as well as stress the importance of getting your thyroid checked.

One of the biggest misconceptions of thyroid cancer is that it is the “good cancer”. That statement alone is oxymoronic because how can anyone think there is such a thing as a good cancer? Cancer is bad. This misconception has grown because when detected early, thyroid cancer is usually treatable. The treatments can vary depending on the type and can include radiation therapy, chemotherapy, radioactive iodine, surgery, and life-long daily medications. However, this isn't always the case. Certain thyroid cancers are extremely aggressive and difficult to treat. Thyroid cancer is not the “good cancer.”

According to the National Cancer Institute, there are about 56,000 new cases of thyroid cancer in the US each year, and the majority of those diagnoses are papillary thyroid cancer—the most common type of thyroid cancer (see list below).

- Women are three times as likely to develop thyroid cancer than men.
- Thyroid cancer can occur in any age group, but is more common in younger people with nearly two-thirds being diagnosed between the ages of 20 and 55. Although it is most common after age 30, and its aggressiveness increases significantly in older patients.
- Thyroid cancer does not always cause symptoms; often, the first sign of thyroid cancer is a thyroid nodule.

Thyroid cancer is one of the few cancers on the rise in recent years, with a growth rate of about 6% a year since 1997. Many experts believe this is the case because of the greater use of thyroid ultrasound technology, which is better at detecting malignant thyroid nodules than in the past.

There are four different types of thyroid cancer. These include:

- Papillary** – the most common type of thyroid cancer in the United States. (80%)
- Follicular** –the second most common type. (15%)
- Medullary** –the uncommon type (2 in every 100 people with thyroid cancer). (3%)
- Anaplastic** –the least common type. (2%)

Some thyroid cancer signs and symptoms include a hoarse voice, neck pain, and enlarged lymph nodes.

Although as much as 75% of the population will have thyroid nodules, the vast majority are benign. Young people usually don't have thyroid nodules, but as people age, they're more likely to develop a nodule. By the time we are 80, 90% of us will have at least one nodule.

Fewer than 1% of all thyroid nodules are malignant (cancerous). A nodule that is cold on scan is more likely to be malignant. However, the majority of these are benign as well.



Take advantage of Thyroid Cancer Awareness Month and get your thyroid checked. It is a simple procedure that can be done at your doctor's office. However, if you don't have the time, you can always opt for a self check.

Go to <http://www.thyroidawareness.com/neck-check> for easy instructions on how to do a thyroid self exam.

Resources: [www.nahypothyroidism.org](http://www.nahypothyroidism.org); [www.verywell.com](http://www.verywell.com); [www.endocrineweb.com](http://www.endocrineweb.com)

The thyroid gland is a small, butterfly-shaped gland located in the lower front of the neck, above the collarbones, and below the voice box (larynx). Your thyroid gland makes hormones that help control the function of many of your body's organs, including your heart, brain, liver, kidneys, and skin. Making sure that your thyroid gland is healthy is important to your body's overall well-being.



## TIPS FOR STAYING YOUNG

Think it's too late to "reinvent" yourself? Think again. It's never too late to try something new. Think about what you might like to do if money was no object. Why not try it! The only person stopping you is the person you see in the mirror! Use September as the motivation to take stock of where you have been, what you really want to do and who you really are destined to be. To get you started on reinventing yourself, here are some ideas from [www.healthyaging.net](http://www.healthyaging.net). Maybe they will help you think outside the box:

- Do not act your age or at least what you think your current age should act like.** What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. (Tip: Don't keep looking in the mirror, just FEEL IT!)
- Be positive in your conversations and your actions every day.** When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news.)
- Distance yourself from people who do not have a positive outlook on life.** They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)
- Walk like a vibrant, healthy person.** Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)
- Stand up straight!** You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)
- How's your smile?** Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)
- Lonely?** Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, Take a class, Invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session at your cell phone store to keep up with technology, choose a new person every week for your dining out.)
- Start walking not only for your health but to see the neighbors.** Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)
- Make this month the time to set up your annual physical and other health screenings.** Go to the appointments and then, hopefully, you can stop worrying about ailments for a while. (Tip: For a list of recommended annual health screenings, a great resource is the [My Health Finder](#). Here's what [Medicare Covers](#).)
- Find your inner artist.** Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)

Resource: [www.healthyaging.net](http://www.healthyaging.net)

## Anti-aging Foods

**Avocados** have to be one of the most delicious foods out there. Mix up a little guacamole or slice a few up on your salad for an anti aging treat. They are one of the best foods around for anti-aging and longevity because they are loaded with healthy fats and other nutrients to help your body live longer and work bet-

**Walnuts** are a great anti-aging food because of the amount of omega-3s in just a handful. These omega-3 fatty acids are real longevity tools -- they prevent dementia and keep your brain young while fighting off heart disease by improving your cholesterol. Make walnuts part of your day, everyday.

Eating your **vegetables** for anti aging may not seem like interesting advice, but the impact of eating enough vegetables on your life expectancy is extreme. Vegetables are a great source of nutrients and antioxidants. Not only that, but vegetables also help you lose weight. Eat 5 to 9 servings everyday to help your body make repairs and live longer.

Our bodies need **water** to fight off aging and damage. Drink lots of water every day to keep your body functioning well. Water is a multi-billion dollar industry. There are many claims that water can be healthy and even "detox" you body. Most of these claims are not fully backed by research. However, it seems obvious that drinking lots of water is a good thing -- even if it is only

**Berries** are packed full of antioxidants and other chemicals that your body can use to make repairs and prevent some of the damage caused by aging. Best of all, berries taste really, really good. Be sure to eat your berries without any sauces or sugars. Just enjoy them plain for their goodness. Melons do not always come to mind when we think fruit. But melons have some of the best nutritional profiles of all the fruits. And this is the perfect

The fact that **chocolate** has anti aging properties is proof that the universe is a kind and loving place. Eat chocolate (not too much) for anti aging benefits. Chocolate is one of the world's favorite foods. Recent research shows that eating moderate amounts of **dark** chocolate also brings health benefits to your heart. The antioxidants in dark chocolate protect your heart against aging, damage and heart disease. It has a balance of fats that don't harm your body and tons of healthy chemicals that your body needs. Just be careful how much you eat. The one draw-back is the calorie content. So have a little square

**Beans** are a great source of healthy protein and antioxidants. Really, beans are a wonder food. Some researchers (like T. Colin Powell) believe that animal protein may cause many of the illnesses we face as we age. Switching to a (healthy) vegetarian diet certainly will help improve the health of your heart and arteries. Beans are a necessary part of any healthy vegetarian diet. If you don't want to go all the way to vegetarianism, then

Resource: [verywell.com](http://verywell.com)



I Pledge to Focus on Better Posture





## GO FOR YOUR GOLD!!

*Message from Debby*

When I watched the Summer Olympics, I could not help but think, "What would drive me to push beyond my comfort zone?" We all strive to accomplish some set of goals while trying to stay on track with the demands of life. But when I see individuals with such passion do whatever it takes to achieve these goals, I have to wonder what is it in my life that I would push so hard for? Have you ever stopped to think about what drives you to keep going? What really matters most to you in your daily struggle to achieve? What would motivate you to give it your all?

Depending on our goals, age and what stage of our lives we are in, the factors that motivate us to keep pushing will be different. Here is a list of factors that may entice us as humans. What one(s) can you relate to?

- Ambition
- Money
- Independence – to feel in charge of your life
- Security – job security, financial security, peace of mind
- Status/Power/Prestige
- Self-esteem/the good feeling you get after accomplishing the task
- Opportunity to improve, to grow, to become more capable
- Recognition and respect from others
- Making a difference /the feeling you get inside
- You are competitive/you need to feel you are gaining ground and winning every time.
- You need to prove a point



Regardless of what motivates you or sparks your enthusiasm to keep moving forward, the bottom line is we all desire to be better, to achieve what we have defined for ourselves as "being our best". Whether your goal is to be healthier, a better parent, or be more productive at work, you are always striving for improvement in your personal or professional life.

To be the best you can be does not mean you are striving for perfection. It does not mean never making a mistake or having a set back. It simple means that you attempt to achieve optimal performance in life. It requires being conscious of the goals you have set for yourself and making the best possible choices to move yourself closer to achieving them.

For example if you have made a decision to stay healthy, you wake up with a level of consciousness that should stay with you throughout the day to make the best choices you can regarding what you eat, what you drink, the kind of exercise you do (if any), and the amount of sleep you get. It requires resetting your mind to look at options that will get you closer to your goal, and avoiding, as often as possible, those choices that move you in the opposite direction.

But life happens! There are challenges that will try to derail your attempts and distract you from your goal. Charting your progress can help. Keeping aware of even the smallest changes and accomplishments will help you stay focused on meeting your goal. You might ask yourself these questions: Do I feel proud of what I have done so far?

Have I overcome some real barriers to get to this point?

How do I handle challenges?

How can I gain more tempo? Do I need to consult with an expert to help me keep going?

We are human and many times the tasks we set for ourselves are challenging and require hard work. It's easy to abandon them and move in the direction of something less demanding and more fun. When you feel like just giving up, take a short break. But pay close attention to your progress chart to refuel you to start again. Don't let too much time go by before refocusing. Just as the Olympians...keep your eyes on winner, what matters to YOU...keep your eyes on the Gold!!!

## Fall Fitness



Are you the type to put off making any "plans" to change until New Year's Eve? Why wait until December 31st to set your sights on getting fit and healthier? Fall is a perfect time to get started and maybe create good habits now that will carry you through the holiday season.

With the changing of seasons comes a renewed time to rethink and restart. It can be a treat for the senses with the crisp air, apple picking, pumpkin carving, gorgeous canopy of fall foliage and the crunch of leaves underfoot as you explore some wonderful nature trails.

Walking, hiking, and cycling are all awesome activities for the fall and great ways to get and stay in shape. Try kayaking or canoeing at a near by lake. It's an excellent upper body and core workout.

Maybe sign up to take a class at your community college. Learn to paint, or cook, or dance! Think outside the box and whenever you can, just think OUTSIDE!!!!

**The first step to getting anywhere is deciding you're no longer willing to stay where you are.**

## Too Little Sleep May Accelerate Aging

Regularly catching only a few hours of sleep can hinder metabolism and hormone production in a way that is similar to the effects of aging and the early stages of diabetes. Chronic sleep loss may speed the onset or increase the severity of age-related conditions such as type 2 diabetes, high blood pressure, obesity, and memory loss. The researchers showed that just one week of sleep deprivation altered subject's hormone levels and their capacity to metabolize carbohydrates. People who trade sleep for work or play may get used to it and feel less fatigued.

During sleep-deprivation, the researchers found, the men's blood sugar levels took 40% longer to drop following a high-carbohydrate meal, compared with the sleep-recovery period. Their ability to secrete and respond to the hormone insulin, which helps regulate blood sugar, dropped by 30%. These changes echo the effects of insulin resistance, a precursor to type 2 diabetes. In addition, the sleep-deprived men had higher nighttime concentrations of the hormone cortisol, which also helps regulate blood sugar, and lower levels of thyroid-stimulating hormone. These raised cortisol levels mimic levels that are often seen in older people, and may be involved in age-related insulin resistance and memory loss.

Resource: mercola.com

## Parmesan Spinach Cakes

If you like spinach-cheese pie, try this simple but elegant-looking little spinach cakes. Great for a healthy snack idea.

### Ingredients:

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• 12 ounces fresh spinach (see Note)</li> <li>• 1/2 cup part-skim ricotta cheese or low-fat cottage cheese</li> <li>• 1/2 cup finely shredded Parmesan cheese, plus more for garnish</li> </ul> | <ul style="list-style-type: none"> <li>• 2 large eggs, beaten</li> <li>• 1 clove garlic, minced</li> <li>• 1/4 teaspoon salt</li> <li>• 1/4 teaspoon freshly ground pepper</li> </ul> |
|--|---|



**Note:** Baby spinach is immature or young spinach—it's harvested earlier than large-leaved mature spinach. We like the sturdy texture of mature spinach in cooked dishes and serve tender, mild-flavored baby spinach raw or lightly wilted. Baby and mature spinach can be used interchangeably in these recipes (yields may vary slightly); be sure to remove the tough stems from mature spinach before using.

### Preparation:

1. Preheat oven to 400 °F.
2. Pulse spinach in three batches in a food processor until finely chopped. Transfer to a medium bowl. Add ricotta (or cottage cheese), Parmesan, eggs, garlic, salt and pepper; stir to combine.
3. Coat 8 cups of the muffin pan with cooking spray. Divide the spinach mixture among the 8 cups (they will be very full).
4. Bake the spinach cakes until set, about 20 minutes. Let stand in the pan for 5 minutes. Loosen the edges with a knife and turn out onto a clean cutting board or large plate. Serve warm, sprinkled with more Parmesan, if desired.

### Nutrition Information:

**Serving size:** 2 spinach cakes

**Per serving:** 141 calories; 8 g fat(4 g sat); 2 g fiber; 6 g carbohydrates; 13 g protein; 182 mcg folate; 110 mg cholesterol; 1 g sugars; 0 g added sugars; 8316 IU vitamin A; 24 mg vitamin C; 310 mg calcium; 3 mg iron; 448 mg sodium; 562 mg potassium

**Nutrition Bonus:** Vitamin A (166% daily value), Folate (46% dv), Vitamin C (40% dv), Calcium (31% dv), Magnesium (20% dv), Iron (17% dv), Potassium (16% dv).

**Carbohydrate Servings:** 1/2

Recipe from [www.eatingwell.com](http://www.eatingwell.com)

Debby Schiffer, Wellness Director for BURLCO & TRICO JIF

E-mail: [debby\\_schiffer@targetingwellness.com](mailto:debby_schiffer@targetingwellness.com)

Home Office: 856-322-1220

Cell: 856-520-9908

*You will never have this day again ♥ so make it count!*