

October 2015

Breast Cancer
Awareness Month

National Dental Hygiene
Month

Domestic Violence
Awareness Month



Breast cancer ranks 2nd as a cause of cancer death in women (after lung cancer).

About 1 in 8 women (12%) will develop breast cancer in her lifetime.

It's not sugar that causes cavities, it's how long the sugar stays on your teeth.

Carbonated drinks are high in acid which destroy tooth enamel.

About 35% of women in USA will experience intimate partner violence in their lifetimes.



Let today be the day you love yourself enough to no longer just dream of a better life; let it be the day you act upon it.

Wellness Corner Connection

Debby Schiffer, Wellness Director for BURLCO & TRICO JIFs

Facts About Breast Cancer

Cells in the body normally divide (reproduce) only when new cells are needed. Sometimes, cells in a part of the body grow and divide out of control, which creates a mass of tissue called a tumor. If the cells that are growing out of control are more normal cells, the tumor is called benign (not cancerous). If, however, the cells that are growing out of control are abnormal, don't function like the body's normal cells, and begin to invade other tissue, the tumor is called malignant (cancerous).

What Causes Breast Cancer?

We do not know what causes breast cancer, although we do know that certain risk factors may increase your chances of developing it. A person's age, genetic factors, personal health history, and diet all contribute to breast cancer risk.

The symptoms of breast cancer include:

- Lump or thickening in or near the breast or in the underarm that persists through the menstrual cycle.
- A mass or lump, which may feel as small as a pea.
- A change in the size, shape, or contour of the breast.
- A blood-stained or clear fluid discharge from the nipple.
- A change in the feel or appearance of the skin on the breast or nipple (dimpled, puckered, scaly, or inflamed).
- Redness of the skin on the breast or nipple.
- A change in shape or position of the nipple
- An area that is distinctly different from any other area on either breast.
- A marble-like hardened area under the skin.

How Can I Protect Myself From Breast Cancer?

Follow these three steps for early breast cancer detection:

- Annual screening mammography starting at age 40 or 50. Breast cancer experts don't agree when women need to begin getting mammograms. Ask your doctor.
- Women in high-risk categories should have screening mammograms every year and typically start at an earlier age. MRI or ultrasound screening can also be given in addition to mammograms. Discuss the best approach with your doctor.
- Have your breasts examined by a health care provider at least once every three years after age 20, and every year after age 40. Clinical breast exams can complement mammograms.

Risk Factors For Breast Cancer

Older age is the main risk factor for most cancers. The chance of getting cancer increases as you get older. Other risk factors for breast cancer include:

- A family history of breast cancer in a first-degree relative (mother, daughter, or sister).
- Inherited changes in the BRCA1 and BRCA2 *genes* or in other genes that increase the risk of breast cancer.
- Drinking alcoholic beverages.
- Breast tissue that is dense on a mammogram.
- Exposure of breast tissue to estrogen made by the body:
 - Menstruating at an early age.
 - Older age at first birth or never having given birth.
 - Starting menopause at a later age.
- Taking hormones such as estrogen combined with progestin for symptoms of menopause.
- Obesity
- A personal history of invasive breast cancer, ductal carcinoma in situ (DCIS), or lobular carcinoma in situ (LCIS).
- A personal history of benign breast disease.
- Being white.
- Treatment with radiation therapy to the breast/chest.

Breast cancer is the second most common type of cancer in American women.

Women in the United States get [breast cancer](#) more than any other type of [cancer](#) except [skin cancer](#). The number of new cases of breast cancer has stayed about the same since 2003. Breast cancer is second to [lung cancer](#) as a cause of cancer death in American women. However, deaths from breast cancer have decreased a little bit every year for the past several years. Breast cancer also occurs in men, but the number of new cases is small.

Resources: WebMD and National Cancer Institute

Could You Live To Be 100?

Living to be 100, a centenarian, is certainly possible. But the real question is how well will you live as you grow older? There are several things we can do to make our journey through life a happier and healthier one. Here are a few suggestions.

Pay a lot of attention to Inflammation

There are two key processes that will determine how quickly or slowly we age. They are inflammation and the production of free radicals. Each one is either triggered or prevented by specific things in our diet, environment and way of life. Inflammation is our bodies protective response to irritation, injury and infection. It's the vital part of the healing process as your body fights the injury. It helps protect you against infection. A blood test can check for your levels of C-reactive protein or CRP. This is not a normal check up for healthy people. But an unhealthy lifestyle can increase inflammation.

Avoid Common Inflammation Triggers:

- Refined and processed foods
- Fruits and vegetables that are depleted of antioxidant nutrients.
- Sugary drinks
- Lack of physical activity
- Toxins in our food, water and air
- Lack of sleep
- Stress

Sleep Better (and more) with Melatonin

Melatonin is well regarded for its ability to scavenge free radicals. Since its both water-and fat-soluble, it moves easily through cell membranes, allowing it to clean up free radicals where they can do the most damage. Adding melatonin to your supplement regimen could be beneficial: it's an excellent and gentle way to encourage sleep, which can be particularly helpful for people suffering from insomnia. It can also benefit folks who work the late shift and have no choice but to grab their sleep in the daytime. Taking as little as 0.5mg of melatonin can be therapeutic. Check with your doctor before taking ANY supplement ESPECIALLY if you are on prescription medications.

Reduce Pain with Turmeric

One of the most powerful natural anti-inflammatory item is curcumin—an ingredient in turmeric, the Indian spice that gives curry its telltale yellow color. Clinically, curcumin has worked as well as cortisone for rheumatoid arthritis, osteoarthritis, and post-operative inflammation.

Delay Aging with Healthy Fats

Omega—3 fats found in fish contain antioxidants that fight free radicals and reduce inflammation.



Watch Your Calcium Intake

This might be a surprising fact (it was to me). We know that calcium is important for healthy bones. But did you know that too much of it and too little of magnesium, could cause osteoporosis? The ratio of calcium to magnesium in the days of the caveman were 1:1. Today they range between 5:1 and 15:1 causing an imbalance that could be deadly. Without enough magnesium, calcium can be stored in the wrong places of your body. It can be deposited in our joints, contributing to arthritis, and in our arteries, which leads to heart disease. And it can go to the kidneys and be turned into painful kidney stones. If you aren't sure you are enough magnesium, check with a local Registered Dietitian.

Get Back to Nature

Research shows that spending just 20 minutes outside in good weather not only improves mood, but broadens thinking and increase working memory. Ideal temperature at which happiness is maximized, 57 degrees.

Is Sugar bad for your teeth?



What was Mom's biggest refrain about teeth? Sugar! "You will ruin those beautiful teeth!"

Sugar, according to Dr. Richard Price, DMD, retired dentist and former faculty member of the Boston University School of Dentistry, is not the problem. How long the sugar stays on teeth is the problem. Given enough time, the bacteria in your mouth feed on the sugar and excrete damaging acid that can eat through enamel forming cavities. So if you eat candy, brush afterward if you can.

Or chew some gum! Amazingly, even sugar gum is not a big no-no for teeth, the dentists say. It churns up lots of saliva, which carries off the sugar in short order.

Some sugarless gum, containing xylitol, is even a good decay-preventer. In fact, in California, researchers are trying to make Gummi Bears into a dental aid by making them with xylitol. Soda, too, is not too much of a tooth problem, if you brush or drink water afterward. In fact, the diet kind contains more phosphates than can be acidic to enamel and may be a bigger threat to your choppers than regular.

Did you Know...

Carrots & Celery are high in fiber and water which help clean teeth. They also get more saliva flowing which neutralizes the acids that cause cavities and gum disease.

Tomatoes & citrus fruits are healthy but acidic. Eat them at a meal when saliva can help wash acid away. If you want fruit, consider a fiber-rich apple instead.

Replace your toothbrush every 3–4 months for them to continue to clean as they should. If it still looks good after 3 months you might not be brushing long or often enough.

Tips for Fall Fitness

It seems that springtime is a motivator for getting in shape for the upcoming swim suit season. But for many, with the onset of cooler weather, those fitness habits may go by the wayside. After all, those bulky sweaters and coats will cover up the extra pounds winter months can bestow on us. Right? Don't let that happen this year. Fall is a great time to start (or continue) a fitness program that will help instill good habits to overcome some of the holiday season temptations.

With the change of seasons comes a renewed time to rethink and restart your goals to better health. Don't wait until January for those unrealistic New Years Resolutions. Start now! Here are a few ways to start making the most of the season. And who knows? Maybe this year you'll be in great shape BEFORE the New Year's Eve party!

Take advantage of the weather. Fall is a great time to get outside and take advantage of the cooler weather with biking, hiking, jogging, playing golf, or tennis. Look for new park trails to try or take a walk by a local pond. Connect with nature and enjoy the gorgeous canopy of fall foliage, go apple picking or experience the thrill of walking through a haunted corn maze.

Learn something new. Many classes at gyms get started in the fall. Look for something new to try. Always wanted to learn to box? Attempt Zumba? Master the jump rope? Many people fail to try something new because they might look silly. Don't let your ego hold you back. The only way you can get better at something is to first try it!

Be an active TV watcher. The Fall premieres of our favorite television shows are starting. If you are going to sit and watch a few hours of TV, get moving on every commercial. Yes I know many of us can now fast forward through them. But make it a point to exercise on a few. Hold in a plank, do crunches or push ups during that time. Walk in place or make your healthy lunch for the next day. Use that time to move.

Remember the 30-day rule. It will take about four weeks for your body to get used to a lifestyle change. If you are trying to incorporate more exercise to your day, instead of hitting the snooze button, get out of bed and do even 5 or 10 minutes of exercise. If you can stick to that for a month, behavior patterns will have adapted and it will be much easier to stick with, working your way up to 20 or 30 minutes.

Strive for the 3 C's. *COMMITMENT, CONVENIENCE, AND CONSISTENCY!* You can do this. You just have to start!

Recipe
Corner

Easy Weeknight Soup: Hearty Salmon Chowder

Salmon is rich in Omega-3, which has several health benefits. In addition it has niacin and vitamin 12 which can help prevent cardiovascular disease. Look for Wild salmon vs. farmed raised which may have more contaminants due to the environment in which it is raised. Canned should say pink or sockeye.



Ingredients:

1lb fresh skinless salmon fillets or one 15oz can,
rinsed and drained
1 tbsp cooking oil
2 cups shredded carrots
1 cup chopped onions
1/2 cup sliced celery
1 1/2 cups water

4 cups reduced-sodium chicken or vegetable broth
2 1/2 cups cubed red-skinned potatoes (3 medium)
1 10oz package frozen corn
1 tsp snipped fresh dill or 1/2 tsp dried
1 bay leaf
1 tsp dried thyme
1/4 tsp cayenne pepper
2 cups fat-free milk

Nutritional Information:

Servings: 8
Serving Size: 1 1/4 cups
Total Prep Time: 45 minutes
Calories per serving: 211
Fat per serving: 5g
Sat fat 1g
Sodium: 487mg
Protein: 14g
Fiber: 3g

Recipe from www.recipes.com

Preparation:

1. In a large saucepan, heat oil and sauté carrots, onion and celery for about 10 minutes or until vegetables are tender, stirring occasionally.
2. If using fresh salmon, bring water to a boil and add salmon to poach. Reduce heat and let simmer, covered, for 6 to 8 minutes or until salmon flakes easily with a fork. Remove salmon, discard liquid, and flake into 1/2 inch pieces. Set aside.
3. Stir the broth, potatoes, corn, dill, bay leaf, thyme, cayenne pepper and salt into vegetables. Bring to boil then reduce. Cook covered over medium-low heat about 15 minutes.
4. Stir together 1/2 cup of milk with cornstarch. Add mixture to saucepan. Stir in remaining milk. Cook and stir over medium heat until thickened slightly and bubbly. Cook and stir for 2 minutes more. Gently stir in poached or canned salmon. Heat through and enjoy!

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*If it doesn't **challenge** you, it doesn't **change** you!!*