

Mission In Motion

Health & Wellness Monthly Newsletter

October 2013—Cancer Awareness (Breast, Prostate, Colon)



October is Breast Cancer Awareness Month

Chances are you or someone you know has been impacted by breast cancer. In the U.S. alone, 1 in 8 women receive a breast cancer diagnosis, and 40,000 women die from the disease annually according to the Centers for Disease Control. Although it's rare, men get breast cancer too, which is why every October, the organizers behind National Breast Cancer Awareness Month, intensify their efforts to let everyone know there are steps they can take to beat the odds. Here's how:

Early Detection - Medical experts recommend monthly self-exams to detect signs of breast cancer, such as a lump. However, in the early stages of breast cancer, a lump is hard to detect, and there aren't any other outward signs or symptoms. Therefore, a mammogram and X-ray of the breast is very important. The National Breast and Cervical Cancer Early Detection Program offers free or low-cost mammograms to eligible women. Women age 40 and above should talk to their doctors about when and how often to get a mammogram.

Reduce Your Risk Factors - Smoking raises your chances of getting breast cancer along with drinking alcohol, but did you know that a poor diet and even carrying a few extra pounds can raise your risk too? By maintaining a healthy weight and regularly exercising, you can lower your risk. The U.S. Department of Agriculture's website offers tips and nutrition recommendations on how to build a balanced diet on ChooseMyPlate.gov, and you and your family can take part in the Let's Move campaign led by First Lady Michelle Obama. Finally, share your family history with your doctor to help him/her determine when you should start getting mammograms and the frequency.

Benefits.gov features over 1,000 forms of government assistance with many programs focusing on healthcare, good nutrition, and exercise all of which are key to preventing breast cancer and many other diseases.

Source: Benefits.gov

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There's more to breast health than statistics and studies.

Most women want to know if they can do anything to lower their odds for developing breast cancer. There are several steps all women can take to protect their breast health:

- ♥ Know your family's health history.
- ♥ Make lifestyle changes when necessary
- ♥ Get routine checkups
- ♥ Get screened as recommended

Remember: Finding breast cancer early is key to increasing your chances of survival. Be a partner with your health care provider in protecting your breast health. Read on to learn the risks and screening guidelines

Know the Risks

There are factors women can control to lower their risk:

Stay physically active. Regular exercise, such as walking for at least 3 hours a week has been linked to a significantly lower risk of breast cancer.

Maintain a healthy weight. Research shows combining weight loss and regular exercise will drive down hormones that raise risk, even 5% weight loss helps, particularly in obese postmenopausal women.

Avoid or limit alcohol. A 20-year study on more than 100,000 women found that even light drinking (3 to 6 drinks a week-beer, wine, spirits) increase risk slightly. Research continues to further clarify the relationship between alcohol consumption and breast cancer risk

Reduce estrogen exposure. One way is to avoid long-term use of postmenopausal hormone replacement therapy, particularly any combination of estrogen-plus-progestin forms. If you do need hormones to help relieve menopausal symptoms, review your options with your provider.

Source: Hope Health

Breast Health and Breast Cancer Prevention

The Importance of early detection

You should perform breast self-exams, receive clinical breast exams and have mammograms regularly as described below. Depending on your medical history, your doctor may recommend more frequent exams or beginning exams at an earlier age.

Breast Self-examination (BSE)

Women age 20 or older should learn how to do BSE and make it a monthly habit. The best time to do a BSE is the week following your period. If you are no longer menstruating, do a BSE on the first day of every month.

Clinical Breast Examination (CBE)

Usually your doctor will examine your breast as part of a routine check-up or when you have a Pap test to screen for cervical cancer. This is called a CBE. Women ages 20 to 39 should have a CBE once every three years, and then annually beginning at age 40.

Mammograms

Mammography can detect a tumor two years before it can be felt. It must be stressed, though, that mammograms are not a substitute for BSE. Since no diagnostic test is 100% accurate, cancers are sometimes detected through BSE that are missed through mammograms. Women should have their first mammogram between the ages of 35 and 39. This baseline mammogram will serve as a point of comparison for any later changes in the breast. Beginning at age 40, a woman should have a mammogram once a year.

3 Biggest cancer killers of men in the U.S.

1. **Lung cancer** kills more than 90,000 each year.
2. **Prostate cancer** kills more than 30,000 each year.
3. **Colorectal** (cancer of the colon and/or rectum) kills more than 25,000 each year.

Three out of 4 men who get any kind of cancer are either smokers or ex-smokers.

Lung Cancer

Routine chest X-rays can't warn you in time if you have lung cancer. Help reduce your risk:

- Don't smoke. Nine out of 10 men who die from lung cancer are (or were) smokers. The earlier you quit, the lower your risk.
- Avoid secondhand smoke.

Prostate Cancer

Most prostate cancers are found in men over age 65. This cancer can run in families. Help reduce your risk:

- Keep a healthy weight.
- Eat less red meat, fatty meats, and processed meats.

Ask your doctor when to start getting checked for prostate cancer. Talk to your doctor:

- ⇒ At age 40 if several close family members have had prostate cancer (father, sons, brothers)
- ⇒ At age 45 if you are African American and your father, son or brother got prostate cancer before age 65
- ⇒ At any age if you have any signs or prostate cancer. Signs include peeing more often or more slowly.

Ask your doctor if you should get a blood test called a PSA and/or a physical exam of your prostate gland. These tests can show early signs of prostate cancer and other prostate problems.

Colorectal Cancer

Risk Factors

- You or close family member have had cancer or lumps (polyps) of the colon or rectum.
- You have had inflammatory bowel disease.
- You have a high-fat diet or you are overweight.
- You smoke.

Finding it Early

Starting at age 50: Talk to your doctor about test you need to check for cancer in the colon and rectum.

At any age, see your doctor if you:

- ⇒ Have bleeding from your rectum
- ⇒ See blood in your stool
- ⇒ See a change in your bathroom habits



A once-a-year exam: the fix-it for men's health

Just like your car, your health needs regular checkups. Make time for regular exams and screenings and make healthy lifestyle choices.



Watch out for these signs of cancer:

- Thickening or a lump in the breast or another part of the body
- A wart or mole that changes or a sore that does not heal
- Nagging cough or hoarse throat
- Changes in bathroom habits (*peeing or passing stool*)
- Trouble weight for no reason
- Strange bleeding or discharge

Note: Don't panic if you show any of these signs. Most likely you do not have cancer. But only your doctor can help you find out for sure.

Six ways to prevent cancer

Most cancers can be prevented. And many cancers can be treated if they are found early. Lifestyle changes can prevent two-thirds of cancer deaths. Try these tips to help save a life—yours.

1. **Eat healthy.** You can lower your risk of some cancers by eating healthy foods, like fruits and vegetables. For guidelines, visit www.MyPyramid.gov
2. **Be active.** Exercise can help you avoid major illness, including cancer. Even 10 minutes a day can make a difference. Just make time and take time to move every day.
3. **Quit smoking.** Tobacco is the largest cause of cancer and cancer death. This includes cigarettes, cigars, smokeless tobacco, and pipes. Even smoke from other people's cigarettes can cause cancer.
4. **Be smart about alcohol.** Drinking too much can raise your risk for many kinds of cancer. If you smoke and drink, your cancer risk is even greater.
5. **Slip, slop, slap.** Some sunlight is good, but the sun can also cause skin cancer.

**While in the sun:*

- Slip** on a shirt with long sleeves, as well as long pants
- Slop** on sunscreen about every 2 hours while in the sun.
- Slap** on a wide-brimmed hat and sunglasses.

6. **Protect against HPV.** HPV viruses have been linked to cervical cancer. HPV can be passed from one person to another during sex. Having many sex partners raises your risk. If you are a female 9-26 years old talk to your doctor about the HPV vaccine.

Source: American Cancer Society

MONTHLY SMARTS

FOOD SMARTS

Your family also needs to eat smart to be fit. Fill half of everyone's plate with vegetables and fruit, buy whole-grain products, and have low-fat or fat-free dairy foods.

HEALTHCARE CONSUMER SMARTS

"Convenient" prepackaged meals almost always cost more. Find simple recipes online that use fresh ingredients, and prepare your own meals instead. Make enough to have leftovers for a second, easy meal.

SAFETY SMARTS

Celebrate Fire Prevention Week (Oct. 6-12) by making sure you know what to do in case of a fire. Draw a floor plan of your home that shows two ways out of every room—usually a door and a window. Practice this escape plan a couple of times each year.

Source: Positive Promotions



We Can Do It!



October Breast Cancer Awareness

Topic: Breast Cancer Awareness

Date: October 24, 2013

Time: 11:30 a.m.- 1:00 p.m.

Speaker: Dr. Hazem Kanaan

Location: Shary Golf Course

Pear Salad

Pears are at their peak in early autumn, but you can enjoy them now in a fresh summer salad. Eaten with the skin, a medium pear packs almost 6 grams of filling, health-protecting fiber – nearly a quarter of your daily value. Research has shown that diets high in fiber may help protect against colorectal cancer and other chronic diseases. Fresh mint and honey lend a sweet flavor to balance the tartness of lemon dressing.

Chicken and Pear Salad with Mint Dressing Salad

- 3 firm ripe pears, cut into approximately 1-inch cubes
- Juice of 1/2 lemon
- 2 cups cooked chicken breast, cut into 1-inch cubes
- 1 cucumber, peeled, sliced thin and coarsely chopped
- 4 tbsp. red onion, finely chopped

Dressing

- 1/4 cup white vinegar (white wine vinegar works well)
 - 1 tsp. lemon juice
 - 1-2 Tbsp. honey
 - 1/3 cup minced fresh mint
 - 1/8 tsp. salt
 - 1/8 tsp. black pepper
 - 1 tsp. cinnamon
 - 4 large lettuce leaves
- Drizzle fresh cubed pears with lemon juice. In large mixing bowl combine pears, chicken, cucumber, and onion and set aside.

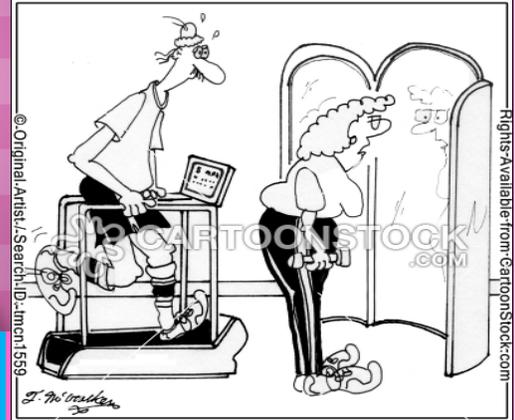
Blend vinegar, lemon juice, honey, mint, and salt and pepper in food processor/blender until smooth.

Drizzle dressing over fruit and chicken mixture and toss gently to coat. If not serving immediately, cover and refrigerate. To serve, re-toss gently, sprinkle with cinnamon and arrange on plates with beds of lettuce.

Makes 4 servings.

Per serving: 231 calories, 3 g total fat (<1 g saturated fat), 31 g carbohydrate 23 g protein, 5 g dietary fiber, 131 mg sodium.

Cartoon Corner



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"I had a mammogram this morning. I think if I have a few more, I may be able to touch my toes without bending my knees."

Health & Wellness Seminars

November 2013-Diabetes

December 2013-Smoking Cessation
(Topics subject to change)

*If you have a subject or topic that you would like more information on, feel free to make your request at 956-580-8630.

Simple Swap: Red Meat vs. Seafood

Switch red meat for 8 ounces of fish or seafood on your plate each week. Omega 3 fatty acids found in fish help boost your heart health by improving blood pressure and triglyceride levels.

Mission In Motion

Our mission is to promote health awareness and to encourage healthy lifestyles.

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