

City Of Mission's



Healthline

October 2016

Welcome to this month's edition of *Healthline*. In this issue, we will be focusing on the importance of *Breast Cancer Awareness*.

Save the Date!

Upcoming Events:

October 6, 2016
Breast Cancer Awareness
Luncheon

October 21, 2016
Employee Health Fair

Take Control of Your Breast Health

All women can get breast cancer—even those with no family history of the disease. It's the second-leading cause of cancer death in American women (lung cancer is the first). While research continues to seek ways to prevent, detect, and treat this disease, it's essential to stay informed.

Learn about breast cancer and take control of your breast health by following the early detection guidelines of the American Cancer Society (ACS). This is the schedule for women at average risk.

- ⌘ **Age 30 and Older**
Talk to your doctor to determine your breast cancer risk
- ⌘ **Age 45-54**
Mammogram every year.
- ⌘ **Age 55 and Older**
Mammogram every 2 years.

For women at higher risk:

The ACS advises women at high risk for breast cancer to get an MRI every year as well as a mammogram. Women at high risk include those who:

- ⌘ Have a lifetime breast cancer risk of 20-25 percent or more, based on risk assessment tools that look mainly at family history.
- ⌘ Have a known BRCA1 or BRCA2 gene mutation.
- ⌘ Have a first-degree blood relative (parent, sibling, or child) with a BRCA1 or BRCA2 gene mutation, and have not had genetic testing themselves.
- ⌘ Had radiation therapy to the chest between the ages of 10 and 30.
- ⌘ Have Li-Fraumeni syndrome, Cowden syndrome, or Bannayan-Riley-Ruvalcaba syndrome, or a first-degree blood relative with one of these syndromes.

EARLY DETECTION
is your best protection

Source: American Cancer Society, Positive Promotions

Breast Care Screening Guide

Mammogram

For most women, a mammogram is the most effective way to detect breast cancer when lumps are too small to be felt or seen. It usually consists of two or more low-dose X-rays. Mammography can be uncomfortable because each breast is compressed, but it lasts for only a few moments.

Clinical Breast Exam

This is a breast exam by your healthcare professional. It gives you a good opportunity to ask any questions you want. If you choose to do breast self-exams, this is a good time to receive instruction. Have your clinical breast exam prior to having a mammogram so any suspicious areas can be evaluated during the mammogram.



Breast Self-Exam

Checking your breasts by yourself is called a breast self-exam. The American Cancer Society recommends that starting in their 20s, women make a decision—with information from their healthcare professional—about whether or how often to do breast self-exams. However, many experts recommend doing breast self exams monthly to increase your awareness of how your breasts normally feel and look, so any changes can get quickly detected and reported.

Source: American Cancer Society,
Positive Promotions

How To Do Your Breast Self-Exam

Follow these four steps each time you perform breast self-exam:

⌘ While Lying Down

This is the most effective way to feel your breast tissue. Lie on your back and put your right arm behind your head. With finger pads (not fingertips) of the three middle fingers of the left hand, apply three levels of pressure (light, then medium, then firm) in overlapping, dime-sized, circular motions to feel entire right breast tissue, including underarm. Check for lumps or thickenings. Repeat for left breast, using right hand.

⌘ While Standing or Sitting

Examine each underarm with arm only slightly raised.

⌘ While Looking In the Mirror

With hands firmly pressing down on hips, look for changes in the shape, size, or skin texture of your breasts. Check for changes in nipples, including unusual discharge.

⌘ While Standing in the Shower.

Check your entire breast and underarm using the same method as in the lying down exam. Use right hand for left breast, left hand for right breast



Source:
American Cancer Society
Positive Promotions

Nothing's more important
than your well woman exam



Be Well Advised

An annual mammogram and Pap test can detect cancer early when it's easier to treat.

- 🎗️ Women ages 40 to 44 have the choice to start annual breast cancer screening with mammograms.
- 🎗️ Women age 45 to 54 should get mammograms every year.
- 🎗️ Women age 55 and older should switch to mammograms every two years, or choose to continue yearly screening.
- 🎗️ Women age 21 to 29 should have a Pap test every three years.
- 🎗️ Women age 30 to 65 should have a Pap test and an HPV test every five years.

Discuss any risk factors with your physician and determine the most appropriate screening schedule for you.

Source:

American Cancer Society

Question & Answer

Can physical activity reduce the risk of breast cancer?

Answer: Exercise boosts the immune system and helps you to keep your weight in check. With as little as three hours of exercise per week or about 30 minutes a day, a woman can begin to lower her risk of breast cancer. This doesn't require going to a gym either. Power walking is more than sufficient!

Can a healthy diet help to prevent breast cancer?

Answer: A nutritious, low-fat diet (30 grams or less) with plenty of fruits and green and orange vegetables can help reduce the risk of developing breast cancer. A high-fat diet increases the risk because fat triggers estrogen productions that can fuel tumor growth.

Does a family history of breast cancer put someone at a higher risk?

Answer: Although women who have a family history of breast cancer are in a higher risk group, most women who have breast cancer have no family history. Statistically only 5-10% of individuals diagnosed with a breast cancer have a family history of the disease.

Are mammograms painful?

Answer: Mammography does compress the breasts and can sometimes cause slight discomfort for a very brief period of time. Patients who are sensitive should schedule their mammograms a week after their menstrual cycle so that the breasts are less tender. Your doctor may say it is fine to take acetaminophen an hour before the x-ray is performed to prevent discomfort too.



Breast Cancer Myths

Finding a lump in your breast means you have breast cancer.

Only a small percentage of breast lumps turn out to be cancer. But if you discover a persistent lump in your breast or notice any changes in breast tissue, it should never be ignored. It is very important that you see a physician for a clinical breast exam. He or she may possibly order breast imaging studies to determine if this lump is of concern or not. Take charge of your health by performing routine breast self-exams, establishing ongoing communication with your doctor, getting an annual clinical breast exam, and scheduling your routine screening mammograms.



Men do not get breast cancer; it affects women only.

Quite the contrary, each year it is estimated that approximately 2,190 men will be diagnosed with breast cancer and 410 will die. While this percentage is still small, men should also check themselves periodically by doing a breast self-exam while in the shower and reporting any changes to their physicians. Breast cancer in men is usually detected as a hard lump underneath the nipple and areola. Men carry a higher mortality than women do, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can cause a delay in seeking treatment.

A mammogram can cause breast cancer to spread.

A mammogram or x-ray of the breast currently remains the gold standard for the early detection of breast cancer. Breast compression while getting a mammogram cannot cause cancer to spread. According to the National Cancer, "The benefits of mammography, however, nearly always outweigh the potential harm from the radiation exposure. Mammograms require very small doses of radiation. The risk of harm from this radiation exposure is extremely low."

Source:

National Breast Cancer Foundation, Inc.

Healthy Recipe

Pumpkin Spice Overnight Oats

With just five minutes of prep time the night before, you'll have an easy grab-and-go breakfast that will keep you satisfied all morning. These hearty, pumpkin-spiced oats are packed with fiber, protein and cancer-fighting polyphenols. Whole grains like oats can improve your digestion, aid in weight control, and lower your risk for colorectal cancer.

Makes 4 Servings

Per serving: 330 calories, 7 g total fat, 50 g carbohydrate, 17 g protein, 8 g dietary fiber, 280 mg sodium.



Ingredients:

- ⌘ ½ cup rolled oats
- ⌘ ½ cup unsweetened almond milk (or any type of milk)
- ⌘ 1/3 cup plain Greek yogurt
- ⌘ 1 Tbsp ground flaxseed
- ⌘ 2 Tbsp pumpkin puree
- ⌘ 1 Tbsp maple syrup
- ⌘ ½ tsp vanilla extract
- ⌘ ½ tsp ground cinnamon
- ⌘ ¼ tsp ground ginger
- ⌘ ¼ tsp ground nutmeg
- ⌘ Pinch of salt

Directions:

1. Stir together all ingredients in a medium-sized mixing bowl. Add to a mason jar with a fitted lid. Refrigerate and store overnight.

The 30-day plank challenge!

Firm your tum and feel stronger in just 30 days!

Move Of the Month:

30 Day Plank Challenge
Strengthen your core.

DAY 1 Static plank 20secs hold: 20secs rest X 3	DAY 2 Extended arm plank 20secs hold: 20secs rest X 3	DAY 3 Static plank 30secs hold: 30secs rest X 3	DAY 4 Extended arm plank 30secs hold: 30secs rest X 3	DAY 5 Side plank 20secs each: side alternate: 30secs rest X 3	DAY 6 REST DAY	DAY 7 Static plank 30secs hold: 20secs rest X 3	DAY 8 Extended arm plank 30secs hold: 20secs rest X 3	DAY 9 Static plank 30secs hold: 20secs rest X 4	DAY 10 Extended arm plank 30secs hold: 30secs rest X 4	DAY 11 Side plank 30secs each: side alternate: 30secs rest X 3	DAY 12 REST DAY
DAY 13 Static plank 45secs hold: 30secs rest X 3	DAY 14 Extended arm plank 45secs hold: 30secs rest X 3	DAY 15 Static plank 30secs hold: 20secs rest X 6	DAY 16 Extended arm plank 30secs hold: 30secs rest X 6	DAY 17 Side plank 30secs each: side alternate: 20secs rest X 4	DAY 18 REST DAY	DAY 19 Static plank 60secs hold: 30secs rest X 2 / Extended arm plank 60secs hold: 30secs rest X 2	DAY 20 Side plank 40secs each: side alternate: 30secs rest X 4	DAY 21 Static plank 30secs hold: 30secs rest X 2 / Up/down plank 9-10 reps: 30secs rest X 2	DAY 22 Side plank 40secs each: side alternate: 30secs rest X 4	DAY 23 REST DAY	DAY 24 Static plank 80secs hold: 80secs rest X 2 / Up/down plank 30secs hold: 30secs rest X 2
DAY 25 Side plank 40secs each: side alternate: 30secs rest X 4	DAY 26 Static plank 80secs hold: 30secs rest X 3 Up/down plank 9-10 reps: 30secs rest X 3	DAY 27 REST DAY	DAY 28 Static plank 60secs hold: 60secs rest X 3	DAY 29 Extended arm plank 60secs hold: 30secs rest X 3 / Up/ down plank 10-12 reps: 30secs rest X 3	DAY 30 Static plank for as long as you can: 60secs rest X 3 Extended arm plank for as long as you can: 60 secs rest X 3 Up/down plank as many reps as you can: 60 secs rest X 3						



The ultimate core exercise

Complete the puzzles and turn them to Human Resources by October 14, 2016 by 12:00 p.m. to be entered into a raffle for a \$10 gift card!

Puzzle

Breast Cancer Awareness

F H S U K P S M A X E Y E V L
L O K R I S F E L Z A F G L A
E P P N O D I R Y D W J J D C
S E K U W V S R B W A H E O I
S C R E E N I G N S R T C A N
H U K P Y P R V R Q E I V N I
W H P K C I Y E R C N A I I L
C O J P B J T L T U E F J E C
A I M B O H F I R S S J C Y E
N I O E G R O A P A S T P N R
C N V I N N T M C H E C F S E
E T F J Z J U E Q T M Y T H S
R V K Y O L M A R G O M M A M
K L A W I P S N S S S R S U J
O C T O B E R N E Y R R S U F

- ⌘ Awareness
- ⌘ Cancer
- ⌘ Clinical Exams
- ⌘ Early Detection
- ⌘ Faith
- ⌘ Fighters
- ⌘ Hope
- ⌘ Lumps
- ⌘ Mammogram
- ⌘ Myths
- ⌘ October
- ⌘ Pink
- ⌘ Pink Walk
- ⌘ Ribbon
- ⌘ Risk Factors
- ⌘ Screenings
- ⌘ Self Exams
- ⌘ Supporters
- ⌘ Survivors
- ⌘ Women

Congratulations to
last month's winner:
Andrea Gonzalez
Legal Dept

8									
	6	4				5			7
				1	3	2			
3		1	5						
		2			7			4	
							1	9	5
				9	4	3			
5				2				8	7
									9

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Human Resources Coordinator
Insurance Benefits Specialist

Next Month's Issue:

Diabetes