

# City Of Mission's *Live Well, Work Well*



October 2018

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

## Breast Cancer Awareness

Other than skin cancer, breast cancer is the most common cancer among American women. Getting mammograms regularly can lower the risk of dying from breast cancer. The United States Preventive Services Task Force recommends that if you are 50 to 74 years old, be sure to have a screening mammogram every two years. If you are 40 to 49 years old, talk to your doctor about when to start and how often to get a screening mammogram.

### What Are the Symptoms?

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include—

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.

If you have any signs that worry you, see your doctor right away.

### How Can I Lower My Risk?

Some main factors that influence your risk for breast cancer include—

- Being a woman.
- Being older (most breast cancers are found in women who are 50 years old or older).
- Having changes in your breast cancer genes (BRCA1 and BRCA2).

Most women who get breast cancer have no known risk factors and no history of the disease in their families. There are things you can do to help lower your breast cancer risk.

Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them.

**Are you worried about the cost?** CDC offers free or low-cost mammograms. Find out if you qualify.

### Fast Facts About Breast Cancer

- Each year in the United States, more than 240,000 women get breast cancer and more than 40,000 women die from the disease.
- Men also get breast cancer, but it is not very common. Less than 1% of breast cancers occur in men.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. About 10% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.

Source: Centers for Disease Control and Prevention

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**Next Month's Issue:**

**Diabetes**

# Are you Taking Care of Yourself?

If you're a woman, you may spend a lot of time taking care of others. But are you taking care of yourself? Make sure you're doing everything you can to stay healthy, including having a mammogram and Pap test. Regular exams can detect cancer and other diseases in their earliest stages — when they're the most treatable. Follow these guidelines for your mammogram and Pap test:\*

- 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.

Check your benefits booklet to determine if your health plan coverage pays for this type of screening.

Source: \*American Cancer Society

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## Stop Breast Cancer in its Tracks

Breast cancer is the most common cancer among American women. But when cancer is only in the breast and is found and treated early, the relative survival rate is 99 percent. There's no better reason to find it early.

These steps may help find or stop breast cancer before it gets the upper hand:

- **Do self-exams at least once a month.** Any changes like new lumps or changes in the breast tissue or skin could be early warning signs. If you notice anything that doesn't seem normal, talk to your doctor.
- **Get routine mammograms.** If you're a woman over 50, be sure to have a mammogram every two years. If you're between the ages of 40 to 49, talk to your doctor about when to start and how often to get one.
- **Keep healthy habits.** A healthy lifestyle can lower your risk for breast cancer and many other sicknesses.

**One in eight women will get breast cancer in her lifetime. The National Breast Cancer Foundation offers a free eBook to make sure women have the tools and facts they need to protect their health. Get yours at [nationalbreastcancer.org](http://nationalbreastcancer.org).**

Source: Centers for Disease Control and National Breast Cancer Foundation, Inc.





BlueCross BlueShield of Texas



Every woman needs to keep herself healthy  
**Have you scheduled your well woman exam?**

[bcbstx.com](http://bcbstx.com)

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

# Puzzle



Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Class: \_\_\_\_\_ Teacher: \_\_\_\_\_

## Cancer Awareness Word Search



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

DIAGNOSIS      COLON      PROSTATE      BELIEVE  
 SURVIVOR      CHECK UP      HOPE      FAITH  
 COURAGE      SELFEXAM      RESEARCH      CURE  
 DOCTOR      AWARENESS      PREVENTION      CHILDREN  
 BREAST      WOMEN      KNOWLEDGE      DETECTION  
 LUNG      CERVICAL      MAMMOGRAPHY      MEN

[www.AllFreePrintables.com](http://www.AllFreePrintables.com)

Free Printable Word Search

# Let's Get Moving!

## Move Of the Month:

### 30-DAY Beginner's Workout Program

	ARMS	CARDIO	LEGS/BUTT	ABS	CARDIO	TOTAL BODY	REST
<b>WEEK 1</b>	DAY 1 4-Minute Fat Blaster Workout	DAY 2 Brisk walk or jog 2 miles.	DAY 3 Lean & Toned Legs Workout	DAY 4 HIIT Abs Workout	DAY 5 Brisk walk or jog 2 miles.	DAY 6 Total Body Workout for Beginners	DAY 7 Rest Day
<b>WEEK 2</b>	DAY 8 Summer Tricep Toning Challenge	DAY 9 Brisk walk or jog 2.5 miles.	DAY 10 7 Moves to Leaner Hips and Thighs	DAY 11 Ab Oblique Interval Challenge	DAY 12 Brisk walk or jog 2.5 miles.	DAY 13 Total Body Workout for Beginners	DAY 14 Rest Day
<b>WEEK 3</b>	DAY 15 4-Minute Fat Blaster Workout	DAY 16 Brisk walk or jog 3 miles.	DAY 17 Lean & Toned Legs Workout	DAY 18 HIIT Abs Workout	DAY 19 Brisk walk or jog 3 miles.	DAY 20 Back to Basics Workout	DAY 21 Rest Day
<b>WEEK 4</b>	DAY 22 Summer Tricep Toning Challenge	DAY 23 Brisk walk or jog 3.5 miles.	DAY 24 10-Minute Best Butt Workout Challenge	DAY 25 Ab Oblique Interval Challenge	DAY 26 Brisk walk or jog 3.5 miles.	DAY 27 Back to Basics Workout	DAY 28 Rest Day
<b>WEEK 5</b>	DAY 29 4-Minute Fat Blaster Workout	DAY 30 Brisk walk or jog 4 miles.					

**SkinnyMs.**<sup>®</sup>

# Ten Tips for Breast Cancer Prevention

1. Avoid becoming overweight. Obesity raises the risk of breast cancer after menopause, the time of life when breast cancer most often occurs. Avoid gaining weight over time, and try to maintain a body-mass index under 25 (calculators can be found online).
2. Eat healthy to avoid tipping the scale. Embrace a diet high in vegetables and fruit and low in sugared drinks, refined carbohydrates and fatty foods. Eat lean protein such as fish or chicken breast and eat red meat in moderation, if at all. Eat whole grains. Choose vegetable oils over animal fats.
3. Keep physically active. Research suggests that increased physical activity, even when begun later in life, reduces overall breast-cancer risk by about 10 percent to 30 percent. All it takes is moderate exercise like a 30-minute walk five days a week to get this protective effect.
4. Drink little or no alcohol. Alcohol use is associated with an increased risk of breast cancer. Women should limit intake to no more than one drink per day, regardless of the type of alcohol.
5. Avoid hormone replacement therapy. Menopausal hormone therapy increases risk for breast cancer. If you must take hormones to manage menopausal symptoms, avoid those that contain progesterone and limit their use to less than three years. "Bioidentical hormones" and hormonal creams and gels are no safer than prescription hormones and should also be avoided.
6. Consider taking an estrogen-blocking drug. Women with a family history of breast cancer or who are over age 60 should talk to their doctor about the pros and cons of estrogen-blocking drugs such as tamoxifen and raloxifene.
7. Don't smoke. Research suggests that long-term smoking is associated with increased risk of breast cancer in some women. Need help quitting? Consider participating in WebQuit, the Hutchinson Center's online smoking-cessation study.
8. Breast-feed your babies for as long as possible. Women who breast-feed their babies for at least a year in total have a reduced risk of developing breast cancer later.
9. Participate in a research study. The Hutchinson Center is home to several studies that are looking at ways to reduce the risk for breast cancer. Check their website periodically for studies that might be appropriate for you. Just go to [www.fhcr.org](http://www.fhcr.org) and click on "How You Can Help."
10. Get fit and support breast cancer research at the same time. Regular physical activity is associated with a reduced risk of breast cancer. Ascend some of the world's most breathtaking peaks while raising vital funds for and awareness of breast cancer research by participating in the Hutchinson Center's annual Climb to Fight Breast Cancer. For more information, visit [www.fhcr.org/climb](http://www.fhcr.org/climb).

Source: Occupational Health & Safety

## Breast Cancer Fact Sheet

### In the United States

Breast cancer is the most common cancer among women in the U.S.

- Women in the U.S., have a 1 in 8 lifetime risk of being diagnosed with breast cancer.
- Every 2 minutes, one case of breast cancer is diagnosed in a woman in the U.S.
- In 2018, more than 260,000 new cases of invasive breast cancer are expected to be diagnosed in women and more than 2,500 cases in men in the U.S.
- In 2018, more than 40,000 women and more than 400 men in the U.S. are expected to die from breast cancer.
- Improvements in early detection and treatment contributed to a 39 percent decline in breast cancer deaths in the U.S. between 1989-2015.
- In the U.S., there are at least 154,000 people living with metastatic breast cancer.
- There are more than 3.5 million people diagnosed with breast cancer living in the U.S. today!

### Around the World

- Breast cancer is the most common cancer in women around the world, with an estimated 1.7 million new cases recorded in 2012.
- Breast cancer is the leading cause of cancer death in women around the world.
- Every minute, somewhere in the world, a woman dies from breast cancer. That's more than 1,400 women every day.
- There are more than 6 million breast cancer survivors around the world.



# Healthy Recipe

## Easy Baked Apples

Nothing says fall quite like warm, spiced baked apples. Packed with fiber and vitamin C, apples can help you feel full for longer, which is helpful for weight control. Sprinkled with walnuts and raisins, this recipe also contains beneficial omega-3 fat and cancer-protective flavonoids and phenolic acids. Bake in the evening for an aromatic dessert or save in the fridge for a beautiful weekend brunch.

**Makes 6 Serving**

**Per Serving:** 151 calories, 3.5g total fat (<1 g saturated fat), 31 g carbohydrate, 2g protein, 4g dietary fiber and 5 mg sodium.



## Ingredients:

- Canola oil cooking spray
- 3 large Granny Smith apples or any variety baking apple
- 3 Tbsp. whole-wheat flour
- 3 Tbsp. brown sugar
- 3/4-1 tsp. ground cinnamon
- 1/4-1/2 tsp. ground nutmeg
- 1/3 cup coarsely chopped walnuts
- 1/4 cup raisins
- 1/3 cup apple cider

**Prep Time:** 20 minutes

**Cook Time:** 60 minutes

## Directions:

1. Preheat oven to 350 degrees F. Spray oven-proof glass pie dish.
2. Cut apples in half from top to bottom, core and peel. Lay halves flat and cut into medium slices. Place apple slices in large bowl.
3. In medium bowl, mix together flour, sugar, cinnamon and nutmeg. Sprinkle mixture on apples and gently stir until apples are evenly coated with spices. Gently fold in walnuts and raisins.
4. Spoon apple mixture into prepared pie dish. Drizzle cider evenly over top.
5. Bake 50-55 minutes or until apples are tender. Remove from oven and cool 5 minutes. Using spatula, carefully turn over apple mixture to get caramelized sauce from bottom of dish. Serve hot or let cool to room temperature, refrigerate and serve cold later.

## Upcoming Events:

**Breast Cancer Awareness Luncheon**  
Wednesday, October 3, 2018  
11:30 a.m. - 1:00p.m.  
Mission Event Center – Shary Rd.

**Annual Health Fair**  
Wednesday, October 30, 2018  
7:30AM – 10:00AM  
Mission Event Center – Shary Rd.

**Mission PINK Run /Walk**  
Saturday, October 20, 2018  
8:00AM  
900 S. Bryan Road, Mission, TX 78572

## Last Month's Events

**Stress Management Health and  
Wellness Seminar**