

In This Issue:

- P.1 Lower Your Cancer Risk
- P.1 Scheduling Your Mammogram
- P.2 The Importance of Finding Breast Cancer Early
- P.2 Make a Difference! Spread the Word
- P.3 What's Normal
- P.3 Steps to Breast Self-Examination
- P.4 Healthy Recipe
- P.4 Cartoon Corner
- P.4 Upcoming Events

CITY OF MISSION
October 2015



Health & Wellness Highlights

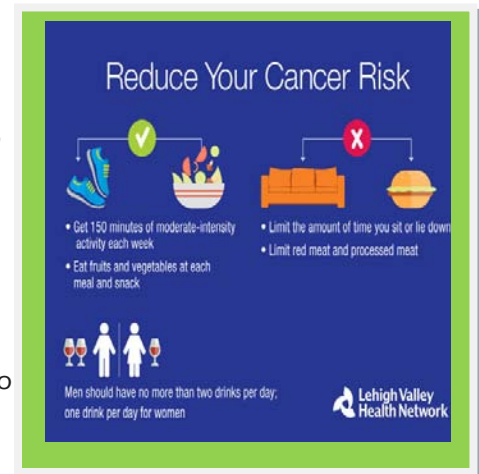
WELCOME TO THIS MONTH'S EDITION OF *HEALTH & WELLNESS HIGHLIGHTS*. IN THIS ISSUE, WE WILL BE HIGHLIGHTING THE IMPORTANCE OF:

Breast Cancer Awareness

Lower Your Cancer Risk

Some cancer risk factors are out of your control, but many aren't. Do your best to protect your body from cancer by following these 9 guidelines:

- Eat Right.** Include a variety of fruits, vegetables, and whole grains in your diet. Keep red meat intake low.
- Get Active.** Be physically active to improve overall health, including reducing risk for breast and colon cancers. Get at least 30 minutes of moderate to vigorous activity most days of the week.
- Maintain a Healthy Weight.** Excess weight is linked to many diseases, including cancers of the breast, uterus, colon, and rectum. To lose weight, take in fewer calories and increase exercise.
- Quit Smoking Now.** Smoking is responsible for most lung cancers and contributes to other cancers, such as those of the cervix and bladder.
- Avoid Secondhand Smoke.** Nonsmokers who breathe it in can get lung cancer and other diseases, including heart disease.
- Drink Alcohol in Moderation.** Women should have no more than one alcoholic drink a day. Alcohol consumption is linked to several cancers, including that of the breast, mouth, throat, esophagus, and liver.
- Be Sun Smart.** Protect yourself from skin cancer, the most commonly diagnosed cancer. No matter the time of the year, use a sunscreen with an SPF of at least 30 on all exposed skin. Wear sunglasses, a wide-brimmed hat, long sleeves, and pants. And, avoid the sun from 10 a.m. to 4 p.m. if you can.
- Be Aware of HRT Risks.** Make an informed choice before continuing or starting hormone replacement therapy (HRT). HRT heightens the risk of breast cancer and other health issues in women. Be sure to discuss HRT with your doctor.
- Take Charge of Your Health.** Have health tests and screenings as recommended, including breast self-exams, mammograms, and clinical breast exams. See recommended tests for women on the chart above. Also note that females ages 11-26 (minimum age 9) should have the HPV (human papillomavirus) vaccine to lower their risk of cervical cancer.



Sources: Positively Pink

Scheduling Your Mammogram

Make good health a reality by scheduling routine mammograms and watching for breast changes. Get a mammogram at least once every two years if you are age 50-74. Women ages 40-49 should talk with their doctors about testing schedules. But women of any age should ask their doctor about screening guidance. A doctor's suggestions may change based on your age, health and risk factors.

Source: U.S. Department of Health and Human Services

SCHEDULE A
MAMMOGRAM





Nothing's more important
than your Well Woman exam



The Importance of Finding Breast Cancer Early

The goal of screening exams for breast cancer is to find cancers before they start to cause symptoms (like a lump that can be felt). *Screening* refers to tests and exams used to find a disease, such as cancer, in people who do not have any symptoms. *Early detection* means using an approach that lets breast cancer get diagnosed earlier than otherwise might have occurred.

Breast cancers that are found because they are causing symptoms tend to be larger and are more likely to have already spread beyond the breast. In contrast, breast cancers found during screening exams are more likely to be smaller and still confined to the breast. The size of a breast cancer and how far it has spread are some of the most important factors in predicting the *prognosis* (outlook) of a woman with this disease.

Most doctors feel that early detection tests for breast cancer save thousands of lives each year, and that many more lives could be saved if even more women and their health care providers took advantage of these tests. Following the American Cancer Society's guidelines for the early detection of breast cancer improves the chances that breast cancer can be diagnosed at an early stage and treated successfully.

Source: Mayo Clinic

Make a Difference! Spread the Word

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that many women can survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat.

National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. Make a difference! Spread the word about mammograms and encourage communities, organizations, families, and individuals to get involved.

How can National Breast Cancer Awareness Month make a difference? We can use this opportunity to spread the word about steps women can take to detect breast cancer early.

Here are just a few ideas:

- 🎗️ Ask doctors and nurses to speak to women about the importance of getting screened for breast cancer.
- 🎗️ Encourage women ages 40 to 49 to talk with their doctors about when to start getting mammograms.
- 🎗️ Organize an event to talk with women ages 50 to 74 in your community about getting mammograms every 2 years.

Source: U.S. Department of Health and Human Services



What's Normal

Many women find lumps or changes in their breasts, since some of these are normal changes that occur at various points in the menstrual cycles. Finding a change or lump in your breast is not a reason to panic. Breasts often feel different in different places. A firm ridge along the bottom of each breast is normal, for instance. The look and feel of your breasts will change as you age.

When to contact your doctor

Make an appointment with your doctor if you notice:

- ⌘ A hard lump or knot near your underarm
- ⌘ Changes in the way your breasts look or feel, including thickening or prominent fullness that is different from the surrounding tissue
- ⌘ Dimples, puckers, bulges or ridges on the skin of your breast
- ⌘ A recent change in a nipple to become pushed in (inverted) instead of sticking out
- ⌘ Redness, warmth, swelling or pain
- ⌘ Itching, scales, sores or rashes
- ⌘ Bloody nipple discharge

Your doctor may recommend additional tests and procedures to investigate breast changes, including clinical breast exam, mammogram and ultrasound.



Source: Mayo Clinic

Steps to Breast Self-Examination

Below are instructions on how to perform a breast self-exam. You should check for any change in the normal look or feel of your breasts on a monthly basis. A good way to remember to do this is to check just as your period ends or on the date of your birthday. Report any changes to your doctor. A self-exam should be in addition to your annual breast exam from your doctor.

Step 1: Lying Down

- ⌘ Lie down on your back with a pillow under your right shoulder
- ⌘ Use the pads of the three middle fingers on your left hand to check your right breast
- ⌘ Press using light, medium and firm pressure in a circle without lifting your fingers off the skin
- ⌘ Follow an up and down pattern
- ⌘ Feel for changes in your breast, above and below your collarbone and in your armpit
- ⌘ Repeat on your left breast using your right hand

These steps may be repeated while bathing or showering using soapy hands.

Step 2: In Front of the Mirror

Look for any changes from normal. Inspect your breasts in four steps:

- ⌘ Hold arms at your side
- ⌘ Hold arms over your head
- ⌘ Press your hands on your hips and tighten your chest muscles
- ⌘ Bend forward with your hands on your hips

If you would like a **free** Breast Self-Examination shower card, please contact the Breast Care Center at **(956) 323-1700**.

Source: Mission Regional Medical Center



Healthy Recipe

Banana Waffles with Blueberries

These banana waffles are soft, fluffy and made with whole-wheat flour and oats that make them delicious and high in filling fiber. Whole grains provide more fiber and phytonutrients than their refined counterparts. The oats provide polyphenolic substances that can help reduce cancer-promoting inflammation. Top with fresh blueberries and walnuts for a healthy start to your day.

Makes six 6 1/2 inch waffles.

Per serving: 302 calories, 16 g total fat (2 g saturated fat), 33 g carbohydrate, 9 g protein, 4 g dietary fiber, 405 mg sodium.



Ingredients:

- 1 medium banana
- 1 large egg
- 1 1/2 cups milk
- 1/4 cup canola oil
- 1 tsp vanilla extract
- 3/4 cup white whole-wheat flour or whole-wheat pastry flour
- 1/2 cup unbleached all purpose flour
- 1/2 cup quick cooking oats
- 2 tsp. baking powder
- 1 tsp ground cinnamon
- 1 tsp. nutmeg
- 1/2 tsp salt
- Cooking spray
- 1/3 cup toasted, chopped walnuts

Blueberry Sauce:

- 1/4 cup of honey
- 2 cups fresh blueberries
- 2 tbsps. lemon juice

Directions:

1. Prepare Blueberry Sauce below.
2. Preheat waffle iron. For golden brown waffles set browning control on medium. For crisper, darker waffles set browning control to higher setting.
3. In large mixing bowl, mash banana with fork. Add egg, milk, oil and vanilla extract and stir together. Add flours, oats, sugar, baking powder, cinnamon, nutmeg and salt. Stir together until just combined. Batter will be lumpy.
4. Spray both sides of waffle iron with cooking spray. Pour batter in center of waffle iron (amount will vary depending on waffle iron size; check manufacturer's instructions for amount). Cook until waffle iron indicates waffle is done, about 3-5 minutes.
5. Remove waffle from iron and place on serving plate. Top waffle with walnuts and blueberry sauce and serve.
6. Waffles are best served when made to order. Cooked waffles may be kept warm in oven or toaster oven set on 200 degrees F. Waffles will lose crispness upon holding. Freeze leftover waffles in plastic storage bag and reheat in toaster or toaster oven.

Blueberry Sauce:

In small saucepan over medium heat, warm honey, stirring until thin, about 2 minutes. Turn off heat and add blueberries and lemon juice. Let sauce sit until ready to use.

Mission In Motion

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



October 2015 Breast Cancer Awareness Events		
<p>PINK SMOOTHIES!</p> <p>Stop by the Break Room at City Hall on:</p> <p>Friday October 2, 2015</p> <p>From 8:30 a.m. - 9:30 a.m.</p> <p>to pick up your PINK strawberry smoothie and get a healthy start to your day!</p>	<p>HATS OFF TO FINDING A CURE!</p> <p>Come by the Human Resources office on Monday, October 5, 2015 to pick up your plain, PINK cap. Work with your department to decorate it for Breast Cancer Awareness.</p> <p>"One cap per Department"</p> <p>All caps must be turned in by 12:00 p.m. on Friday, October 9, 2015.</p> <p>Prize will be given to the Department with the best design!</p>	<p>PINK PANCAKES</p> <p>Get your day started with a delicious stack of PINK pancakes on:</p> <p>Friday October 16, 2015</p> <p>From 7:00 a.m. - 8:00 a.m.</p> <p>At the City Hall Break Room</p>
<p>PINK PICNIC AT THE PARK!</p> <p>SATURDAY OCTOBER 17, 2015 BENTSEN STATE PARK 4:00 P.M. - 6:30 P.M.</p> <p>Join us for a picnic in the park. Bring your picnic basket filled with trimmings and snacks, we'll provide the burgers! Also, bring your bicycle so you can take a ride for the cure!</p>	<p>WIG & STACHE FOR THE CURE!</p> <p>FRIDAY OCTOBER 23, 2015</p> <p>We would like to encourage all of our employees to wear either a pink wig (for the ladies) or a pink mustache (for the men) in support of Breast Cancer Awareness. You can also add a temporary pink streak to your hair, or use a washable pink dye!</p> <p>*Participants will be entered into a raffle for a gift card!!*</p>	<p>PINK ARMY AGAINST CANCER!</p> <p>THURSDAY OCTOBER 29, 2015</p> <p>Let's army against cancer! Wear your pink camouflage shirt, cap etc. to join the fight against breast cancer. *You can wear jeans on this day*</p> <p>All participants will receive a PINK cookie!</p>

Noemi Munguia
Nereyda Peña
Catherine N. Hernandez
Anais Chapa

Human Resources Director
Benefits Coordinator
Human Resources Coordinator
Insurance Benefits Specialist