



Health Matters

Wellness with Purpose

October 2009 Employee Newsletter

October is National Breast Cancer Awareness Month!

Breast cancer is a type of cancer where cells in the breast tissue divide and grow without the usual controls on cell death and cell division.

The Signs

The signs of breast cancer are not the same for all women. In fact, some women have no signs that they can see. If you experience any of these symptoms, you should see a doctor right away:

- A lump, hard knot or thickening
- Swelling, warmth, redness or darkening
- Change in breast size or shape
- Nipple discharge that starts suddenly
- New pain in one spot

So, what causes breast cancer? At the present time, scientists believe that breast cancer is caused by a combination of both known and unknown factors including genetics (such as family history of breast cancer), lifestyle choices (such as diet and alcohol use) and reproductive factors (such as age of menarche and menopause).

Risk Factors and Prevention

There are many risk factors linked to breast cancer. And some risk factors you can't change. For instance, just being a woman and getting older increase your chances of getting breast cancer. However, there are things you can do to reduce your risk of breast cancer. Leading a healthy lifestyle can help lower risk. Also getting regular screening tests can detect breast cancer early when it's most treatable.

Early Detection and Screening

Getting regular screening tests is the best way to lower the risk of dying from breast cancer. Standard screening tests used today include

mammography (and digital mammography coming soon to Myrtue), MRI, clinical breast exam, and breast self-exams. We also discuss what happens if a test shows something abnormal.

Overall, mammography is the most effective screening tool for breast cancer today. Women age 40 and over should have a yearly mammogram, have a yearly clinical breast exam and perform monthly self-breast exams. Women age 40 and under should have a clinical breast exam at least every 3 years and perform monthly self-breast exams.

Celebrate National Breast Cancer Awareness Month

Call 755-4211 today to schedule your mammogram. Our Radiology Department is doing some special things to celebrate breast cancer awareness so this is a great time to have your exam!

Resources

Being well-informed is important for understanding and fighting breast cancer. Listed below are some good resources:

Susan G. Komen for the Cure®
<http://www.komen.org/>

National Cancer Institute (NCI)
<http://www.cancer.gov>

National Breast and Cervical Cancer Early Detection Program
<http://www.cdc.gov/cancer/nbccedp/>



Yearn to Learn Yoga!

Have you thought about trying yoga lately? It's a fun alternative to high-impact exercise and offers just as many health benefits, such as:

- Decreased stress
- Improved hand-eye coordination
- Enhanced concentration
- Pain management
- Better sleep
- Improved flexibility
- Lower blood pressure
- Strengthened bones and joints
- Weight loss

Yoga encompasses the tools needed to realign and rebalance your body on a regular basis. When your body is finely tuned, your

chances for injuries and illnesses decrease. The practice of yoga involves performing a variety of poses, called *asanas*, along with breathing exercises or meditation to cleanse and detoxify your body. These combined actions increase blood circulation. Regular practice of the stretches, twists, bends and inversions – the basic movements of yoga poses – also restore strength and stamina to the body.

Out of shape or new to yoga? Don't let that stop you! Many of the poses involved in yoga can be altered slightly for beginners. Start out slowly and you will likely be surprised at how far you can come in just a few weeks.

If you are trying to lose weight, incorporate yoga with aerobic exercise and weight training. Along with a diet filled with whole grains, protein, fruits and vegetables, you should be able to see (and feel) the difference in about a month.

We have a new yogafit class beginning in the McDowell Fitness Center on October 13th at 5:15 p.m. Come and check it out! Call 755-4344 for more information.



**Petersen Family
Wellness Center
Coming Summer 2010!**



Multi-Grain Pumpkin Muffins



- 1/2 c. Whole Wheat Flour
- 1 c. All Purpose Flour
- 3/4 c. Ground Flax 2
- 3/4 c. Oatmeal
- 1/2 c. Brown Sugar
- 2 tsp. Baking Soda
- 1 tsp. Baking Powder
- 1/4 tsp. Salt 2 tsp. Cinnamon
- 1 c. Pumpkin canned.
- 1/2 c. Raisins
- 1/3 c. + 1 Tbsp. Egg Substitute
- 2 Tbsp. Unsweetened Applesauce
- 1 tsp. Vanilla
- 1 c. Skim Milk
- 1 Tbsp. Lemon Juice
- Mix dry ingredients. Stir in raisins.
- Combine eggs, pumpkin, milk, applesauce and vanilla in separate bowl.
- Add liquids to dry ingredients; stir until moist (batter will be lumpy).
- Bake at 350° (300° convection oven) for 15-20 minutes. Take out of pan as soon as possible to cool.

Nutrition Facts per muffin: Makes 12 cupcake size muffins

Calories 170, Total Fat 3g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 320mg, Total Carbohydrate 31g, Dietary Fiber 4g, Sugars 12g, Protein 6g, Vitamin A 70%, Vitamin C 2%, Calcium 6%, Iron 10%

Life Lessons: 6 great things you can learn from your pet

If you are one of the lucky people who have owned a pet, you know how much joy they can bring to a person's life. When we think of pets we think of 'teaching' them how to do different things however, here are a few great things that your pet can teach you:

- 1. Live in the present and celebrate every day!** Dogs don't regret the past or worry about the future. For dogs, every day is the best day, every walk the best walk, and every meal the best meal.
- 2. Trust your instincts.** Animals don't care about words. They recognize what's going on beneath the surface by paying attention to body language, tone of voice, and energy.
- 3. Communicate clearly.** Any relationship, whether it's with pets or people, depends upon direct, concise, and consistent communication.
- 4. Listen carefully.** Lend an ear to those you love, but don't try to fit their problem or take them personally.
- 5. Resolve disagreements and then move on.** Animals don't hold grudges or hang on to negative feelings.
- 6. Live with purpose.** When dogs are bored, they develop anxiety or aggression. These issues can be resolved when they are given a way to contribute to the pack's wellbeing. Ask yourself how you can make the world a better place, whether it's at home, work, or in the community.