



WELLBEING *Insights*



October 2014

Living a Better, More Vibrant Life

October is
**Breast
Cancer
Awareness
Month**

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October is *Breast Cancer* Awareness Month



October is Breast Cancer Awareness month.

Breast cancer is the most common cancer among American women. Getting mammograms regularly can lower the risk of dying from breast cancer. If you are 50 to 74 years of age, be sure to have a screening mammogram every two years. If you are 40 to 49 years of age, talk to your doctor about when to start and how often to get a screening mammogram.

Cancer is a disease in which cells in the body grow out of control. When cancer starts in the breast, it is called *breast cancer*. Except for skin cancer, breast cancer is the most common cancer in American women.

A breast is made up of three main parts: glands, ducts and connective tissue. The glands produce

milk; the ducts are passages that carry milk to the nipple. The connective tissue (which consists of fibrous and fatty tissue) connects and holds everything together.

Lumps in the Breast

Many conditions can cause lumps in the breast, including cancer. But most breast lumps are caused by other medical conditions. The two most common causes of breast lumps are fibrocystic breast condition and cysts. Fibrocystic condition causes noncancerous changes in the breast that can make them lumpy, tender and sore. Cysts are small fluid-filled sacs that can develop in the breast.

What Is a Normal Breast?

No breast is typical. What is normal for you may not be normal for another woman. Most women say their breasts feel lumpy or uneven. The way your breasts look and feel can be affected by getting your period, having children, losing or gaining weight and taking certain medications. Breasts also tend to change as you age.



What Are the Symptoms of Breast Cancer?

Different people have different warning signs for breast cancer. Some people do not have any signs or symptoms at all. A person may find out they have breast cancer after a routine mammogram.

Some warning signs of breast cancer are:

- New lump in the breast or underarm (armpit)
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area or the breast
- Pulling in of the nipple or pain in the nipple area
- Nipple discharge other than breast milk, including blood
- Any change in the size or the shape of the breast
- Pain in any area of the breast

Keep in mind that some of these warning signs can

happen with other conditions that are not cancer.

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

Contributed by:



Olivia Newton-John is a Cancer Thriver

Breast cancer survivor, Olivia Newton-John, refers to herself as a “cancer thriver.” Olivia underwent a partial mastectomy followed by reconstruction in 1992.

While mammograms and needle biopsies yielded negative results, Olivia opted for a surgical biopsy after she felt unsettled about the tender-feeling bump under her skin. The biopsy confirmed that Olivia did have cancer.

Today, Olivia continues to value the importance of prevention and listening to her body. “I perform monthly breast self-exams because with a little education we can notice changes in our own bodies more easily.”

Olivia has dedicated her life to helping others deal with the disease and to thrive as well. She claims that a great part of her healing was due to treating her entire self. She states, “I did meditation, acupuncture and many other alternative therapies to help heal the whole person — mind, body and spirit.”

Olivia is helping by being an inspiration to others with cancer with “diet, exercise, meditation and positive thinking.” The Olivia Newton-John Cancer and Wellness Centre was opened in 2012 in her hometown Melbourne, Australia. The Wellness Centre not only provides cancer patients with state of the art treatment and support, “it also provides a wonderful place for patients and their families to go to during their treatment to have access to the same therapies” that Olivia had when she was fighting breast cancer.

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Pumpkin Soup

This appealing soup harvests the fall flavors of just-picked pumpkins and tart apples. This pumpkin fresh recipe will be sure to warm you up on a crisp autumn day.

Ingredients

- 8 cups of chopped fresh pumpkin (about 3 pounds)
- 4 cups of chicken broth
- 3 small tart apples, peeled and chopped
- 1 medium onion, chopped
- 2 tablespoons lemon juice plus 2 teaspoons lemon juice
- 2 teaspoons minced fresh gingerroot
- 2 garlic cloves, minced
- 1/2 teaspoon salt

Toasted Pumpkin Seeds

- 1/2 cup fresh pumpkin seeds
- 1 teaspoon canola oil
- 1/8 teaspoon salt

Preparation

- In a 5-qt. slow cooker, combine the first nine ingredients. Cover and cook on low for 8-10 hours or until pumpkin and apples are tender.
- Meanwhile, toss pumpkin seeds with oil and salt. Spread onto an ungreased baking sheet. Bake at 250 F for 45-50 minutes or until golden brown. Set aside.
- Cool soup slightly; process in batches in a blender. Transfer to a large saucepan; heat through. Garnish with toasted pumpkin seeds.

Nutrition Facts

Yields: 9 servings
1 cup equals one serving

Calories	102
Fat	2 g
Cholesterol	0 mg
Total Carbs	22 g
Protein	3 g
Fiber	3 g







Superfood *of the Month*

Sweet potatoes are readily available, inexpensive and delicious. This fall, be sure to serve up this healthy rooted vegetable.

Health Benefits of Eating Sweet Potatoes

Below are just a few reasons you will love sweet potatoes:

-  They are high in beta-carotene and vitamins E and C
-  Sweet potatoes are a good source of fiber when eaten with the skin on
-  They offer other nutrients such as potassium, iron and vitamin B6
-  Sweet potatoes can be substituted in virtually any recipe that calls for apples, squash or white potatoes

How To Enjoy: Sweet potatoes can be baked, steamed, boiled, microwaved, juiced, pureed or eaten raw.

Sweet Potato

Nutrition Facts

Serving Size: 1 cup, cubes

Calories	114
Total Fat	0.1 g
Sodium	73 mg
Fiber	4 g
Total Carbs	27 g
Protein	2.1 g
Sugars	6 g



Exercise of the Month



Barbell Walking Lunge

Type: Strength

Main Muscle Worked: Quadriceps

Other Muscles: Calves, Glutes and Hamstrings

Equipment: Barbell

Level: Beginner



1

Begin standing with your feet shoulder width apart and a barbell across your upper back.

2

Step forward with one leg, flexing the knees to drop your hips. Descend until your rear knee nearly touches the ground. Your posture should remain upright, and your front knee should stay above the front foot.



3

Drive through the heel of your lead foot and extend both knees to raise yourself back up.

4

Step forward with your rear foot, repeating the lunge on the opposite leg.

5

You can add weight as it becomes easier and you would like to increase intensity.



You should consult your personal physician before starting any exercise routine.





Eat This...

Not That...



Zucchini Ribbons for Pasta

Thin strips or ribbons of zucchini are a great stand in for carb-packed pastas. Plus, it is one excuse to skip the boiling, simply sauté for a few minutes until soft.



The early morning sales meeting...“I have to exercise early in the morning, before my brain figures out what I’m doing.”

CBIZ WELLBEING Insights

We would like your feedback and personal stories to use and feature in future publications.

Your Personal Wellness Story:

If you have a personal health or wellness story that you think would inspire others, please feel free to send a brief letter and your picture to our editor. Corrina@HealthierU.net

Thank you for reading and contributing. We sincerely hope that we can become a healthier part of becoming a healthier you.



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