

October is National Breast Cancer Awareness Month

There is no sure way to prevent breast cancer. But there are things all women can do that might reduce their risk and help increase the odds that if cancer does occur, it is found at an early, more treatable stage.

You can lower your risk of breast cancer by changing those risk factors that can be affected by lifestyle changes.

- Women who limit alcohol intake, exercise regularly, and maintain a healthy body weight have a lower risk of getting breast cancer.
- Women who choose to breast-feed for at least several months may also get an added benefit of reducing their breast cancer risk.
- Not using hormone therapy after menopause can help you avoid raising your risk.

Other than lifestyle changes, the most important action a woman can take is to follow early detection guidelines. While early detection will not prevent breast cancer, it can help find cancers when the likelihood of successful treatment is greatest.

- Women age 40 and older should have a screening mammogram every year and should continue to do so for as long as they are in good health.
- Women in their 20s and 30s should have a clinical breast exam (CBE) as part of a periodic (regular) health exam by a health professional, at least every 3 years.
- After age 40, women should have a breast exam by a health professional every year. Breast self-exam (BSE) is an option for women starting in their 20s. Women should be told about the benefits and limitations of BSE.
- **Women should report any breast changes to their health professional right away.**

Source: American Cancer Society (www.cancer.org)

Your Brain Workout - TriBond®

What is the common bond among the three items?

1. Bagels, Buttons, Blue whales
2. Storm, Needle, Potato
3. Howdy Doody, Tennis Racquet, Guitar

Answers: 1. Holes 2. Eyes 3. Strings



80

Percentage of cardiac woes that are preventable.

More women are taken out by heart disease than by any other.

Here are some simple lifestyle changes that can help you live a long, healthy life:

Skip the salt - especially at the table

Get enough sleep - frequently missing Zzz's can lead to high blood pressure - aim for 7-8 hours a night

Get moving - you have to work your heart out to keep it working

Calm your mind - stress and heart disease go hand in hand -- try relaxed breathing and yoga exercises

Floss everyday - bacteria between your teeth can lead to gum disease -- a woman's chance of heart attack may double if she has gum disease

Source: Women's Health / September 2011

Women age 65 and older who fracture a hip are much more likely to die from any cause during the following year than they would be if they had avoided injury, a new study suggests.

Many of the 300,000 hip fractures that occur each year in the United States happen in postmenopausal women with the bone-thinning disease osteoporosis, typically after a fall or other accident.

When it comes to building strong bones, there are two key nutrients: calcium and vitamin D. Calcium supports your bones and teeth structure, while vitamin D improves calcium absorption and bone growth.

11 foods for healthy bones:

Yogurt – compare brands to get the most calcium and vitamin D

Milk – 8 oz. fat-free milk is just 90 calories and 30% of daily dose; choose vitamin D fortified versions

Cheese – in small doses! Think a set of dice, i.e. just 1.5 oz. cheddar has 30% of daily calcium needs

Sardines – high levels of calcium and vitamin D – can be delicious in pastas and salads

Eggs – quick and easy way to get 6% daily dose vitamin D – the yolk is where it's at!

Salmon – just 3 oz. has more than 100% daily dose of vitamin D – great for bones and heart!

Spinach - 1 cup cooked has 25% daily needs of calcium and vitamin D

Fortified cereal – read the labels to get the most value from your cereal

Tuna – 3 oz. canned tuna has 39% daily dose of vitamin D

Collards – 1 cup cooked has about 25% of what you need of calcium

Orange juice – look for calcium- and vitamin D- fortified versions

Tuna-Melt Tacos

From Health.com
Serves 4

Ingredients

- 1/2 cup finely chopped Gala apple
- 1 tablespoon light mayonnaise
- 1 (6-ounce) can tuna in olive oil, lightly drained
- 4 (6-inch) corn tortillas
- 1 cup shredded Monterey Jack cheese with jalapeño peppers
- 1 cup baby spinach

Preparation

Stir together first 3 ingredients plus salt and pepper to taste. Place a skillet over medium heat. Add 1 or 2 tortillas; sprinkle each with 1/4 cup cheese. When cheese melts, place 1/4 cup tuna salad and 1/4 cup spinach on 1 side of each tortilla; fold over. Press down with a spatula; heat 30 seconds. Repeat with remaining tortillas, cheese, tuna salad, and spinach.

Nutritional Information

Calories: 326
Fat: 21g (Sat. 8g, Mono 0.0g, Poly 0.0g)
Protein: 18g
Carbohydrates: 10g
Fiber: 2g
Cholesterol: 58mg
Iron: 1mg
Sodium: 612mg
Calcium: 222mg



Exercise and stress relief

Discover the connection between exercise and stress relief — and why exercise should be part of your stress management plan.

- **It pumps up your endorphins.** Physical activity helps to bump up the production of your brain's feel-good neurotransmitters, called endorphins. Although this function is often referred to as a runner's high, a rousing game of tennis or a nature hike also can contribute to this same feeling.
- **It's meditation in motion.** After exercise you'll often find that you've forgotten the day's irritations and concentrated only on your body's movements. As you begin to regularly shed your daily tensions through movement and physical activity, you may find that this focus on a single task, and the resulting energy and optimism, can help you remain calm and clear in everything that you do.
- **It improves your mood.** Regular exercise can increase self-confidence and lower the symptoms associated with mild depression and anxiety. Exercise also can improve your sleep, which is often disrupted by stress, depression and anxiety. All this can ease your stress levels and give you a sense of command over your body and your life.

Carving out some time to move every day helps you make your exercise program an ongoing priority.

from MayoClinic.com