



October 2010

Mammograms Save Lives

Mammograms can often detect breast cancer years before a woman can find a lump herself – and when breast cancer is caught at an early, localized stage, the five-year survival rate is 97 percent according to the American Cancer Society.

When should you start getting mammograms? In 2009, the U.S. Preventive Services Task Force began recommending that most women should not receive mammograms before age 50 – instead of 40, and that it's better for the tests to come every two years instead of annually. The risk of breast cancer does increase with age, so women age 50 and over are advised to get these routine mammograms to help detect breast cancer as early as possible. Young women at high risk for breast cancer should discuss with a physician if earlier screenings are necessary.

Women in their 20s and 30s should have a clinical breast examination as a part of a periodic health exam by a medical professional every three years. After age 40, women should have a breast exam every year.



October is
National Breast
Cancer
Awareness
Month

LIVE WELL, WORK WELL

Halloween Hazards

The activities associated with Halloween can be fun for the whole family, but require specific safety precautions. Consider these safety tips for costumes and trick-or-treating to ensure a safe and fun Halloween for you and your children.

Costumes

- When selecting costumes, avoid long, baggy or loose-fitting costumes and shoes that may be difficult or dangerous to walk in for your child.
- Choose costumes, wigs and accessories made from fire-retardant fabrics and materials.
- Make sure costume accessories such as swords or wands are made of flexible materials.
- Opt for non-toxic, FDA-approved facial makeup instead of a mask that may limit your child's visibility or breathing. Always keep facial makeup away from the eyes and mouth, and remove it promptly after trick-or-treating.
- Add strips of reflective tape to costumes and trick-or-treat bags to make children more visible to motorists.



Trick-or-Treating

- Never allow children under the age of 12 to trick or treat alone. Older children should plan their route ahead of time so parents know where they are and always trick-or-treat in a group.
- Always trick or treat in familiar neighborhoods. If your neighborhood allows trick-or-treating after dark, carry a flashlight; send one along with older children.
- Remind children to walk only on sidewalks, and to look both ways before crossing at corners or crosswalks.
- Instruct children to only visit well-lit houses, and never enter a home to receive candy or a treat.
- Remind children to never approach a car, or accept treats from a person in a car.
- Inspect your children's candy before they eat it. Wrapped and sealed treats are the safest. Discard unwrapped or homemade treats, fresh fruit or anything that looks remotely suspicious.
- Check for choking hazards, such as hard candy, gum, peanuts or small toys if you have young children.

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Do You Know Your Numbers?

You can better meet your goals for cardiovascular health and weight loss if you know your numbers. This means keeping tabs on your blood pressure, body mass index (BMI), cholesterol and glucose levels. This will help you to aim for specific numbers instead of the general goal to get healthy.

Blood Pressure

Normal blood pressure is below 120/80

Body Mass Index (BMI)

Underweight: Less than 18.5

Normal Weight: 18.5-24.9

Overweight: 25-29.9

Obese: 30 or higher

To find your BMI, visit www.nhlbisupport.com/bmi.



Cholesterol Levels

Triglyceride level categories are:

Normal: less than 150 mg/dL

Borderline-high: 150-199 mg/dL

High: 200-499 mg/dL

Very high: 500 mg/dL or higher

Glucose Levels: Hemoglobin A1c

7 percent is the upper limit of normal

Action should be taken if HbA1c is over 8 percent

These are general guidelines. Since individual needs vary, bring these figures with you to your doctor and discuss what specific goals to set for yourself.



Curb the Urge

Quitting smoking is not easy, but the urge to smoke typically only lasts three to five minutes. So when you're really craving a cigarette, try and wait it out. You can redirect your attention to something different and interesting in many ways to help you curb the urge to smoke. These tips will help:

- Keep other items on-hand to keep you busy instead of cigarettes: try sunflower seeds, raisins, carrots, apple slices or sugar-free gum.
- Do the dishes or take a shower when you're really craving a cigarette. When you're not at home, wash your hands or drink a glass of water.
- Where you are and what you're doing can make you crave a cigarette. Try a change of scenery – go for a walk outside or take a few trips up and down the stairs at your home or office.
- Never have "just one." Satisfying your craving with a cigarette will only undo your progress toward quitting thus far.
- Remember why you're quitting in the first place. Thinking about why it's important to you to quit smoking will help when a craving hits.

Take advantage of apple picking season by experimenting with different varieties of apples in this quick and easy, healthy breakfast recipe.

Golden Apple Oatmeal

- 1 golden delicious apple, diced
- 1/3 cup 100 percent apple juice
- 1/3 cup water
- Dash of cinnamon
- Dash of nutmeg
- 1/3 cup quick-cooking rolled oats

Combine apples, juice, water and seasonings; bring to a boil. Stir in uncooked rolled oats; cook 1 minute. Cover and let stand several minutes before serving.

