



Questions or Comments? Contact us:
PEHP Wellness • 801-366-7300 or 855-366-7300
email: healthyutah@pehp.org

FEATURE

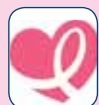
Early Detection is the Key

October is **Breast Cancer Awareness month**. In this issue of the PEHP Wellness newsletter learn about breast cancer, lowering your risk, and how healthy lifestyle changes can promote breast health.

While most people are aware of breast cancer, many forget to take preventative steps and detect the disease in its early stages. According to the American Cancer Society, 1 in 8 women and 1 in 1,000 men will be diagnosed with breast cancer in their lifetime.

When breast cancer is detected early, in the **localized stage**, the 5-year relative survival rate is 100%. Visit the National Breast Cancer Foundation website where you can create an **early detection plan** and learn more about decreasing your risk.

– Your PEHP Wellness Team



BREAST CANCER FACT

Women who began their menstrual cycles before age 12, have no biological children, or had their first child at 30 or older, or began menopause after 55 are at a higher risk for breast cancer. – National Breast Cancer Foundation

PEHP HEALTHY UTAH WEBINAR

Healthy Meals = Healthy Families

What: Planning healthy meals for kids can be challenging! Tune in and learn simple meal ideas for your family.

When: Oct. 1, 2015, 12–12:30pm

Presenter: Lynda Blades, PEHP Wellness Manager

[Scroll our webinar schedule and register for our October webinar](#)

Can't make it? All [PEHP Wellness Webinars](#) are archived for future viewing. View recent [2015 webinars](#) or browse through our [2014 archives](#).

HEALTHCHALLENGE

Maintain Don't Gain

If you want to enjoy the season and avoid holiday weight gain, [register](#) for our email-based Health Challenge – **Maintain Don't Gain**. It runs Nov. 16 through Jan. 8, 2016 and provides you with the resources, tools, and recipes to eat well, manage stress, and stay moving during a festive time of year. Participate and you may win an Amazon gift card!

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MOVE IT

By Jill Bryan

Exercise Reduces Breast Cancer Risk

Gender, age, genetics, family history, race, and ethnicity are all uncontrollable factors that can increase a women's risk of developing breast cancer.

One factor you can control to lower your risk is exercise. Physical activity has been shown to reduce breast cancer risk between 20-80 percent.

The benefits from exercise are regardless of the type of exercise, a women's age, or how old she is when she starts exercising. Breast cancer risk is reduced with 30-60 minutes per day of moderate to high intensity physical activity. Regular exercise may help reduce breast cancer through its ability to help



maintain a healthy body weight.

Women who are overweight or obese have a higher risk of breast cancer when compared to women at a healthy weight. Being

overweight can also increase the risk of breast cancer reoccurring.

Research shows this higher risk may be because fat cells make estrogen; extra fat cells mean more estrogen in the body and estrogen can make hormone-receptor-positive breast cancers develop and grow.

Learn more about lowering your risk here.



BREAST CANCER FACT

With as little as three hours of exercise per week, or about 30 minutes a day, a woman can begin to lower her risk of breast cancer.

- National Breast Cancer Foundation

WORKOUT WARRIOR

184 PARTICIPANTS IN AUGUST

The theme of the August Workout Warrior was **Move in the Cube** – 184 Workout Warriors participated. Cassy H. was the random winner of an Amazon gift card. Congratulations Cassy!



The theme for October is **Be Active – Reduce Cancer Risk**.

Sign up for our Workout Warrior monthly challenge here.

Workout Warrior is moderated by PEHP Wellness staff and is email-based and self-paced. Participants receive useful health information

about physical activity. Enroll to be better informed, increase your motivation, and you might even win a prize for participating!

Keep moving!



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FOOD FOR THOUGHT

By Maria Givler

Eat Right for Cancer Protection

Hippocrates said, “Let food be thy medicine and medicine be thy food.” Whole foods, with their combination of fiber, vitamins, minerals, and phytochemicals, provide the best medicinal recipe for [protection against some cancers](#).

Some of these foods include:

- » Spinach, broccoli, cauliflower, Brussels sprouts, cabbage, collards and kale.
- » Citrus, berries and cherries.
- » Oats, barley, whole-grain pastas, breads, and cereals.
- » Beans and peas, lentils and soybeans.

TRY THESE TASTY IDEAS

- » Add spinach to omelets and berries to smoothies.
- » Substitute beans for meat in taco salad. Add lentils to vegetable soup.
- » Enjoy oatmeal with half of a banana, 2 T. chopped walnuts, and a dash of cinnamon and/or nutmeg.
- » Swap all “white” items for [whole grain varieties](#).
- » Add an orange or grapefruit to your afternoon snack.

Find more recipes [here](#).

SIMPLIFY YOUR LIFE

By Tiffany Anderson

Facing Adversity? Learn to Laugh

Cancer and other chronic illnesses aren’t funny. When facing breast cancer or other serious medical conditions you may ask, what’s there to laugh about? And why should you laugh? Laughter is one of our most powerful healing forces. Laughter can boost your immune system and is an essential component of mental well-being. Other [benefits of humor](#) include:

- » Lowering blood pressure
- » Reduces stress hormone levels
- » Releases endorphins; our body’s natural pain killer

Laughter takes practice, especially when you have a lot of troubles to face. There are a number of ways to relearn the skill of laughter if you have been seriously ill, caretaking, or experiencing chronic pain. If, in spite of your best efforts, you can’t find anything to laugh about, talk to your doctor or medical social worker. You may be suffering from depression which is treatable.

For the sake of your health, don’t allow depression or other illness to destroy the laughter in your life. Learn more about laughter and health [here](#).



BREAST CANCER FACT

A nutritious, low-fat diet (30 grams or less) with plenty of fruits and green and orange vegetables can reduce the risk of developing breast cancer. A high-fat diet increases the risk because fat triggers estrogen production that can fuel tumor growth. – *National Breast Cancer Foundation*

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PEHP WAIST AWEIGH

SUCCESS STORY: CINDY L.

“Be Consistent Rather Than Perfect”

I was overweight most my life. After my second baby, I knew I could lose weight – I had before. I had learned a normal weight helps me manage rheumatoid arthritis. Also, a healthy mom means a healthier family.

I had an all-or-nothing attitude before, but this time consistency not perfection was my key.

My gym is a big help. Once I commit, they charge for missing sessions which is very motivating. I now run faster and lift more than ever. Workouts vary so I'm never bored.

Rather than what I can't eat, I focus on lots of produce. I don't count

TOTAL LOST

Duration: 10 months

Weight: 40 lbs

calories! Before, I avoided social gatherings; it was too hard to eat healthy. Now I'm careful what I eat before and bring something healthy to share.

My advice: you are better at everything if your health is priority. Start again when you slip - don't wait. JUST DO IT! Read Cindy's entire success story [here](#).



Contact us:

PEHP Waist Aweigh • 801-366-7300 or 855-366-7300
email: waistaweigh@pehp.org

SHOUT OUTS

Congratulations to Susan J. for graduating from PEHP Waist Aweigh in September. Great work Susan!

FIND GRAD
SUCCESS
STORIES
HERE



PEHP WAIST AWEIGH

Have a BMI of 30 or higher? With your dedication and our support, a healthier lifestyle is within reach with PEHP Waist Aweigh.

LEARN MORE/
ENROLL
HERE



BREAST CANCER FACT

Maintaining a healthy weight may reduce your risk of breast cancer, especially after menopause. Talk with your doctor about healthy strategies to lose weight. – *Mayo Clinic*

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PEHP WEECARE

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email: weecare@pehp.org

Lactation for Breast Health

Utah mothers are currently breastfeeding at a rate higher than the national average. There is a consensus among health care providers that lactation; the period of time a woman secretes milk and breastfeeds – is important for infant health *and* the health of the mother.

According to the Utah Pregnancy Risk Assessment Monitoring System ([PRAMS](#)), breastfeeding contributes to the mother's health

in a number of ways, including:

- » Reduced risk of [postmenopausal breast and ovarian cancer](#)
- » Higher bone density
- » Reduction of postpartum depression
- » More timely return of uterus to pre-pregnancy state
- » Reduced bleeding and [increased weight loss postpartum](#)

There are [barriers](#) and reasons women choose not to breastfeed.

Breastfeeding is a very personal decision.

Women can access resources, education, and support by contacting the [La Leche League of Utah](#).



[WomensHealth.gov](#) also offers information about breastfeeding and health, view more details [here](#).

Speak with your healthcare provider if you have specific concerns or questions.



PEHP WEECARE

PEHP WeeCare is a pregnancy and postpartum program provided to help expectant mothers have the healthiest and safest pregnancy possible.

LEARN MORE/
ENROLL
HERE



BREAST CANCER FACT

Breast-feeding may play a role in breast cancer prevention. The longer you breast-feed, the greater the protective effect. – [Mayo Clinic](#)

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MARK YOUR CALENDAR

Sign up for a PEHP Healthy Utah testing session.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Noon Webinar "Healthy Meals = Healthy Families" HU TESTING SESSION Brigham City	2	3
				4 Health Tool of the Week: Video: Learn about Breast Cancer	5 HU TESTING SESSION St. George	6 HU TESTING SESSION St. George / Salt Lake City
11 Health Tool of the Week: Video: How Breast Cancer is Treated	12 Columbus Day, PEHP Offices Open HU TESTING SESSION Murray	13 HU TESTING SESSION Price	14 HU TESTING SESSION Price	15 HU TESTING SESSION Price / Ogden	16	17
18 Health Tool of the Week: Video: Stages of Breast Cancer	19 HU TESTING SESSION Salt Lake City	20 HU TESTING SESSION Clearfield	21 HU TESTING SESSION Provo	22 HU TESTING SESSION Heber City	23	24 United Nations Day
25 Health Tool of the Week: Video: Your Detection and Prevention Plan	26 HU TESTING SESSION Springville	27 HU TESTING SESSION Manti / Farmington	28 HU TESTING SESSION Manti / Park City	29 HU TESTING SESSION West Valley City	30 HU TESTING SESSION Heber City	31 Halloween

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