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

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.

HEALTH CHALLENGE

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!
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 woman’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 woman’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
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.

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.

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.
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 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.

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
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.

**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
## MARK YOUR CALENDAR

**Health Tool of the Week:**
- **Monday, October 4:** Video: Learn about Breast Cancer
- **Tuesday, October 5:** Video: Learn about Breast Cancer
- **Wednesday, October 6:** Video: Learn about Breast Cancer
- **Thursday, October 7:** Video: Learn about Breast Cancer
- **Friday, October 8:** Video: Learn about Breast Cancer
- **Saturday, October 9:** Video: Learn about Breast Cancer

**HU Testing Session Dates:**
- **Monday, October 5:** St. George
- **Tuesday, October 6:** St. George / Salt Lake City
- **Wednesday, October 7:** Washington
- **Thursday, October 8:** Washington / Heber City
- **Friday, October 9:** Murray
- **Saturday, October 10:** Murray

**Health Tool of the Week:**
- **Monday, October 11:** Video: How Breast Cancer is Treated
- **Tuesday, October 12:** Video: How Breast Cancer is Treated
- **Wednesday, October 13:** Video: How Breast Cancer is Treated
- **Thursday, October 14:** Video: How Breast Cancer is Treated
- **Friday, October 15:** Video: How Breast Cancer is Treated
- **Saturday, October 16:** Video: How Breast Cancer is Treated

**HU Testing Session Dates:**
- **Monday, October 11:** Columbus Day, PEHP Offices Open
- **Tuesday, October 12:** Columbus Day, PEHP Offices Open
- **Wednesday, October 13:** Columbus Day, PEHP Offices Open
- **Thursday, October 14:** Columbus Day, PEHP Offices Open
- **Friday, October 15:** Columbus Day, PEHP Offices Open
- **Saturday, October 16:** Columbus Day, PEHP Offices Open

**Health Tool of the Week:**
- **Monday, October 18:** Video: Stages of Breast Cancer
- **Tuesday, October 19:** Video: Stages of Breast Cancer
- **Wednesday, October 20:** Video: Stages of Breast Cancer
- **Thursday, October 21:** Video: Stages of Breast Cancer
- **Friday, October 22:** Video: Stages of Breast Cancer
- **Saturday, October 23:** Video: Stages of Breast Cancer

**HU Testing Session Dates:**
- **Monday, October 18:** Salt Lake City
- **Tuesday, October 19:** Salt Lake City
- **Wednesday, October 20:** Clearfield
- **Thursday, October 21:** Provo
- **Friday, October 22:** Heber City
- **Saturday, October 23:** Heber City

**Health Tool of the Week:**
- **Monday, October 25:** Video: Your Detection and Prevention Plan
- **Tuesday, October 26:** Video: Your Detection and Prevention Plan
- **Wednesday, October 27:** Video: Your Detection and Prevention Plan
- **Thursday, October 28:** Video: Your Detection and Prevention Plan
- **Friday, October 29:** Video: Your Detection and Prevention Plan
- **Saturday, October 30:** Video: Your Detection and Prevention Plan

**HU Testing Session Dates:**
- **Monday, October 25:** Springville
- **Tuesday, October 26:** Manti / Farmington
- **Wednesday, October 27:** Manti / Farmington
- **Thursday, October 28:** Manti / Park City
- **Friday, October 29:** West Valley City
- **Saturday, October 30:** West Valley City

**Additional Events:**
- **Monday, October 19:** Noon Webinar: “Healthy Meals - Healthy Families”
- **Sunday, October 25:** United Nations Day
- **Saturday, October 31:** Halloween