

HEALTHY LIVING

Wellness Newsletter from **AAOA**

October 2012

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Breast Cancer

Dispelling the Myths



Breast Cancer myths make it hard to know what to believe. Learn the true facts in this month's issue.

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Pumpkin Soup

A Warm & Festive Meal



Ingredients:

Cooking Spray
1 tbsp olive oil
1 large onion, diced medium
3 stalks celery, diced medium
2 carrots, diced medium
2 cups pumpkin, fresh (cooked) or canned
6 cups low-sodium chicken or vegetable broth
½ tsp curry power
½ tsp cinnamon
Pinch of clove
1 cup low fat milk
Salt, to taste (optional)

Directions:

Spray the bottom of a large pot with cooking spray and add olive oil.
Add the onion, celery and carrots; sauté for about 5 minutes to soften vegetables and bring out the flavor. Then add pumpkin, broth and spices; bring to a boil and then reduce heat.
Simmer for 30 minutes and remove from heat. Let cool for 15 minutes.
Puree the soup in a blender and then return it to the pot. Whisk in low fat milk and reheat before serving. Add salt if desired.

Nutrition Facts

Yields 4 servings

Amount Per Serving

Calories 125

Fat 3g

Saturated Fat 0.5g

Protein 4g

Sodium 241mg

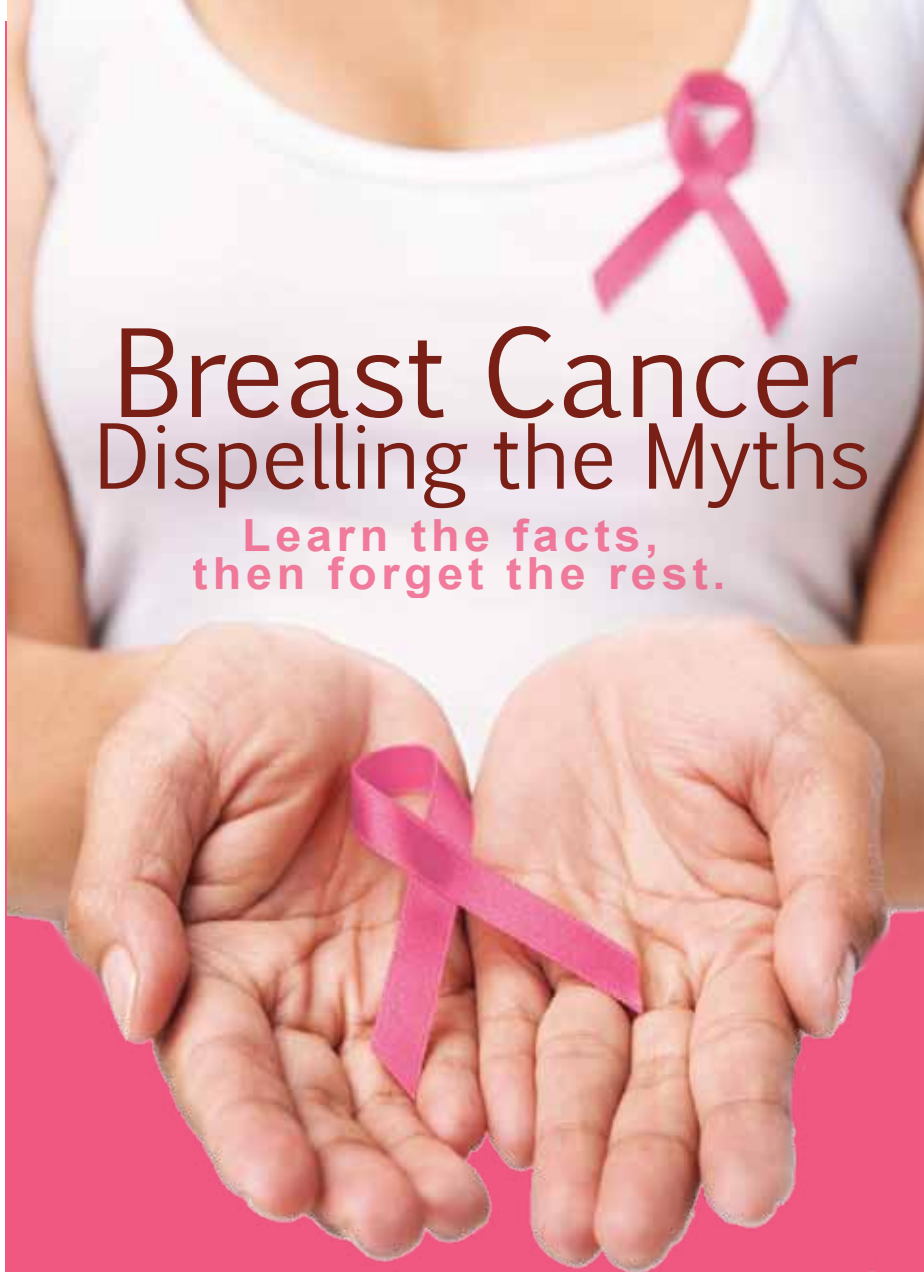
Carbohydrates 20g

Cholesterol 7g

Fiber 3g

Breast Cancer Dispelling the Myths

Learn the facts,
then forget the rest.



Myth: Breast cancer is the leading cause of death in American women.

Fact: Breast cancer is the most common cancer in women, but it is not the main cause of death. Coronary heart disease (which causes heart attacks) is by far the number one killer of women in the U.S. It kills more women than all types of cancer combined. Breast cancer is not even the deadliest type of cancer. Lung cancer is the leading cause of cancer deaths in women.

Myth: I don't have breast cancer in my family, so I won't get it.

Fact: Plenty of women who are diagnosed with breast cancer have no family history of the disease. The fact of being a woman is your main risk factor, and the risk rises as you age, especially after menopause. That's why mammograms and clinical breast exams are important for all women as they get older.

Myth: Only women get breast cancer.

Fact: It's rare, but men can get breast cancer. They account for less than 1 percent of all breast cancer cases. Men who get breast cancer often have an inherited breast cancer gene mutation.

Talk to your doctor. If you are uncertain about health information, ask your doctor at your next visit. Your doctor can help you learn about your risk factors and ways to prevent disease. He or she can also suggest when you should have mammograms and other important screenings.



Antibiotics:

They Aren't for Every Illness

With cold and flu season right around the corner we would like to remind you of a few important facts about antibiotics. Antibiotics are not prescribed for every illness, only those that are considered to be bacterial infections. If you have a viral infection, such as the cold or flu, antibiotics are useless.

Often times, people may insist or demand antibiotics from their physician because they view them as a treatment and cure-all; however it may ultimately reduce their effectiveness and can lead to antibiotic resistance. To reduce the risk of antibiotic resistance or their inability to be effective for you in the future, only take antibiotics when prescribed by your physician, for conditions where your physician believes they will be effective and for the full course of treatment. Taking antibiotics for less than the full course of treatment can lead to the bacteria "learning" how to resist antibiotics.

We encourage you to take an active role in your health care and to partner with your doctor and other health professionals. Remember, your doctor is an important resource for determining how to treat a viral illness. Ask your doctor what you can do to feel better and ease your symptoms. For more information about antibiotics and antibiotic resistance, go to <http://www.cdc.gov/getsmart/index.html>.

The Low Down on Vegetarianism

What is Vegetarianism?

Vegetarianism is the practice of eating a diet consisting mainly of plant based foods and excluding the flesh of animals. There is some disagreement as to the inclusion or exclusion of foods that are derived from animals (ex. eggs or dairy).

The Different Types of Vegetarianism:

- Lacto-vegetarian: A person who consumes a plant based diet and dairy products.
- Lacto-ovo-vegetarian: A person who consumes a plant based diet, dairy products and eggs.
- Vegan: A person who consumes a plant based diet and will not consume any form of food consisting of or originating from an animal. This exclusion may include foods like honey.

Vegetarianism as a Health Choice

The American Dietetic Association has suggested that a well planned vegetarian or vegan diet may help to reduce the risk of serious diseases like heart disease, hypertension and type 2 diabetes. This tends to be because vegetarians often have lower body mass indexes – a major risk factor for heart disease and type 2 diabetes – than nonvegetarians. While the benefits of a plant based diet have been embraced by some, research is ongoing and results will vary from individual to individual. Before making large changes to your diet it is important to talk to your doctor about the effects that a significant dietary switch could have on your health.

Red Ribbon Week is Here

Be Drug Free

Red Ribbon Week is here and it will be celebrated from October 23rd to October 31st. The theme for this year is "The Best Me is Drug Free." Red Ribbon Week is a national event raising awareness about drugs and how parents can help to prevent childhood drug use by talking to their children. This event is sponsored every year by the National Family Partnership.

How to Prevent Dental Disease

A large portion of the U.S. population suffers from gum disease and dental cavities.

Preventing Gum Disease

Gum disease is an infection of the gum tissues that hold your teeth in place. Because it is a painless disease, many people don't realize they have it until significant damage has already been done. When your gums become infected, bacteria and toxins enter your bloodstream, which may worsen other health conditions you have. Research has shown that gum disease causes serious problems for people who have diabetes or cardiovascular disease or who are pregnant. Symptoms of gum disease include red and swollen or tender gums, gums that bleed when you brush, bad breath, loose teeth, and a change in the way your teeth fit together.

Treating gum disease is easier if you catch it in its earliest stages, when a deep cleaning can solve the problem. At later stages, surgery may be necessary.

Daily tips for better oral health:

- Brush your teeth at least twice a day using a fluoride toothpaste. Be sure to brush along the gum line.
- Floss at least once a day to clean between your teeth and under your gums.
- Eat a well-balanced diet that includes foods from all the food groups; fruits and vegetables, dairy, meats and proteins, and grains.
- Avoid sweet snacks and sugar-filled sodas. When you do consume sugary foods or drinks, rinse your mouth with water and brush as soon as possible afterward.
- Drink plenty of water.
- If you're pregnant, or have diabetes or cardiovascular disease, take extra care of your gums and tell your dentist about any signs of periodontal disease.
- Don't smoke. Smokers often have more trouble with their teeth and gums, including lost teeth.
- See your dentist regularly so he or she can clean your teeth and identify any possible problems.

By taking good care of your mouth every day, you'll feel better and your teeth and gums will last for a lifetime.

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SEPTEMBER WELLNESS TIP



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Halloween Safety Tips

Tips for trick-or-treating

1. Inspect your child's treats before they eat them.
2. Wear bright colors so that cars will see you.
3. Purchase flame resistant costumes in case there are lit candles on your walk.
4. Flashlights are always a good thing to carry when walking in the dark.

We want your feed-back about the Wellness Newsletter. Please email us at wellness@aaomerica.org with any wellness tips or healthy recipe ideas.