

HEALTHY LIVING

Wellness Newsletter from **AAOA**

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Chicken Corn Wraps



Chicken, corn, tomatoes and sun-dried tomatoes wrapped into a whole-wheat tortilla.

The sun-dried tomatoes in this wrap add an unexpected flavor to a chicken and vegetable wrap.

Ingredients

- 1 cup corn, fresh or frozen (thawed)
 - 1/2 cup chopped fresh tomato
 - 1/4 cup chopped soft sun-dried tomatoes*
 - 1/4 cup chopped onion
 - 2 Tablespoons olive oil
 - 1 Tablespoon red wine vinegar
 - 1 cup cooked, shredded chicken breast meat
 - 4 whole-wheat tortillas, 6-inch
- Chicke

Preparation

Combine corn, tomato, sun-dried tomatoes, onion, oil and vinegar in a medium bowl.

Divide chicken among tortillas. Top with equal portions of the corn salad and lettuce. Roll up. Serve the wraps cut in half, if desired.

*Note: If you can only find dry (and hard) sun-dried tomatoes, soak them in boiling water for about 20 minutes before using.

Nutrition Facts

Yields 4 Servings

Amount Per Serving

Calories 247g	Fiber 4g
Fat 7g	Protein 18g
Sodium 274mg	Carbohydrates 25g

When Breast Cancer Runs in the Family

If breast cancer runs in your family, it's a natural question to ask: Will I get it, too?

According to the American Cancer Society, having a mother, sister or daughter with a history of breast cancer almost doubles your chance of getting the disease; and having two close relatives with it raises your risk even more.

Keep this reassuring fact in mind: Many women with a family history of breast cancer never get the disease. Even if it does run in your family, there are things you can do to help yourself stay healthy.

If Your History Raises Red Flags

Start by talking with your doctor about your family health history. That includes both sides - your mother's and your father's. Along with other factors, this can help your doctor evaluate your risk.

A Close Eye. You may need earlier and more frequent mammograms. Your doctor might also suggest tests such as an MRI. This stepped-up monitoring can help find cancer early and boost the chances of successful treatment. Talk with your doctor about what tests you need and how often you should get them.

Medications. Over time, estrogen exposure can affect the risk of breast cancer. For women at high risk, doctors may prescribe certain medicines that act against this hormone.

Surgery. A double mastectomy (removing both breasts) may significantly lower the risk. So might removal of both ovaries in premenopausal women.

These aggressive steps aren't right for everyone. They are typically reserved for those at very high risk, such as women who have tested positive for an inherited gene defect.

Your doctor can help you determine what's right for you. Also, be sure to check your benefits plan to see what services may be covered.

When Germs Go Viral

8 Ways to Keep Bugs at Bay



Germ fighting 101

Of course, a yearly flu vaccine is one of the best ways to avoid getting influenza, but there's more you can do, too. These stay-well strategies can help keep you and your family from getting or passing along a cold or flu bug.

- 1. Hit the Sink.** Be sure to wash your hands regularly to remove any germs. A good, thorough scrubbing is key. That means for at least 20 seconds with soap and warm water.
- 2. Pack Extra Protection.** Soap and water aren't always available. So, keep hand sanitizer in your car, your bag or tote and your workspace, too. Look for products that contain at least 60 percent alcohol.
- 3. Be Hands-Off!** Try to limit how much you touch your face. Germs can enter your body through your eyes, nose or mouth.

4. Cover That Cough. Make it a habit to cough or sneeze into a tissue or the crook of your elbow. Teach children this trick, too.

5. Keep Your Distance. As much as possible, try to avoid close contact with anyone who's ill. If you get sick, stay home until you're better.

6. Wipe 'em Out. Regularly clean surfaces you touch often such as phones, keyboards, remote controls, door handles and counter-tops. Use soapy water and a household disinfectant.

7. Share Not. Remind your family not to share items such as cups, silverware or toothbrushes.

8. Build a Strong Defense. When you take care of yourself, you help your body fight off illness. So, be sure to get plenty of sleep. Choose healthy foods and get regular exercise.* Try to keep stress in check, too.

Stay in the know

Get the latest information on flu season at Flu.gov. You'll find timely updates — plus prevention pointers, flu-care tips and more.

**Talk with your doctor before significantly increasing your activity level.*

Pop! Put a Tasty Twist on Popcorn

Add pizzazz to plain popcorn for a healthier version of this all-American snack.

Mmmm, popcorn. This classic snack pops up just about everywhere - from the ballpark to movie night at home. Just the sound of kernels popping makes taste buds come alive.

If you have an air-popper, it takes only minutes to make a wholesome bowl of fluffy fun.

Did you know popcorn's a whole grain? Many of us don't get enough whole-grain foods each day.

Popcorn's also low in calories - yet fiber-rich and filling. A three-cup serving of plain air-popped corn has just 90 calories.

That tops it all!
Now how about some flavorful - and

healthful - ideas to perk up your freshly popped corn?

After popping, use an oil mister to spray popcorn with a little olive or canola oil so seasonings stick. Then sprinkle lightly with one or more of these tasty toppings:

- Paprika
 - Pepper - or a little chili pepper, if you like it hot
 - Low-fat Parmesan cheese
 - Minced basil and garlic
 - Curry powder
 - Cumin
 - Garlic or onion powder
 - Cinnamon mixed with a touch of sugar
- If you pop a big bowl, measure out



Breast Cancer: Safeguards for Every Woman

It's smart to do all you can to help lower your risk of breast cancer. Here are four ways to do that:

- 1. Watch the scale.** Gaining excess weight, particularly after menopause, can increase the risk.
- 2. Move more.*** Regular exercise may decrease hormone levels and help lower breast cancer risk.
- 3. Don't light up.** Smoking may increase your risk.
- 4. Limit alcohol.** The more you drink, the greater your risk of breast cancer. Talk with your doctor if you have any questions about how drinking may affect you.

To learn more about how to help prevent breast cancer, go to cancer.org

**Most healthy adults should aim for at least 2.5 hours of moderate-intensity aerobic exercise a week. Add muscle-strengthening exercises on two or more days a week. For safety's sake, talk with your doctor before significantly increasing your activity level.*

Protect Yourself



Flu season is back again and it's in full swing. Every time you turn on the radio or watch TV you hear something about the flu. That is because the flu is a pretty common illness. The best way to protect yourself from the flu is to get the flu shot. Go get your flu shot today so that you can help yourself and your loved ones stay healthy. *

** Be sure to check your benefits plan to see what services may be covered.*

Eat Right for Better Oral Health

Eating right and the health of your mouth go hand in hand.

How does the food we eat affect our teeth and gums?

If your diet isn't rich in vitamins, it can affect your ability to fight infection. This may lead to tooth decay and gum disease. With a healthy diet, your body will get the right vitamins and minerals.

These nutrients will help keep your teeth and gums healthy:

Nutrient	Found in	Benefits
Calcium	Milk, yogurt, beans and cheese	Helps to strengthen your teeth to fight tooth decay and to prevent gum disease
Iron	Red meat, liver and bran cereals	Lack of iron can cause tongue swelling and mouth sores
Vitamin B3	Chicken and fish	Without enough B3, you can develop bad breath and mouth sores
Vitamin B12 and B2	Meat and dairy products hav B12. Pasta, bread and spinach have B12.	A lack of B12 and B2 can cause mouth sores
Vitamin C	Peppers, dar leafy greens, broccoli, cauliflower, oranges and strawberries	Helps prevent gingivities, the first stage of gum disease

Limit foods that harm your teeth and gums.

Many of the foods we eat can cause damage to teeth and gums over time:

- Carbohydrates: Chips, crackers and pasta leave particles that allow germs such as bacteria to grow.
- Sticky foods: Chewy candy, raisins and syrup coat the teeth. This makes it hard for saliva to wash away the sugar.
- Sugary foods: Candy, cookies and cakes have lots of sugar. Sugar produces acid.
- Soda and sweetened fruit juices: These beverages are filled with sugar. Soda includes acid and carbonation that cause decay.

After you eat these foods, rinse your mouth with water. This will wash away the leftover food and sugar. Also, limit sugary snacks between meals. When you eat food that includes sugar, your teeth are attacked by acids for 20 minutes or more.

Children and adults should:

- Brush after eating or at least twice a day
- Use a fluoride toothpaste
- Floss daily
- Schedule regular dental checkups

Eat a balanced diet and take care of your mouth. You'll have a beautiful smile to show the world.

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OCTOBER WELLNESS TIP



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Wellness Tip

Get Flossing

While brushing is always extremely important, don't forget to floss too. Flossing helps to clean those problem areas in your mouth that your toothbrush can't always reach.

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