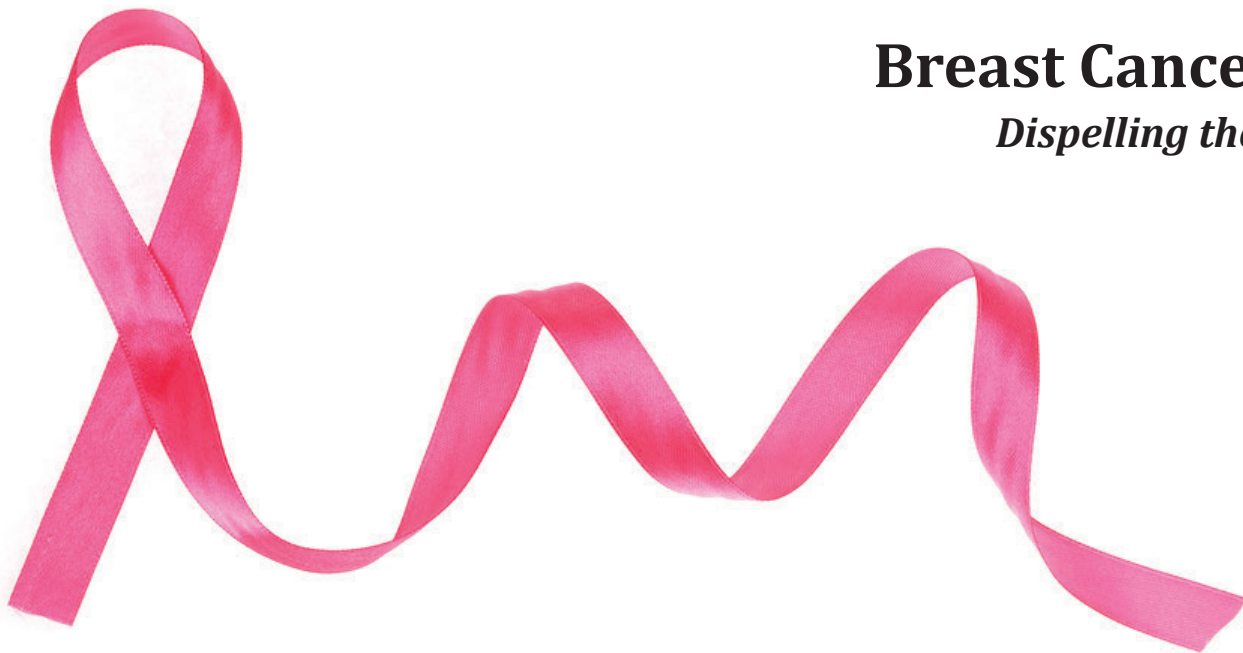


HEALTHY LIVING

Wellness Newsletter from ARISTAPOINT

OCTOBER 2015



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BREAST CANCER: DISPELLING THE MYTHS

Breast cancer is a common fear among women, and knowledge is the best weapon against fear. Sadly, a lot of bad information is out there, which makes it hard to know what to believe. Here is the truth about some common myths.

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 the leading 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: Young women don't get breast cancer.

Fact: Breast cancer usually strikes after menopause, but it is possible at any age. From ages 30 to 39, an average woman's risk is about one in 233 (only about 0.4%). When younger women get breast cancer, it is often because they have inherited a genetic mutation linked with cancer.

Myth: Antiperspirants cause breast cancer.

Fact: Some claim that substances in antiperspirants and deodorants are

absorbed through the skin by way of nicks from shaving and can lead to cancer. Neither the National Cancer Institute nor the FDA have found any link between antiperspirants or deodorants and breast cancer.

Myth: I will get breast cancer because it runs in my family.

Fact: You may be at higher risk for breast cancer if other people in your family have had it. But many women who have a family history of breast cancer never develop it. Your doctor or a genetic counselor can help you understand your personal risk for breast cancer and what steps you can take to lower it.

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: Bras cause breast cancer.

Fact: This rumor has been spread through e-mail and at least one book. There is no evidence that wearing any type of bra causes breast cancer.

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.

When in doubt, check it out

Many myths about breast cancer make the rounds through e-mail and the Internet. Don't believe everything you read. Even if it sounds like it could be true, check the facts. These tips can help:

- *Find reliable sources.* Go to trusted sites for cancer information, such as the National Cancer Institute, the American Cancer Society and myOptumHealth.com. Stay away from any site that sells cancer "cures."

- *Search out the evidence.* When you hear a claim, look for medical research to support it. Don't rely too much on any single small study. Look for large, well-designed studies conducted through major research centers.

Talk to your doctor. If you are uncertain about a health claim, 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.

Long-term job stress can grind you down. According to the National Institute of Occupational Safety and Health (NIOSH) a national surveys says:

- 40% of workers say their job is very or extremely stressful.
- 75% say workers suffer more job-related stress than workers in the previous generation.
- 25% of employees say their job is their number one stressor.

If work stress is getting you down:

- Talk to your manager. Ask if there are ways to restructure your job to make it more manageable. Be positive. Offer solutions, not just complaints.
- Take good care of yourself. Be sure to eat well, get enough sleep and make time for exercise. You'll handle stress better if you're healthy.
- Get help if you need it. You may want to take a meditation, yoga or tai chi class. You might also consider seeing a therapist who could help you seek solutions to your work situation.

The New
Age of
Stress
at Work

Grilled Pork Tenderloin with Maple Apple Sauce

Nutrition Facts

Yields 4 Servings

Amount Per Serving

Calories 202	Fiber .5g
Fat 5.5g	Protein 20g
Sodium 49mg	Cholesterol 65mg

INGREDIENTS:

- 1 pork tenderloin (12–16 oz.)
- Cooking spray
- 1/4 cup maple syrup
- 1/4 cup apple cider vinegar
- 1 tsp. Dijon mustard
- 1/2 tsp. ground sage
- 1 medium apple, peeled, cored and finely chopped



PREPARATION:

1. Preheat grill.
2. Place pork on grill rack coated with cooking spray. Grill 20 minutes or until a thermometer reads 155°-160°, turning once. Let pork stand 10 minutes.
3. To prepare sauce, whisk maple syrup, vinegar, mustard, and sage in a medium saucepan. Add apples. Heat sauce over medium heat until heated.
4. Cut pork crosswise into 1/2 inch thick slices and divide onto four plates. Pour maple apple sauce over meat and serve immediately.

3 Back-to-School Tips for Parents

Entering a new grade or new school can be both exciting and stressful. If your child has learning challenges or is being bullied, the adjustment can be even rougher.

Here are a few tips to help ease the transition.

1. Offer plenty of encouragement.

Talk to your kids about their worries and offer reassurance. Are they afraid they won't make new friends? Or won't get along with their teachers? Is the thought of homework stressful? Are they worried about the bully from last year?

Remind your child that everyone feels a little nervous when starting something new. Highlight the positives about going back to school, such as hanging out with friends, meeting new classmates, buying cool school supplies, etc.

2. Get ready for a routine.

A week before school starts, begin waking children at the time they will need to get started. Rehearse your morning routine to see what will work best.

Keep books, lunches and other supplies all in one place. Teach kids how to get to school safely. Go over routes and safety precautions. Show them what to do in case of an emergency or delay.

3. Be alert to signs of trouble.

Some children do struggle when school starts. And parents may be concerned about a child's emotional well-being. Talk with your child's school counselor if you suspect a mental health condition.

How Breast Cancer is Diagnosed

Breast cancer is often found during a screening mammogram or breast exam, but sometimes a woman notices and reports a change in her breast. If you have a suspicious lump or an abnormal screening result, you will need to have follow-up tests. Imaging tests are usually the first step. One or more of these tests may be done:

♀ Diagnostic mammography. A mammogram is basically an x-ray of the breast. For screening mammograms, two pictures are taken of each breast. When mammography is used for diagnosis, pictures are taken from different angles, focusing on the area where an abnormality was found. If any questions remain, an ultrasound or MRI may be done next.

♀ Breast ultrasound. An ultrasound uses sound waves to create images of the breast tissue that can be viewed on a screen. An ultrasound can show if a lump is solid or fluid-filled (a cyst). Cysts are rarely cancerous.

♀ MRI of the breast. MRI uses radio waves and magnets to create hundreds of detailed images of the breast tissue. It can sometimes help a doctor find a breast lump that can be felt but can't be seen with mammography or ultrasound.

♀ Biopsy. If your doctor still has any concerns, you will need to have a biopsy. For this procedure, a doctor removes a sample of the suspicious breast tissue so it can be checked for cancer cells.

It's normal to be worried if you have been told you need a biopsy. But it's important to remember that four out of five women who get breast biopsies do not have cancer. Many other conditions can cause suspicious lumps, and a biopsy can help identify those.*

*Talk with your insurance provider before receiving services.

More



Could it Wake Up Your Weight Loss?

It's no secret that healthy eating and regular exercise are keys to managing the number on the scale. But it turns out that many of us may be missing out on one more smart habit that can help us stay trim: a good night's sleep.

What does sleep have to do with weight?

Skimping on shut-eye may put a damper on your metabolism — your body's calorie-burning furnace. And have you ever noticed that when you're tired you have more trouble sticking with your healthy eating plans? Lack of sleep can also affect hormones that control appetite — and make it harder to make good decisions.

Of course, the solution seems obvious: Just climb under the covers a little earlier — and aim for a solid seven or eight hours of slumber.

But sometimes, that's easier said than done. If you regularly miss out on a good night's sleep, it may be time to make a few changes.

Get in the mood to snooze with these tips:

Be steady to bed and steady to rise.

Try to turn in and get up at about the same time every day — at least as much

as possible. This helps your body establish a sleep-wake schedule.

Create an oasis. Make your bedroom dark, quiet, cool and comfortable.

Give yourself time to unwind. Turn off the TV and computer well before bedtime — and do something relaxing. You might take a warm bath. Or listen to some soothing music.

Tweak your fitness routine. Regular exercise can help you sleep better.* Just don't schedule your workout in the few hours before bedtime. It may leave you too revved up to nod off easily.

Be alert to sleep disrupters. If you're sensitive to caffeine, avoid it after midday. And keep in mind that both nicotine and alcohol can affect sleep quality.

Another tip: Try limiting fluids before bed. This may save you trips to the bathroom during the night.

Speak up for better rest

If you're still having trouble sleeping — or want more help finding lasting weight-loss solutions — talk with your doctor. Also important to report: if you snore heavily or sleep all night but still wake up unrested. These may be signs of a sleep disorder that could put your health at risk.

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

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OCTOBER



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Wellness Tip

Reduce Stress with Time Management

With school starting and the daylight getting shorter, you may begin to feel a little extra stress. The key to getting stress under control is effective time management. With good time management, you'll get more done, feel better about yourself and lower your stress level.

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