

## INSIDE THIS ISSUE:

<i>September: Fruits and Veggies More Matters!</i>	1
<i>Fall Recipe</i>	1
<i>Change the way you sit!</i>	2
<i>Sioux Falls WORKWELL Summit</i>	2
<i>October is Breast Cancer Awareness!</i>	3-4

## September: Fruits and Veggies—More Matters!

Most people know that eating fruits and vegetables is important for good health, but most of us still aren't getting enough. This September, WORKWELL is proud to participate in Fruits & Veggies – More Matters Month.

### Eating a healthy diet with plenty of vegetables and fruits can help you:

1. Lower your risk for heart disease and some types of cancer
2. Maintain or reach a healthy weight
3. Keep your body strong and active

### Here are some ideas to help you and your family fit more fruits and vegetables into your day:

1. Keep a bowl of fruit handy where the whole family can see it.
2. Cut up fruits and veggies ahead of time so they're ready for quick, healthy snacks.
3. Challenge your family to try a new veggie or fruit every week.

Source: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

## Fresh Corn Salad

### Ingredients:

- |                                      |  |
|--------------------------------------|--|
| 3/4 cup light sour cream             | 1 teaspoon Worcestershire sauce          |
| 3/4 teaspoon seasoned salt           | 3 cups fresh corn kernels (about 5 ears) |
| 1 cup finely chopped red bell pepper | 1 cup finely chopped green onions        |

### Directions

1. Combine first 3 ingredients in a large bowl, stirring with a whisk.
2. Add corn and remaining ingredients, stirring to combine.
3. Cover and refrigerate at least 2 hours before serving.

### Nutrition Facts Per Serving:

Serving Per Recipe: 8 – 1/2 cups each

Calories 112	Fat 2.6g	Saturated Fat 1.3g
Monounsaturated Fat 0.3g	Polyunsaturated Fat 0.5g	Protein 4g
Carbohydrate 22.2g	Fiber 3.1g	Cholesterol 8mg
Iron 0.8mg	Sodium 94 mg	Calcium 13mg

Source: [www.myrecipes.com](http://www.myrecipes.com)



## CHANGE THE WAY YOU SIT!

- Excessive sitting impacts our body's metabolic system: **"Today, our bodies are breaking down from obesity, high blood pressure, diabetes, cancer, depression and the cascade of health ills and everyday malaise that come from what scientists have named sitting disease."**

~ **James Levine, MD, PhD**

- Sedentary lifestyles increase the risk of cardiovascular disease. **"For people who sit most of the day, their risk of heart attack is about the same as smoking."**

~ **Martha Grogan, Cardiologist, Mayo Clinic**

- Combating sitting disease with added gym time may not work:** most people don't have time for MORE exercise, and more exercise time may not even reverse sitting disease.

## DID YOU KNOW?

For every hour of sitting, you want to stand or move for at least 3 minutes. While it's not proven in research, there are recommendations of sit for 60 stand for 5-10, or sit for 50 stand for 10. But the golden rule is do NOT sit for longer than 60 minutes at one time.

WELCOA



## ENGAGE YOURSELF! STOP BEING SEDENTARY!

Just Stand.org:

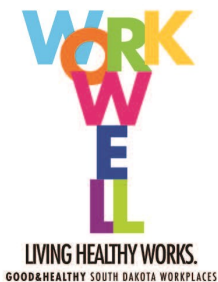
[www.juststand.org](http://www.juststand.org)

Work Rave:

<http://www.workrave.org/>

Steelcase 360': Wellbeing is a Bottom Line Issue:

<http://360.steelcase.com/issues/wellbeing-a-bottom-line-issue/>



**WORKWELL Partnership Summit:**  
From "check the box"  
to "out of the box" wellness

**SAVE THE DATE!** **SEPTEMBER 24<sup>TH</sup> 2014**  
THE DISTRICT • 4521 W. EMPIRE PLACE  
SIOUX FALLS • 9:00-4:00 CT

**[CLICK HERE FOR MORE INFORMATION AND TO REGISTER!](#)**

## OCTOBER IS BREAST CANCER AWARENESS MONTH!

### Each year in South Dakota. . .

Breast cancer is the most frequently diagnosed cancer in women.

Breast cancer is the second leading cause of cancer deaths among women.

An estimated 624 women are diagnosed with breast cancer

An estimated 122 women die from breast cancer

South Dakota Cancer Registry - [getscreened.sd.gov/registry\\_data/2011CancerReport.aspx](http://getscreened.sd.gov/registry_data/2011CancerReport.aspx)

### Risk Factors You Cannot Change

#### Gender

Simply being a woman is the main risk factor for developing breast cancer. Men can develop breast cancer, but this disease is about 100 times more common among women than men. This is probably because men have less of the female hormones estrogen and progesterone, which can promote breast cancer cell growth.

#### Aging

Your risk of developing breast cancer increases as you get older. About 1 out of 8 invasive breast cancers are found in women younger than 45, while about 2 of 3 invasive breast cancers are found in women age 55 or older.

### Genetic Risk Factors

About 5% to 10% of breast cancer cases are thought to be hereditary, meaning that they result directly from gene defects (called *mutations*) inherited from a parent.

**BRCA1 and BRCA2:** The most common cause of hereditary breast cancer is an inherited mutation in the *BRCA1* and *BRCA2* genes. In normal cells, these genes help prevent cancer by making proteins that keep the cells from growing abnormally. If you have inherited a mutated copy of either gene from a parent, you have a high risk of developing breast cancer during your lifetime. Although in some families with *BRCA1* mutations the lifetime risk of breast cancer is as high as 80%, on average this risk seems to be in the range of 55 to 65%. For *BRCA2* mutations the risk is lower, around 45%. Breast cancers linked to these mutations occur more often in younger women and more often affect both breasts than cancers not linked to these mutations. Women with these inherited mutations also have an increased risk for developing other cancers, particularly ovarian cancer. Go through a certified genetic counselor if you are considering having genetic testing done.

<http://www.avera.org/clinics/womens/services/genetic-counseling/>

<http://www.sanfordhealth.org/MedicalServices/GeneticCounseling>

### Risk Factors You Can Change

#### Drinking Alcohol

Those who have 2 to 5 drinks daily have about 1½ times the risk of women who don't drink alcohol. Excessive alcohol consumption is also known to increase the risk of developing several other types of cancer.

## Overweight or Obesity

Being overweight or obese after menopause increases the risk for breast cancer. Before menopause your ovaries produce most of your estrogen, and fat tissue produces a small amount of estrogen. After menopause (when the ovaries stop making estrogen), most of a woman's estrogen comes from fat tissue. Increase in fat tissue after menopause can increase your chance of getting breast cancer by raising estrogen levels. Also, women who are overweight tend to have higher blood insulin levels. Higher insulin levels have also been linked to some cancers, including breast cancer.

## Physical Activity

Evidence is growing that physical activity in the form of exercise reduces breast cancer risk. The main question is how much exercise is needed. In one study from the Women's Health Initiative, as little as 1.25 to 2.5 hours per week of brisk walking reduced a woman's risk by 18%. Walking 10 hours a week reduced the risk a little more.

## Tobacco Smoke

For a long time, studies found no link between cigarette smoking and breast cancer. In recent years though, more studies have found that long-term heavy smoking is linked to a higher risk of breast cancer. Some studies have found that the risk is highest in certain groups, such as women who started smoking when they were young. In 2009, the International Agency for Research on Cancer concluded that there is limited evidence that tobacco smoking causes breast cancer.

An active focus of research is whether secondhand smoke increases the risk of breast cancer. Both mainstream and secondhand smoke contain chemicals that, in high concentrations, cause breast cancer in rodents. Chemicals in tobacco smoke reach breast tissue and are found in breast milk.

To see a full list of risk factors, visit the [American Cancer Society website](#).

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## Early Detection and Breast Cancer

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**MAMMOGRAPHY** The most important screening test for breast cancer is the mammogram. A mammogram is an X-ray of the breast. It can detect breast cancer up to two years before the tumor can be felt by you or your doctor.

**Women age 40 or older who are at average risk** of breast cancer should have a mammogram once a year.

**Women at high risk** should have yearly mammograms along with an MRI starting at age 30.

**CLINICAL BREAST EXAM (CBE)** During a CBE, your doctor examines your breasts and the surrounding area for any possible signs of breast cancer. Your doctor checks for changes in the size or shape of your breasts, skin changes including rashes, dimpling or redness, or other abnormal changes, such as lumps or discharge from the nipple.

**BREAST SELF EXAM** It is a good idea to get in the habit of doing monthly self-exams. Examining yourself on a regular basis lets you become familiar with your breasts so you will notice any changes that may occur. Breast self-exams should not replace regular mammograms and clinical breast exams.

For more information about screening (tests) for breast cancer go to:

<http://www.cancercare.org/> or [www.cancer.org](http://www.cancer.org).

To see if you are eligible for a free clinical breast exam, Pap test or mammogram go to:

[www.getscreened.sd.gov](http://www.getscreened.sd.gov)