

Healthy Living Newsletter

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Live, Take Charge, Change!

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Breast Cancer References

National Cancer Institute (NCI)
www.cancer.gov/

Cancer Information Service,
National Cancer Institute
cis.nci.nih.gov/ & 1-800-4-CANCER

National Breast and Cervical
Cancer Early Detection Program
www.cdc.gov/

Medline Plus
www.nlm.nih.gov/medlineplus/

American Cancer Society
www.cancer.org/

National Breast Cancer Coalition
www.natlbcc.org/ &
www.stopbreastcancer.org/



Flu Shots Reminder

Health officials advise certain groups to get a flu shot every year. These include: adults 50 and older, pregnant women, children between the ages of 6 months and 5 years, and anyone with a medical condition that raises the risk of complications.

It is also best for people who are around high-risk individuals – like day-care workers and parents of young children – to get vaccinated. Health care professionals who have contact with patients should be vaccinated as well.



Breast Cancer

An individual woman's breast cancer risk may be higher or lower, depending on a number of factors:

- **Age:** The chance of getting breast cancer goes up as a woman gets older. Most cases of breast cancer occur in women over 60. This disease is not common before menopause.
- **Personal history of breast cancer:** A woman who had breast cancer in one breast has an increased risk of getting cancer in her other breast.
- **Family history:** A woman's risk of breast cancer is higher if her mother, sister or daughter had breast cancer. The risk is higher if her family member got breast cancer before 40. Having other relatives with breast cancer (in either her mother's or father's family) may also increase a woman's risk.
- **Certain breast changes:** Some women have cells in the breast that look abnormal under a microscope. Having certain types of abnormal cells (*atypical hyperplasia* and *lobular carcinoma in situ* [LCIS]) increases the risk of breast cancer.
- **Gene changes:** Changes in certain genes increase the risk of breast cancer. These genes include *BRCA1*, *BRCA2* and others.
- **Race:** Breast cancer is diagnosed more often in white women than Latino, Asian or African American women.
- **Radiation therapy to the chest:** Women who had radiation therapy to the chest (including breasts) before age 30 are at an increased risk of breast cancer. This includes women treated with radiation for *Hodgkin's lymphoma*. Studies show that the younger the woman was when she received radiation treatment, the higher the risk of breast cancer later in life.
- **Breast density:** Breast tissue may be dense or fatty. Older women whose mammograms show more dense tissue are at increased risk of breast cancer.
- **Being overweight or obese after menopause:** The chance of getting breast cancer after menopause is higher in women who are overweight or obese.
- **Lack of physical activity:** Women who are physically inactive throughout life may have an increased risk of breast cancer. Being active may help reduce risk by preventing weight gain and obesity.
- **Drinking alcohol:** Studies suggest that the more alcohol a woman drinks, the greater her risk of breast cancer.

To calculate an individual's estimated risk, see the Breast Cancer Risk Assessment Tool at <http://www.cancer.gov/bcrisktool/>

For the needle-shy, there is also a nasal spray flu vaccine called FluMist. It is only recommended for healthy, non-pregnant people ages 5 – 49. It differs from the flu shot in that it contains weakened, live flu viruses instead of dead ones.

Stopping the Spread of Germs at Work

1. **Cover your mouth and nose when you sneeze or cough.** Cough or sneeze into a tissue and then throw it away.
2. **Clean your hands often.** When available, wash your hands with soap and warm water, then rub your hands vigorously together and scrub all surfaces. Wash for 15 to 20 seconds.

When soap and water are not available, alcohol-based hand wipes or gel sanitizers may be used.
3. **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth. Some germs can live 2 hours or more on surfaces like doorknobs, desks, and tables.

Childhood Asthma References

Medline Plus

www.nlm.nih.gov/medlineplus/

National Heart Lung and Blood Institute

www.nhlbi.nih.gov/

American Lung Association

www.lungusa.org/

Mayo Clinic

www.mayoclinic.com/

Asthma and Allergy Foundation of America

www.aafa.org/



Childhood Asthma

Asthma is an inflammatory condition of the airways caused by allergens, irritants and respiratory infections. It is triggered by many different stimuli (trigger factors) that activate an over-reactive system. It is the most common chronic disorder in childhood, currently affecting an estimated 6.2 million children.

Children with asthma need the help of parents, other caregivers, teachers and health care professionals to keep their asthma under control. You can help your child with asthma keep it under control:

- Take your child to the doctor for regular checkups and treatment.
- Make sure your child has an asthma self-management plan and that they know how to follow it.
- Help your child learn about asthma and how to control it.
- Help your child learn what things cause his or her asthma symptoms and how to avoid them, if possible.
- Protect your child from tobacco smoke by not smoking and not allowing people to smoke in your home.
- Find ways to reduce your child's exposure to allergens that bring on asthma attacks, like pollen, dust mites or animal dander.
- Make sure your child knows how to take asthma medicines correctly (if your child is old enough to use an inhaler without your help).
- Make sure that your child uses a peak flow meter to help monitor and control asthma.
- Encourage your child to take part in physical activity. Work together to keep his or her asthma under control. Your child can be active.

Emergency Signs – Having any one of these signs means medical care is needed. Call your doctor or get emergency medical care if your child exhibits any of these signs.

- Wheeze, cough or shortness of breath gets worse, even after medicine has been given time to work. Most inhaled bronchodilator medications produce an effect within 5 – 10 minutes. Discuss the time your child's medicines take to work with their doctor.
- Child has a hard time breathing.
- Chest and neck are pulled or sucked in with each breath.
- Child has trouble walking or talking, stops playing and cannot start again.
- Peak flow rate gets lower, or does not improve after treatment with bronchodilators, or drops to 50 percent or less of your child's personal best. Discuss this peak flow level with your child's doctor.
- Lips or fingernails are gray or blue. If this happens, **GO TO THE DOCTOR OR EMERGENCY ROOM RIGHT AWAY!**

www.lungusa.org/, www.nhlbi.nih.gov/ & www.nlm.nih.gov/



Halloween Safety

- Purchase or make costumes that are light and bright enough to be clearly visible to motorists.
- For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape.
- To easily see and be seen, children should also carry flashlights.
- Costumes should be short enough to prevent children from tripping and falling.
- Apply a natural mask of cosmetics rather than have a child wear a loose-fitting mask.
- Young children should always be accompanied by an adult or an older, responsible child.
- Swords, knives and similar costume accessories should be of soft rubber and flexible material.
- Warn children not to eat any treats before an adult has carefully examined them for evidence of tampering.



Smoke Detectors

1. Install smoke detectors near the ceiling on each level of your home- especially where you sleep.
2. Don't place them next to windows, doors, stoves or heating / cooling vents to make sure that the devices can accurately test the air.

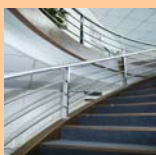
Prescriptions

Before you leave the doctor's office, here are some questions to ask if you are given a new prescription:

1. What is the name of the medicine and what is it supposed to do? Is this the brand or generic name? (Is a generic version available?)
2. How and when do I take the medicine and for how long?
3. What foods, drinks, other medicines, dietary supplements or activities should I avoid while taking this medicine?
4. What are the possible side effects and what do I do if they occur?
5. When should I expect the medicine to begin to work and how will I know if it is working?
6. Will this new prescription work safely with the other prescription and non-prescription medicines that I am taking?

www.talkaboutrx.org/

Simple Steps to an Active Lifestyle



- Whenever you can, skip the elevator and take the stairs. If you work on the 10th floor of an office building, give yourself a "good morning" challenge. Get out of the elevator one floor earlier every week and build up to climbing the whole way to the 10th floor in 10 weeks.



- If you travel by bus or train, jump off one or two stops earlier and walk the rest of the way to your destination.



- Rather than driving to work, try walking, riding your bike, rollerblading, or simply park the car a few blocks away. A brisk 15 minute walk to work and back each day means you will accumulate 2.5 hours of walking each week. Over a year, this adds up to an extra 130 hours of exercise.



- Go out and play with your children when you can. Do anything – play tag, play catch, ride a bike, swing, play basketball, or join their outdoor games.



- Join a gym. Start slowly – it's the best way to get back into shape. Keep workout clothes in the car or at the office. Workout with a friend to diminish the drudgery and help keep you honest.

www.calorieking.com & www.nutritionexplorations.org

3. Test your alarms each month – most of them have a “test button” feature.
4. Clean smoke detectors regularly with a vacuum.
5. Replace batteries every year or when they make a “chirping” sound.
6. Replace the detector itself every 10 years.

www.healthfinder.gov

Fitness Tips

- **Walk more.** Look for small ways to walk more. When you get the mail, take a walk around the block, take the dog for an extra outing each day or walk on your treadmill for 5 minutes before getting ready for work.
- **ID Yourself.** Always carry identification when you run, walk or ride. Even if you are only going out for 30 minutes, tote your wallet with medical ID cards. If you don't want to carry your wallet, stick a business card in a small plastic bag and put it in your jersey or pocket. Don't forget to write current medical information like allergies on the back of the card.

www.activelifestyle.info/



Your Four-Legged Exercise Partner

Researchers expected that overweight people walking their dogs 30 minutes daily would find Fido made a good exercise buddy. But, the power of the pooch was even greater than you might expect.

“Dogs provide three unique supports that ‘people buddies’ don’t.”:

1. **Initiator extraordinaire.** Your dog wants to walk, probably more than you do. “You look at those dancing eyes, the furry feet tap dancing, the tail helicopter rotor engaged, and you don’t want to disappoint him by not going for a walk. So you go!”
2. **Pure joy.** People reported a unique sense of joy when walking with their dog that went far and above what they would feel when walking with people.
3. **Parental pride.** “People love it when others stop and ask questions about and admire their dog.” There is more to being a parent than admiring glances, though; wanting a healthy, fit pooch was a strong motivator for many walkers.

www.eatbetteramerica.com



Work-Life Balance

It isn't easy to juggle the demands of a career and a personal life. For most people, It's an ongoing challenge to reduce stress and maintain harmony in key areas of their lives. Here are some ideas to help you find the balance that's best for you:

- **Fight the guilt.** Remember, having a family and job is okay – for both men and women.
- **Get enough sleep.** There is nothing as stressful and potentially dangerous as working when you are sleep-deprived. Not only is your productivity affected, but you can also make costly mistakes. You may then have to work even more hours to make up for these mistakes.
- **Communicate clearly.** Limit time consuming misunderstandings by communicating clearly and listening carefully.
- **Keep a log.** Track everything you do for one week. Include work-related and non-work-related activities. Decide what is necessary and satisfies you the most. Cut or delegate activities you don't enjoy, don't have time for or do only out of guilt.
- **Manage your time.** Organize household tasks efficiently. A weekly family calendar of important dates and a daily to-do list will help avoid deadline panic.
- **Nurture yourself.** Set aside time each day for an activity that you enjoy, such as walking, working out, listening to music, reading or taking a bath or shower.
- **Protect your day off.** Try to schedule some of your routine chores on workdays so that your days off are more relaxing.

www.mayoclinic.com