



# BREAST CANCER AWARENESS



OCTOBER 2014

**OCTOBER** is Breast Cancer Awareness Month. Now is the perfect time to schedule your annual well exam and check to see if you qualify for the recommended screenings for breast cancer detection. These screenings are for men too. About 1000 men annually are diagnosed with breast (mammary gland) cancer.

Early detection and prevention are critical to minimizing your chances of developing breast cancer in your lifetime. It is worth the time and energy to set an appointment to get these screenings done. Your life may depend on it.

### BREAST CANCER STATS:

Breast cancer is the 2nd most common cancer in women. Lung cancer is the first.

Breast cancer is the 2nd leading cause of death in women. Heart disease is the first.

One out of eight women will be diagnosed with breast cancer in their lifetime.

Breast cancer can occur at any age but, it is most common in women over 50 and the risk increases every decade over 50.

When breast cancer is detected early, the five-year survival rate is 98%.

### SCREENING GUIDELINES FOR MOST ADULTS\*:

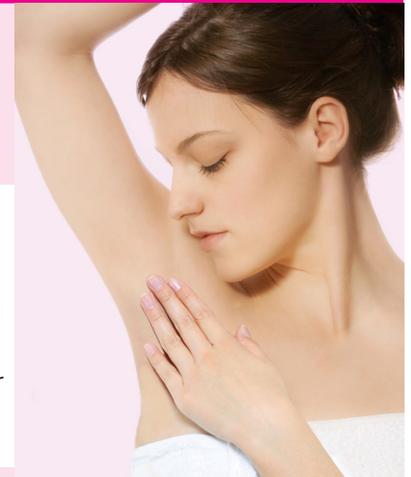
Breast self-exams are an option for women starting in their 20s.

Women should know how their breasts normally look and feel and report any breast change to their doctor as soon as possible.

Clinical breast exam about every three years for women in their 20s and 30s and every year for women 40 and over.

Yearly mammograms are recommended starting at 40 years old and continuing for as long as a woman is in good health.

Mammography can detect irregularities in the breast tissue before they can be felt in a self-breast exam or clinical breast exam.



Source: \*American Cancer Society (2014)

IN THIS  
ISSUE

Breast Cancer  
Awareness

Halloween  
Safety

Ask the  
Health Coach

Recipe of  
the Month

## BEHAVIOR CHANGES:

Add vegetables and fruits to your daily intake. This will make it easier to maintain a healthy weight, or work toward a healthier weight for your body.

Move your body more whenever possible.

For new moms: breast feed for at least one year.

For pre-menopausal/menopausal women: avoid or limit menopausal hormone use (also known as HRT-hormone replacement therapy).

Don't smoke.

Minimize alcohol intake.

Sources: [www.cancer.org](http://www.cancer.org) and [www.webmd.com](http://www.webmd.com)



# HALLOWEEN SAFETY

It's time for those ghosts and goblins, pirates and princesses, zombies and clowns, witches and warlocks. Yes, it's time for Halloween!

**FIRST THINGS FIRST:** let's start with preparing for Halloween festivities with a few healthy tips.

- Get your flu shot early to be ready for fall fun!
- A good night's sleep will keep you alert and on the look-out for those Halloween tricks and haunted house partying.
- Brush your "fangs" after all the sugary treats and be aware of good hand washing to avoid spreading germs.

**NEXT LET'S DISCUSS HALLOWEEN TREATS TIPS:**

- Adults should always sort through those goody bags.
- Avoid treats that may present a choking hazard.
- Only eat untampered, factory wrapped goodies.
- Be careful not to over-indulge that sweet tooth!

Source: [CDC.gov](http://CDC.gov)

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### TIME TO GET DRESSED UP:

- Costumes should be well-fitting and flame retardant.
- Keep those "realistic" accessories, like swords, soft and flexible to decrease potential injuries. Masks should allow unobstructed vision.
- Use make-up safely:
  - ▶ Pre-test make-up on a small area of skin ahead of time and observe for any reactions. An allergic reaction will lead to skin irritation and possibly even skin infections.
  - ▶ Avoid using makeup around the eyes as this may lead to eye irritations and infections.

**LET THE TRICK-OR-TREATING BEGIN!** Whether it is in a mall, your neighborhood or a haunted house party, here are several tips for staying safe.

- Use reflective tape on costumes to increase others' ability to see your little ghosts and goblins.
- Use a flashlight when trick-or-treating at night and never allow solo trick-or-treating.
- Keep a responsible adult in attendance at all times.
- Follow the sidewalks and crosswalks whenever available, making sure drivers see you before crossing streets.
- Only trick-or-treat at well-lit homes and avoid darkened buildings.
- Never enter into a stranger's home.

# ask

## THE HEALTH COACH



**Q** I've tried repeatedly to lose weight by eating healthy and exercising regularly. I start off ok in the morning, but by the end of the day I've "caved" and eaten something bad and no longer have the energy to go for a walk. I feel like a failure and about ready to give up completely. Is there anything I can do so I can overcome these every day challenges?

**A** You are not alone. Many people wake up in the morning with good intentions to eat carrots instead of potato chips, take the stairs instead of the elevator then feel frustrated at the end of the day because they mindlessly fell into programmed behavior. Often we have a tendency to beat ourselves up and become self-critical when this happens.

**Research studies on the practice of self-compassion show that a response of:**

1. Being mindful of our disappointment (be aware of your present moment feeling-guilt, shame, fullness, frustration, self-hatred),
2. Remembering that we are human and we all make mistakes (shared, common humanity) and
3. Being compassionate toward yourself (like you would for a good friend who had a set-back)

**Results in more effectively getting back on track with the desired behaviors for your long-term goal.**

The next time you get off track, talk to yourself the same way you would a dear friend rather than beating yourself up for having a slip. You will be more open to learning from what happened and be more prepared for new options the next time around.

**Reference:** *Webmd.com*

# fresh

## RECIPE OF THE MONTH



### CARAMEL RAISIN POPCORN BALLS

This simple recipe for caramel popcorn balls with raisins is fun for Halloween.

• **Servings:** 12 (2-inch) balls • **Time to Make:** 20 minutes

#### Ingredients

- 6 heaping cups popped corn
- 1/3 cup packed light brown sugar
- 1/4 cup reduced-calorie light corn syrup
- 2 tablespoons unsalted butter
- 1/4 cup finely chopped raisins

#### Preparation

1. Line a baking sheet with parchment or wax paper. Prepare a medium bowl of ice water. Put popcorn in large bowl.
2. Combine brown sugar, corn syrup and butter in a small saucepan. Cook over medium heat, stirring constantly. As soon as the syrup starts to lightly bubble, cook, stirring constantly, until the sugar is melted and the mixture darkens, about 2 minutes.
3. Immediately pour the mixture evenly over the popcorn; gently mix with a wooden spoon or spatula until well coated. Gently stir in raisins.

4. Dip both hands in the ice water. Working quickly, press small handfuls (heaping 1/4 cup each) of the popcorn mixture firmly into 2-inch balls. (Make sure each ball gets a little bit of the raisins.) Place the balls on the prepared baking sheet. If they seem too fragile, rinse hands with cold water and press and squeeze each ball again to help keep it together.
5. Let cool completely before storing. To store, individually wrap in plastic wrap and store in an airtight container.

#### Tip

**Make ahead tip:** Wrap airtight for up to 2 days.

**Nutrition:** Per ball: 78 calories; 2 g fat (1 g sat, 1 g mono); 5 mg cholesterol; 15 g carbohydrates; 7 g added sugars; 1 g protein; 1 g fiber; 16 mg sodium; 45 mg potassium.

*Recipe courtesy of EatingWell.com*

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