

Road to **WELLfluent**TM

Embrace better health.

What Can I Do to Reduce My Risk of Breast Cancer?



Many factors over the course of a lifetime can influence the risk of getting breast cancer. Some factors cannot be changed, such as aging or family history, but you can lower your risk by taking care of yourself in the following ways—

- Maintain a healthy weight
- Follow a healthy diet
- Limit alcohol consumption to a moderate level
- Exercise regularly (at least four hours per week)
- Get the recommended amount of sleep
- Avoid exposure to chemicals that can cause cancer (carcinogens)

- Limit exposure to radiation from medical imaging tests like X-rays, CT scans, and PET scans
- Educate yourself on risks of hormone replacement therapy or oral contraceptives (birth control pills)
- Breastfeed if possible

If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, you may be at high risk for breast cancer. Talk to your doctor about ways in which you can lower your risk. Staying healthy will lower your risk of developing cancer, and improve your chances of surviving cancer if it occurs.

Source: https://www.cdc.gov/cancer/breast/basic_info/prevention.htm

Halloween the Healthy Way

- Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- Fasten reflective tape to costumes and bags to help drivers see you.
- Examine all treats for choking hazards and tampering before eating them.
- Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.
- Lower your risk for serious eye injury by not wearing decorative contact lenses.
- Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers. Limit the amount of treats you eat.
- Never accept rides from strangers.



Take steps to prevent the flu and other illness

It's fall and flu season is here! Keeping hands clean with soap and water is a good practice to prevent the spread of germs. The best way to prevent the flu is with an annual flu shot. Everyone 6 months and older should get vaccinated each year for the best protection against influenza throughout flu season.

Keep your bite healthy

Brush with fluoride toothpaste. Floss every day. Don't go batty for sugary treats.

Sleep tight

Don't look a fright this Halloween! Insufficient sleep is associated with poor health. Adults should get 7 to 8 hours of sleep each night; children need significantly more. Talk to your pediatrician for recommendations on the appropriate amount of sleep for your child.

Be a smoke-free creature of habit

Smoking harms nearly every organ of the body. Make your Halloween activities smoke- and tobacco-free events. Eliminating smoking in indoor spaces is the only way to fully protect nonsmokers from secondhand smoke exposure.

Prevent injuries

Make sure costumes fit well to avoid blocked vision, trips, and falls. Check out a fun coloring book. Color Me Safe! from CDC tells the rhyming story of the "Safe Family," that takes steps to protect itself from injury at home, on the road, and at play.

Source: <https://www.cdc.gov/family/halloweenhealth/index.htm>

OCTOBER 10 IS WORLD MENTAL HEALTH DAY



According to the CDC, depression is a serious medical illness and an important public health issue. Depression is characterized by persistent sadness and sometimes irritability (particularly in children) and is one of the leading causes of disease and injury worldwide for both men and women. Depression can cause suffering and can have negative effects on families and communities. Depression is associated with significant healthcare needs, school problems, loss of work, and earlier mortality. Fortunately, depression can be treated. If you or someone you care about is suffering from depression it is important to speak to your doctor or behavioral health specialist. For more information about depression or where you can go to find help, please

visit <http://www.cdc.gov/mentalhealth/basics/mental-illness/depression.htm>



OCTOBER EVENTS

Date	Time	Event	Location	Description
Sun. 10/1/17	6:45 am	Miami Key Biscayne Half Marathon & 10K for Camillus House	Key Biscayne	The Key Biscayne Half Marathon is designed to take runners over a spectacular and naturally scenic course. The 13.1-mile route starts and finishes in beautiful Key Biscayne. http://www.multirace.com/events/111
Sat. 10/7/17	7:30 a.m.	Burger King Beach 10k/5k	Lummus Park 901 Ocean Dr, Miami Beach, FL 33139-5013	Runners begin with a unique course along beautiful South Beach and finish on the sand for a beach party.. The real plus? All proceeds benefit local high school seniors through the BURGER KINGSM Scholars program. http://teamfootworks.org/burger-king-beach-run/
Sat. 10/14/17	7:45 a.m.	Komen Miami/Ft. Lauderdale Race for the Cure®	Bayfront Park 301 Biscayne Boulevard Miami, FL 33132	This important annual event raises significant funds for the breast cancer movement, thanks to supporters and survivors around the world who step up and take action by fundraising for the cause. http://www.info-komen.org/site/TR/RacefortheCure/MIA_MiamiFtLauderdaleAffiliate?pg=entry&fr_id=6904
Sat. 10/21/17	6:30 a.m.	2017 Komen Central Florida Race for the Cure®	Cranes Roost Park 274 Cranes Roost Blvd. Altamonte Springs, FL 32701	As with the 10/14 event, this one also raises significant funds for the breast cancer movement. http://tinyurl.com/yc6d3koy

*Note the CDC suggests staying cool and making simple changes in your fluid intake, activities, and clothing during hot weather can help you remain safe and healthy.



A Wellness Newsletter for AvMed Members



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October 2017