

STEP INTO WELLNESS



Diocese of Palm Beach 2021 Healthiest Employers Award Honoree



October is Breast Cancer Awareness Month

Oct 2021

Breast cancer is an uncontrolled growth of breast cells. To better understand breast cancer, it helps to understand how any cancer can develop.

Cancer occurs as a result of mutations, or abnormal changes, in the genes responsible for regulating the growth of cells and keeping them healthy.

The genes are in each cell's nucleus, which acts as the "control room" of each cell. Normally, the cells in our bodies replace themselves through an orderly process of cell growth: healthy new cells take over as old ones die out. But over time, mutations can "turn on" certain genes and "turn off" others in a cell. That changed cell gains the ability to keep dividing without control or order, producing more cells just like it and forming a tumor.

A tumor can be benign (not dangerous to health) or malignant (has the potential to be dangerous). Benign tumors are not considered cancerous: their cells are close to normal in appearance, they grow slowly, and they do not invade nearby tissues or spread to other parts of the body.

Malignant tumors are cancerous. Left unchecked, malignant cells eventually can spread beyond the original tumor to other parts of the body.

The term "breast cancer" refers to a malignant tumor that has developed from cells in the breast.

You may be familiar with the statistic that says 1 in 8 women will develop invasive breast cancer. Many people misinterpret this to mean that, on any given day, they and the women they know have a 1-in-8 risk of developing the disease. That's simply not true.

In reality, about 1 in 8 women in the United States — 12%, or about 12 out of every 100 — can expect to develop breast cancer over the course of an entire lifetime. In the U.S., an average lifetime is about 80 years.

So, it's more accurate to say that 1 in 8 women in the U.S. who reach the age of 80 can expect to develop breast cancer. In each decade of life, the risk of getting breast cancer is actually lower than 12% for most women.

www.cdc.gov

People tend to have very different ways of viewing risk. For you, a 1-in-8 lifetime risk may seem like a high likelihood of getting breast cancer. Or you may turn this around and reason that there is a 7-in-8, or 87.5%, chance you will never get breast cancer, even if you live to age 80. How you view risk often depends on your individual situation — for example, whether you or many women you know have had breast cancer, or you have reason to believe you are at higher-than-normal risk for the disease — and your usual way of looking at the world.

Even though studies have found that women have a 12% lifetime risk of developing breast cancer, your individual risk may be higher or lower than that. Individual risk is affected by many different factors, such as family history, reproductive history, lifestyle, environment, and others.

A "risk factor" is anything that increases your risk of developing breast cancer. Many of the most important risk factors for breast cancer are beyond your control, such as age, family history, and medical history. However, there are some risk factors you can control, such as weight, physical activity, and alcohol consumption.

Be sure to talk with your doctor about all of your possible risk factors for breast cancer. There may be steps you can take to lower your risk of breast cancer, and your doctor can help you come up with a plan.

Your doctor also needs to be aware of any other risk factors beyond your control, so that he or she has an accurate understanding of your level of breast cancer risk. This can influence recommendations about breast cancer screening — what tests to have and when to start having them.

Breast cancer screening means checking a woman's breasts for cancer before there are signs or symptoms of the disease. All women need to be informed by their health care provider about the best screening options for them.

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When you are told about the benefits and risks of screening and decide with your health care provider whether screening is right for you—and if so, when to have it—this is called informed and shared decision-making.

Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them.

A mammogram is an X-ray of the breast. For many women, mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. Having regular mammograms can lower the risk of dying from breast cancer. At this time, a mammogram is the best way to find breast cancer for most women of screening age.

Let's show our support for awareness by wearing pink! Select a day in October, and have your group wear pink!!



“Fall” Into Wellness!

Autumn marks so many transitions—the weather cools, we move our clocks for the time change, and we crave warm comforting crock pot meals. However, the fall season also has many healthy transitions in store for us as well.

Fall’s Bounty of Health! Squash, pumpkin, and apples—oh my Fall is jam-packed with a bounty of seasonal super foods! While seasonal squashes are rich in beta-carotene, a cancer-, hypertension, and heart-attack fighting compound, experts from the U.S. National Library of Medicine, also point to apples, as a juicy source of skin, hair, eye, and teeth boosting vitamin A.

Autumn’s Peaceful Slumber. Along with more quality sleep, Autumn is also the time of year for catching up on more sleep. According to a study printed in the New England Journal of Medicine, the longer you sleep, the less risk you have for cardiovascular issues. In fact, rates of heart attack risk are at their lowest just following daylight saving time clock adjustments.

Outdoor Exercise Splendor. It’s almost undeniable that Fall offers the perfect climate for taking your workout—outside! Regardless of if you walk, cycle, roller blade, run, or hike the temperate yet cooler weather is ideal for some serious physical exertion without the threat of heat stroke, sunburn, and excessive perspiration, which can all prove quickly dehydrating. Although, Florida’s temperatures haven’t quite begun to dip into what we would consider “cooler weather”, we have had some nicer days with lower humidity!!!

An Extra Hour of Sunlight. Setting your clock an hour back is meant to make the most of sunlight. For many who suffer from Seasonal Affective Disorder (or SAD), a form of depression that strikes during the colder, darker months, that extra hour of daylight can make a big difference. In fact, research from U.S. National Health Institutes claim that getting a mere 10 to 15 minutes of sunlight per day is adequate for replenishing the body’s needed vitamin D stores (it is called the “sunshine” vitamin) and to help combat SAD. So get outside and feel the sun on your skin.

Be Kind to Yourself. The holidays can cause weight gain, the shorter days can cause low mood, and the flu season can cause sickness. Listen to your body and give it what it needs, and don’t beat yourself up! Try reframing negative thoughts into positive ones.



mayoclinichealthsystem.org/fall-into-wellness/community

October Happenings Calendar

Oct 1 - 31	Breast Cancer Awareness Month
Oct 1- 31	Eye Injury Protection Month
Oct 1 - 31	Healthy Lung Month
Oct 1 - 31	National Dental Hygiene Month
Oct 15	Global Hand Washing Day
Oct 18	National Mammography Day

Ghost Bananas

A fun and healthy treat that’s easy to make for young and old alike!

Ingredients

¼ cup vanilla low fat yogurt (for 3 bananas, more if making a larger quantity)
½ cup unsweetened shredded coconut (for 3 bananas, more if making a larger quantity)
Bananas
lollipop sticks
semi-sweet chocolate chips, regular and/or mini chips
Floral Foam or Styrofoam

Instructions

1. Place yogurt in shallow plate and place coconut on a piece of wax paper.
2. Cut bananas in half, crosswise.
3. Insert lollipop stick into the cut end of each banana.
4. Roll bananas in yogurt until coated. Roll in coconut, picking up edges of wax paper to help coat each banana with coconut.
5. Press chocolate chips at pointed end of bananas to make the face.
6. Press sticks into Styrofoam to display.



www.fruitsandveggies.org/recipes/ghost-bananas/

Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at cwaring@diocesepb.org or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at smaulden@diocesepb.org or 561-775-9574. Be sure to visit the wellness web page at www.diocesepb.org/wellness for helpful links and information.



A NEW BENEFIT IS COMING!

September 1st

Active Participants will Receive:

- Free chronic condition generics
- 50% off select brand medications
- Free diabetes meter & test strips

Tria Health's Pharmacy Advocate Program

Have you been diagnosed with a chronic condition and take multiple medications? Tria Health provides you with a pharmacist, your personal medication expert, to help support you and your doctors. Your Tria Health pharmacist will review all your medications, help you reduce or eliminate side effects and find savings opportunities!



Ensure your medications are working and help minimize side effects



Identify opportunities to help you save on your medications



Confirm the dosage of your medication is effectively treating your condition

You Need Tria Health if...

You have any of the following conditions and take multiple medications:

- Diabetes
- Heart Disease
- High Cholesterol
- High Blood Pressure
- Mental Health
- Osteoporosis
- Asthma/COPD
- Migraines

Questions? Call us 1.888.799.8742 or visit www.triahealth.com.

2021 Employee Health, Wellness and Safety Expos!

Below are the locations and dates for the remaining 2021 Employee Health and Wellness Expos. For those who have not attended one of the events in the past, we have professionals from Health Designs who will take your blood pressure, glucose and cholesterol. **The screenings are free! Now is the time to mark your calendars and select your destination for the upcoming 2021 Health, Wellness and Safety Expos coming to a location near you!**

All employees are encouraged to attend and participate as this is a diocesan sponsored event.

Both full time and part time staff are invited.

If there is not an event scheduled at your specific work site, you are warmly invited to attend one that is most convenient for you and your staff members.

Please share these dates with **ALL** of your staff. You do not have to stay for the entire period of time that the Expo is running. If coverage is an issue, plan to rotate in specific blocks of time so everyone at your school or parish have a chance to attend. You can even carpool in groups. [You do not have to be covered by diocesan health insurance to participate.](#)

By taking advantage of one of the Expos and biometric screenings, you will earn a \$50 gift card. All you have to do is attend one of the events and get your biometrics completed (one little finger stick) AND complete the health assessment. You will get your results in a matter of minutes (blood pressure, cholesterol, LDL, glucose, and triglycerides).

To schedule your **biometric screening** please use the online **Pick A Time Scheduler** to select the health fair location and time you wish to select for your screening. **YOU CAN BEGIN SELECTING YOUR TIME NOW!** - the online link is:

<https://pickatime.com/DOPBHealthscreeningschedule>

HEALTH, WELLNESS AND SAFETY EXPO DATES AND LOCATIONS

As we continue to practice safety due to COVID-19, we will follow the same biometric screening process as in 2020. Exhibitors will be limited to reduce exposure.

Entry will only be allowed for those who have made appointments for the biometric screenings. No walk in screenings.

Oct 13 – Cardinal Newman HS Café,	1:00 PM – 4:00 PM	512 Spencer Dr., West Palm Beach
Dec 3* – St. Helen School Gymnasium,	1:00 PM – 3:00 PM	2050 Vero Beach Ave., Vero Beach

- **The original date of October 1 at St. Helen has been changed to December 3. The mammogram bus will not be at the St. Helen Employee Wellness Expo.**

The \$50 gift card will be presented to you at the expo!

The Employee Health and Wellness Expos are for EMPLOYEES ONLY

You do not have to be covered by diocese health insurance to participate!!!

Please only come at your selected appointment time.

CDC Guidelines and recommendations will be followed to maximize safety for all participants.

Mammogram Screening Appointments

To schedule your mammogram appointment at one of the wellness expos, call Florida Mobile Mammography/Invision Diagnostics at 1-877-318-1349 option 1 OR online at FloridaMobileMammography.com

Be sure to bring your identification and your insurance card.

