



WELLBEING *Insights*



October 2014

Living a Better, More Vibrant Life

October is
**Breast
Cancer**
Awareness
Month

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October is *Breast Cancer* Awareness Month



October is Breast Cancer Awareness month.

Breast cancer is the most common cancer among American women. Getting mammograms regularly can lower the risk of dying from breast cancer. If you are 50 to 74 years of age, be sure to have a screening mammogram every two years. If you are 40 to 49 years of age, talk to your doctor about when to start and how often to get a screening mammogram.

Cancer is a disease in which cells in the body grow out of control. When cancer starts in the breast, it is called *breast cancer*. Except for skin cancer, breast cancer is the most common cancer in American women.

A breast is made up of three main parts: glands, ducts and connective tissue. The glands produce

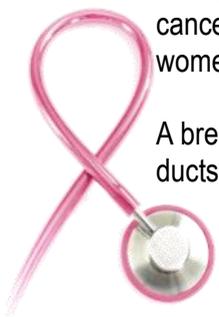
milk; the ducts are passages that carry milk to the nipple. The connective tissue (which consists of fibrous and fatty tissue) connects and holds everything together.

Lumps in the Breast

Many conditions can cause lumps in the breast, including cancer. But most breast lumps are caused by other medical conditions. The two most common causes of breast lumps are fibrocystic breast condition and cysts. Fibrocystic condition causes noncancerous changes in the breast that can make them lumpy, tender and sore. Cysts are small fluid-filled sacs that can develop in the breast.

What Is a Normal Breast?

No breast is typical. What is normal for you may not be normal for another woman. Most women say their breasts feel lumpy or uneven. The way your breasts look and feel can be affected by getting your period, having children, losing or gaining weight and taking certain medications. Breasts also tend to change as you age.





Does Deodorant Cause Breast Cancer?

Have you heard the rumor that deodorants and antiperspirants cause breast cancer? More importantly — is it true?

An alarming message about deodorant use causing breast cancer began circulating on the Internet in the 1990s, that spread via email and message-board postings. It continues to resurface now and again and causes a great deal of concern about the safety of items many of us use every day. So let us take a look at the evidence.

The initial claim about breast cancer and antiperspirant use was largely unsubstantiated and actually began circulating prior to any serious medical or scientific research on the matter. In response to the quickly and widely spreading rumors, researchers started to conduct studies in an attempt to put to rest what many believed to be an unfounded fear.

There are now a number of published studies on the topic, but the research has by no means been

exhaustive. The good news is that the weight of evidence suggests there is not a causal link between using deodorants or antiperspirants and developing breast cancer; but if you are the cautious type and would rather be safe than sorry, there are ways to stay on the side of caution while researchers continue to investigate the issue.

What the Research Reveals

One of the first and largest observational studies on the topic found no relationship between antiperspirant use and the risk of breast cancer. The 2002 study involved more than 1,500 women, and its conclusions were comforting to many.

But then, in 2003, a survey of about 400 women with breast cancer reignited the issue when results revealed that the women who had regularly used antiperspirants and also had frequently shaved their underarms tended to have been diagnosed with breast cancer at an earlier age than the women who had not. However, the study looked only at women who already had breast cancer. Without comparing their habits to those of women who do not have breast cancer, no conclusions about cause or increased risk can be drawn.

More recently, a 2008 review analyzed results from 19 studies on the topic and found **no scientific evidence that using deodorants or antiperspirants increased the risk of breast cancer.**

Chemicals and Metals in Cosmetics

Some of the anxiety over antiperspirant use may have developed due to concerns about two of the ingredients in these products.



A study in the 1970s found that breast cancer tumors contain trace amounts of several metals, including aluminum. Aluminum salts are an ingredient in some antiperspirants. Also, traces of parabens — chemical preservatives used in cosmetic products, including some deodorants and antiperspirants — have been found in tumor samples taken from breast cancer patients.

These findings, however, do not prove that either aluminum or parabens were the cause of, or played any role in the development of the tumors.

Researchers continue to investigate potential links between these ingredients and increased cancer risk, but the evidence to date does not support the claim that using products with parabens or aluminum salts raise the risk of developing breast cancer.

Precautions You Can Take

If you prefer to remain cautious while research continues, choose your antiperspirants, deodorants and other personal care products carefully. Check the labels and avoid those that contain aluminum or parabens (listed as methyl, ethyl, propyl or butyl parabens). Fortunately, most leading antiperspirant and deodorant brands are paraben-free. Stores are increasingly carrying antiperspirants and deodorants that are free of both parabens and aluminum.

Put the Risk in Perspective

Remember that there are many more widely accepted risk factors for developing breast cancer, and you have the ability to control many of them. Watching your weight, getting adequate exercise, eating plenty of vegetables and fruit and limiting your alcohol consumption can all help reduce your risk of breast cancer. Also, scheduling regular breast cancer screenings is another simple step you can take to actively patrol your health.

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Short Workouts Can Be Good for Your Heart



Do not avoid exercising because you are short on time. Even quick workouts can benefit your health.

How much exercise do you need to help prevent heart disease? Do you need an hour to break a sweat at the gym? Or will a walk around the block suffice?

Most people know that exercise is important to have good health. The American Heart Association recommends that all adults do some form of physical activity for at least 30 minutes most days of the week. Thankfully, you can break up this activity into 15-minute sessions if that works better for you, fitness experts say.

It is true that exercise, such as brisk walking or aerobics may yield great health benefits, but even moderate-intensity activities like walking for pleasure, doing yard work or dancing may help

you lower your risk for heart disease.

How 15 minutes can help

You do not need to be an athlete to enjoy the health benefits of exercise. Short bursts of activity can help your heart, too. Most people should be able to carve out 15 minutes a couple of times a day to be active.

Doctors are not exactly sure why exercise helps, but it has been shown to raise the level of HDL cholesterol, the good kind in the blood. High HDL levels have been shown to help protect against heart disease.

Exercise is also thought to make the endothelial cells that line our arteries healthier. These cells are vital in preventing the clogging and hardening of the arteries. Always check with your doctor before you start any kind of exercise program.



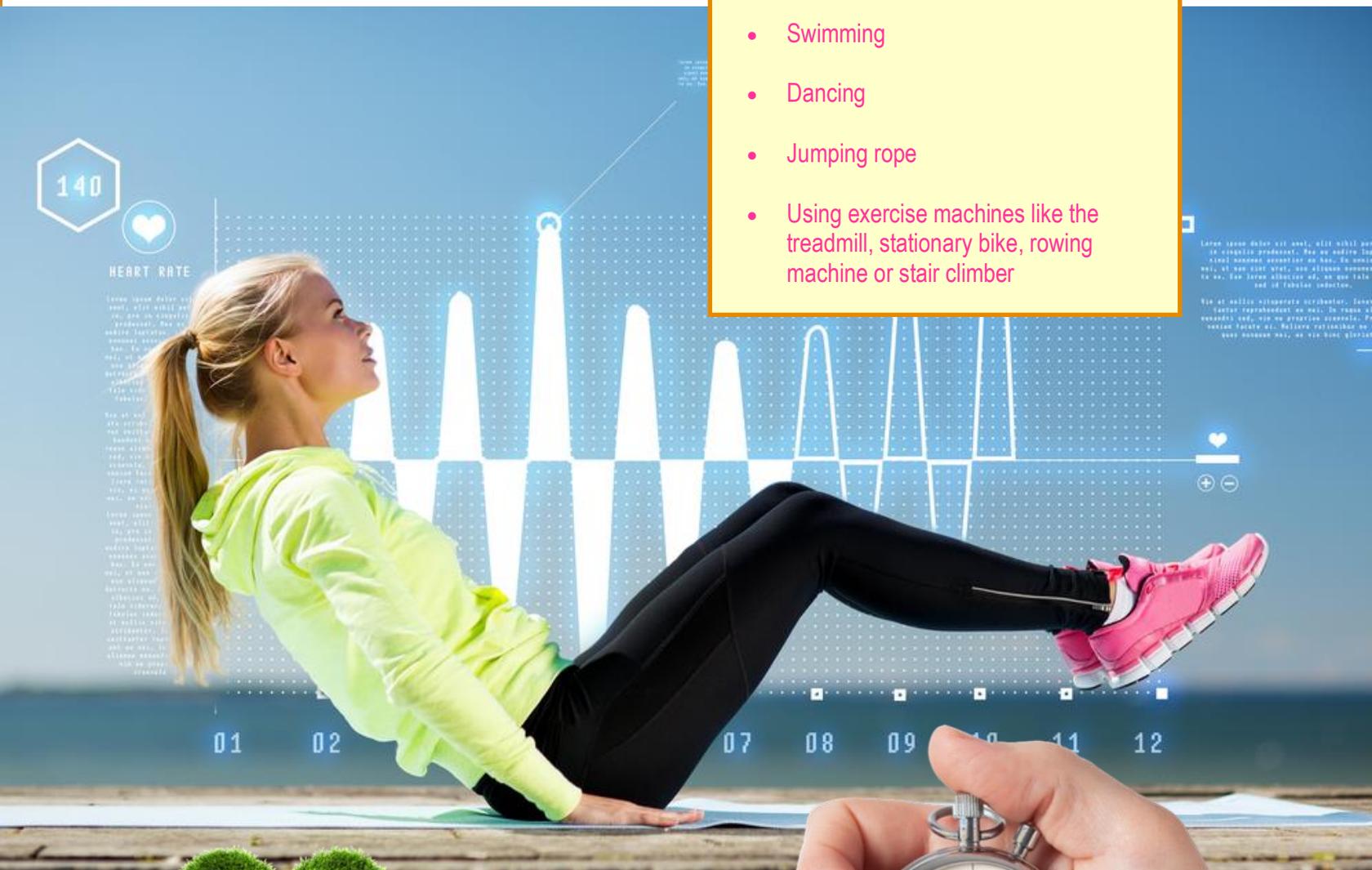
What is most important is that you get moving! It can be overwhelming to know where to start if you have not exercised much before. So talk with your doctor to find a level of activity that is safe for you. In addition to doing what you typically think of as "exercise," you can also get aerobic workout benefits in your daily life. House cleaning or gardening can raise your heart rate. Seasonal recreational sports like ice skating, soccer and beach volleyball can also help get your heart pumping while you are doing something fun at the same time.

Making Quick Workouts Count

Aerobic exercise is what the heart likes best. It helps the heart become stronger and work more efficiently.

You can get an aerobic workout from numerous activities, such as:

- Biking
- Brisk walking, jogging or running
- Swimming
- Dancing
- Jumping rope
- Using exercise machines like the treadmill, stationary bike, rowing machine or stair climber



Pumpkin Soup

This appealing soup harvests the fall flavors of just-picked pumpkins and tart apples. This pumpkin fresh recipe will be sure to warm you up on a crisp autumn day.

Ingredients

- 8 cups of chopped fresh pumpkin (about 3 pounds)
- 4 cups of chicken broth
- 3 small tart apples, peeled and chopped
- 1 medium onion, chopped
- 2 tablespoons lemon juice plus 2 teaspoons lemon juice
- 2 teaspoons minced fresh gingerroot
- 2 garlic cloves, minced
- 1/2 teaspoon salt

Toasted Pumpkin Seeds

- 1/2 cup fresh pumpkin seeds
- 1 teaspoon canola oil
- 1/8 teaspoon salt

Preparation

- In a 5-qt. slow cooker, combine the first nine ingredients. Cover and cook on low for 8-10 hours or until pumpkin and apples are tender.
- Meanwhile, toss pumpkin seeds with oil and salt. Spread onto an ungreased baking sheet. Bake at 250 F for 45-50 minutes or until golden brown. Set aside.
- Cool soup slightly; process in batches in a blender. Transfer to a large saucepan; heat through. Garnish with toasted pumpkin seeds.

Nutrition Facts

Yields: 9 servings
1 cup equals one serving

Calories	102
Fat	2 g
Cholesterol	0 mg
Total Carbs	22 g
Protein	3 g
Fiber	3 g



Superfood *of the Month*

Sweet potatoes are readily available, inexpensive and delicious. This fall, be sure to serve up this healthy rooted vegetable.

Health Benefits of Eating Sweet Potatoes

Below are just a few reasons you will love sweet potatoes:

-  They are high in beta-carotene and vitamins E and C
-  Sweet potatoes are a good source of fiber when eaten with the skin on
-  They offer other nutrients such as potassium, iron and vitamin B6
-  Sweet potatoes can be substituted in virtually any recipe that calls for apples, squash or white potatoes

How To Enjoy: Sweet potatoes can be baked, steamed, boiled, microwaved, juiced, pureed or eaten raw.

Sweet Potato

Nutrition Facts

Serving Size: 1 cup, cubes

Calories	114
Total Fat	0.1 g
Sodium	73 mg
Fiber	4 g
Total Carbs	27 g
Protein	2.1 g
Sugars	6 g



Exercise of the Month

Barbell Walking Lunge

Type: Strength

Main Muscle Worked: Quadriceps

Other Muscles: Calves, Glutes and Hamstrings

Equipment: Barbell

Level: Beginner



1

Begin standing with your feet shoulder width apart and a barbell across your upper back.



2

Step forward with one leg, flexing the knees to drop your hips. Descend until your rear knee nearly touches the ground. Your posture should remain upright, and your front knee should stay above the front foot.



3

Drive through the heel of your lead foot and extend both knees to raise yourself back up.

4

Step forward with your rear foot, repeating the lunge on the opposite leg.

5

You can add weight as it becomes easier and if you would like to increase intensity.



You should consult your personal physician before starting any exercise routine.





Eat This...

Not That...



Zucchini Ribbons for Pasta

Thin strips or ribbons of zucchini are a great stand in for carb-packed pastas. Plus, it is one excuse to skip the boiling, simply sauté for a few minutes until soft.



The early morning sales meeting...“I have to exercise early in the morning, before my brain figures out what I’m doing.”

CBIZ WELLBEING Insights

We would like your feedback and personal stories to use and feature in future publications.

Your Personal Wellness Story:

If you have a personal health or wellness story that you think would inspire others, please feel free to send a brief letter and your picture to our editor. Corrina@HealthierU.net

Thank you for reading and contributing. We sincerely hope that we can become a healthier part of becoming a healthier you.



WELLBEING *Insights*

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