

## LIVE WELL – WORK WELL



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## October Is National Breast Cancer Awareness Month

Breast cancer is the second-leading cause of cancer deaths for women in the United States. To help spread awareness of this disease, October is recognized as Breast Cancer Awareness Month.

### Prevalence of Breast Cancer

About 1 in 8 U.S. women will develop invasive breast cancer over the course of her lifetime. While there are some breast cancer risk factors that you can't control, these prevention strategies can help you reduce your risk:

- Maintain a healthy weight.
- Exercise regularly.
- Abstain from drinking alcohol or limit intake to one drink per day.

If you're concerned about your personal risk of developing breast cancer, call or visit your doctor.

### Breast Cancer Awareness Month and You

There are a variety of ways that you can support Breast Cancer Awareness Month. Here are just a few ideas:

- Participate in a fundraiser event, like a walk or run, to help raise money for breast cancer research.
- Donate to a charity that provides support and services to women and families that are affected by breast cancer.
- Learn about the signs, symptoms, risk factors and screenings for breast cancer.
- Spread awareness about this disease to help educate friends and family.

For more information on breast cancer, visit the National Cancer Institute's [website](http://www.ncc.nih.gov).



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**Mediterranean Hummus Power Bowl**

Ingredients:

- 1/3 cup canola oil
- 1/2 tsp. salt & pepper
- 1/2 tsp. dried oregano
- 2 ½ cups mixed greens
- 2 cups cooked whole red lentils
- 3/4 cups diced cucumber
- 1 15oz can sliced black olives (drained)
- 1/2lb Feta cheese crumbled
- 2/3 cups diced tomatoes
- 4 Tbsp. prepared hummus

Directions:

1. To prepare the vinaigrette, combine oil, salt, pepper, and oregano in a small jar and shake well.
2. In four serving bowls create a bed of salad greens. Divide each bowl into five pie shaped segments and arrange lentils, cucumber, olives, Feta, and tomatoes equally.
3. Drizzle each bowl with 1 Tbsp (15 mL) of dressing and finish with a dollop of hummus.

Nutritional Information

Serving Size: 2 cups (500 mL)  
 Per serving:  
 Calories 710  
 Total Fat 45 g  
 Saturated Fat 10 g  
 Cholesterol 50 mg  
 Carbohydrates 54 g  
 Dietary Fiber 17 g  
 Sugar 7 g  
 Protein 28 g  
 Sodium 1730 mg  
 Potassium 903 mg  
 Folate 395 mcg

Source: cancer.gov

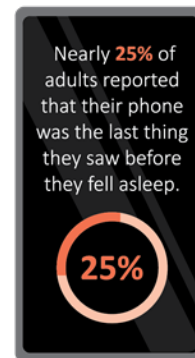
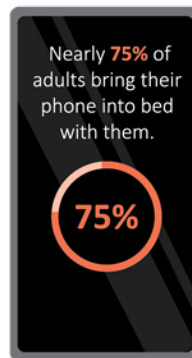
### Don't Let These Devices Steal Your Sleep

If you have trouble falling asleep, your phone may be to blame. Researchers at Harvard found that using your phone, or any electronic device, before going to bed can derail your sleep schedule and prevent a good night's sleep. More specifically, using your electronic device before bed can disrupt your body's REM sleep cycle and production of melatonin, a sleep-promoting hormone.

To reduce the sleep-stealing effects of electronic devices:

- Check your device's settings for a "nighttime" mode, which adjusts the screen lighting to promote sleep.
- Refrain from using your phone for at least an hour before bed.
- Set your device's sound settings to "silent" so that you won't be woken up by texts or emails while you're trying to sleep.
- Try reading a book or meditating to relax before bed instead of using your phone or watching TV.

According to a survey from global tech solutions company, Asurion:



### The Dangers of Vaping

The use of electronic cigarettes, or e-cigarettes, has grown exponentially in recent years—especially among young adults in the United States. Despite their popularity, these e-cigarettes are dangerous.

In fact, over 380 people have been hospitalized with severe breathing difficulties that are attributed to vaping, according to the Centers for Disease Control and Prevention. The vast majority of people who have been hospitalized are young adults. In these cases, doctors aren't entirely sure what's causing these hospitalizations.

While the investigations are still ongoing, public health officials are warning any e-cigarette users to seek immediate medical attention if they have any chest pain or difficulty breathing after vaping.

Source: Zywave