

# A HEALTHIER YOU

## TIPS AND RESOURCES FOR OPTIMAL WELL-BEING

OCTOBER 2023



### PROVIDER CORNER

## EMPOWERING WOMEN: THE IMPORTANCE OF BREAST CANCER AWARENESS

October is here, and with it comes a vital reminder: Breast Cancer Awareness Month. Breast cancer is a topic that concerns women and their loved ones worldwide. It's the second most common cancer in women, with millions of new cases diagnosed yearly. The good news is that early detection through breast cancer screening can significantly increase the chances of successful treatment and recovery. In this article, we will delve into the importance of breast cancer screening, the available screening methods, and the latest advancements in this critical aspect of women's healthcare.

### Why Breast Cancer Screening Matters

Early detection is often considered the best defense against breast cancer. Breast cancer is more treatable when detected in its early stages, and the survival rates are significantly higher. Regular screening can help identify abnormalities or signs of cancer before symptoms even appear, enabling healthcare professionals to intervene promptly.

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**“We need to remember what’s important in life: friends, waffles, work. Or waffles, friends, work. Doesn’t matter, but work is third.”**

- Leslie Knope



**PARKVIEW**  
EMPLOYER SOLUTIONS

## PROVIDER CORNER CONTINUED

### Common Screening Methods

1. **Mammography:** Mammograms are the most widely used screening tool for breast cancer. These X-ray images can detect tumors that are too small to be felt. The American Cancer Society recommends that women aged 40 and older should have a mammogram every year.
2. **Clinical Breast Examination:** A healthcare provider checks the breasts for lumps or other abnormalities during a clinical breast examination. Women in their 20s and 30s should have a clinical breast examination as part of their regular healthcare, and women 40 and older should have it annually.
3. **Breast Self-Exams:** While not a replacement for clinical exams or mammograms, breast self-exams are valuable for women to become familiar with their breast tissue. Any changes should be reported to a healthcare professional.

### Advancements in Breast Cancer Screening

The field of breast cancer screening continues to evolve, thanks to advances in technology and research. Some of the recent developments include:

1. **3D Mammography (Tomosynthesis):** This technology provides a more detailed view of breast tissue, reducing false positives and improving the accuracy of mammograms.
2. **MRI Screening:** Magnetic resonance imaging (MRI) can screen high-risk women or those with dense breast tissue. It can detect tumors that might be missed by mammography.
3. **Liquid Biopsies:** Emerging technologies like liquid biopsies may soon allow for blood tests that can detect breast cancer biomarkers, potentially offering a less invasive method for screening and monitoring.

### Empower Yourself: Take Action

Now, more than ever, it's crucial to prioritize your breast health. Regular breast cancer screening is a proactive step towards early detection and better outcomes. Remember, early detection saves lives. Please schedule a visit at the NACS Health and Wellness Center or contact your healthcare provider if you have any questions about breast cancer screening or need to schedule a screening appointment. They can help you determine the best screening schedule based on age, family history, and personal risk factors. Breast cancer screening is vital to women's healthcare, promising early detection and improved survival rates. Stay informed, stay proactive, and prioritize your breast health.



Breast cancer affects individuals of all ethnicities, ages, and genders. Men should also be vigilant about their breast health and perform self-exams.

To learn more about breast self-exams, click [HERE](#) or scan the QR code.



## HIBERNATING HOBBIES

The colder seasons are approaching, which raises the question of how you will stay active at home? This season is especially hard to get outside when there are fewer daylight hours, the temperature is down, and conditions may be severe for traveling. However, it is important to maintain physical activity not only for our bodies but also for our mental state. Physical activity can reduce depression and enable you to release feel-good endorphins. Chronic diseases such as Type 2 diabetes, obesity, cancer, osteoporosis, and heart disease can be prevented with regular physical activity.

Indoor activities you can try this upcoming season:

- **Get your heart pumping with household chores!** Sweeping, vacuuming, dusting, deep cleaning, maneuvering furniture, and going up and down stairs can elevate your heart rate. Do you really want a good work out? Ditch the snowblower on snow days and shovel your driveway.
- **Try an online workout.** The internet offers thousands of online workout tutorials and videos, many of them for free. Take a shot at yoga, Zumba, or towel Pilates - there is something for everyone and all abilities!
- **Play with your pet!** Do double duty by wearing out yourself and your pet. Play hide and seek or tug of war to release some energy.
- **Go on a brisk walk.** Make sure to wear layers and plan for weather advisories.
- **Utilize home exercise equipment.** Don't let your treadmill or stationary bike sit and gather dust. Hop on and get moving!



Sick of being at home? Beat cabin fever and head out on an adventure to try these fun indoor activities:

- Take a walk in the mall.
- Practice your bowling skills.
- Gather the family for a few rounds of laser tag.
- Lace up your skates and hit the roller rink.
- Challenge your friends to some friendly competition at an indoor golf simulator, ax throwing center, or trampoline park.

## SELF COMPASSION: BECOME INTENTLY AWARE

What does this mean? To become intently aware is to absorb yourself with all attention to a specific item or task.

Take an apple for instance. If you look at an apple, is it perfectly round, or does the apple lean to one side? Is the stem attached? Does the apple have one solid color, or are there shades of yellow, red, or green? Do you notice any spots on the apple that appear drastically different from the rest of the apple?

Allowing yourself to be intently aware of a specific item or task, brings us presence into the current moment. Try this with any item and become present just for a moment!





## FOOD FOR THOUGHT

Don't be spooked by Halloween sweets! A study done in 2020 found the average American consumes 3.4 lbs of candy during Halloween; however, having a meal with lean protein, fiber-rich carbohydrates, and healthy fats can help prevent overeating on candy and limit our craving for sweets!

Before Trick-or-Treating, try having some turkey chili and a leafy green salad or a chicken salad wrap with fruit to keep you full throughout the evening!



## EVERYDAY ERGONOMICS

Lifting ergonomics are essential for helping prevent at home and workplace injuries. Back injuries account for one in five workplace injuries, and 75% of workplace-related back injuries occur due to improper lifting techniques. When you follow proper lifting techniques, you can reduce the risk of injury and improve your overall health and well-being.

Here are some key guidelines for safe lifting:

In preparation for lifting, assess the object and your surroundings, considering the need for assistance and potential hazards. Additionally, ensure your muscles are adequately warmed up for lifting.

During the lifting process, stand close to the object and maintain a squatting position, avoiding bending and reaching. Keep your back straight, bend your knees, and lift with your legs while holding the object close to your body.

When carrying the object, keep it steady and close to your body, and pivot using your feet instead of twisting your back.

Additional safety measures include taking breaks, diversifying tasks, and incorporating stretching to prevent repetitive lifting. Use lift assist equipment and seek help when dealing with heavy loads.

Prioritizing safe lifting practices not only reduces the risk of immediate injuries but also protects long-term well-being and workplace productivity.

## Reminders and Resources

- The flu vaccine is available! The NACS Health & Wellness Center will offer flu shots on the following dates. **Appointments are required.**
  - Wednesday, Oct. 4, 6:30 - 9 a.m.
  - Tuesday, Oct. 10, 3 - 6:30 p.m.
  - Tuesday, Oct. 17, 3 - 6:30 p.m.
  - Wednesday, Oct. 18, 6:30-9 a.m.

Need to see our providers?  
Schedule a visit at the NACS  
Health & Wellness Center by  
scanning the QR code.



### NACS Health & Wellness Center

3905 Carroll Road, Door 27  
Fort Wayne, IN 46818  
(260) 338-5303

Monday	1 p.m. - 6:30 p.m.
Tuesday	6:30 a.m. - 11 a.m.
Wednesday	3 p.m. - 6:30 p.m.
Thursday	6:30 a.m. - 9:30 a.m., 3 p.m. - 6:30 p.m.
Friday	Closed



Brenda O'Hara, MD



Meghan Warrix, FNP

## UPCOMING EVENTS

### OCTOBER

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Yoga Flow | 5:00PM | [Google Meet](#)  
Join virtually for a 30-minute gentle yoga flow!

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Nutrition Labels 101 | 10:30-1:00 | Cedar Canyon  
Stop by the staff lounge for some info on nutrition labels!

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Nutrition Labels 101 | 10:30-12:30 | Arcola  
Stop by the staff lounge for some info on nutrition labels!

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Outdoor Walk | 4:00PM | Pufferbelly Trail  
Meet at the trailhead at LifeBridge church off Corbin Rd. for a 30-minute walk.

## WELLNESS SCREENINGS

NACS wellness screenings are coming up! We will again be providing times before school in each building. An email with registration instructions has been sent out on October 2<sup>nd</sup>. The dates and times of each screening are listed below.

Date and Time	Location
10.30.23 6:15-8:30am	Maple Creek
10.31.23 6:15-8am	Arcola
11.1.23 6:15-8am	Huntertown
11.2.23 6:15-8am	Hickory Center
11.6.23 6:15-8am	Aspen Meadow
11.7.23 6:15-8am	Perry Hill
11.8.23 8:30-10:30am	Transportation
11.10.23 6:15-8:30am	Carroll High
11.13.23 6:15-8am	Eel River
11.14.23 6:15-8:30am	Carroll Middle
11.16.23 6:15-8am	Oakview
11.17.23 6:15-8am	Cedar Canyon

If you have questions, please don't hesitate to reach out to Alex!

Have questions or want to meet with a Wellness Coach?

Contact Alex at [alexandra.degitz@nacs.k12.in.us](mailto:alexandra.degitz@nacs.k12.in.us)!

## SLOW COOKER TURKEY CHILI



**Prep Time:** 15 minutes

**Cook Time:** 4-8 hours

**Yield:** 8 servings

### Ingredients

1 Tbsp. olive oil  
1 onion, chopped  
2 garlic cloves, minced  
1.5lbs ground turkey  
1 15oz. can black beans, drained & rinsed  
1 24.5oz. can low-sodium diced tomatoes with chilis  
1 10.75oz. can reduced-sodium tomato soup  
1 15oz. can marinara  
2 Tbsp. chili powder  
1 Tbsp. Worcestershire sauce  
¼ tsp. ground pepper

### Directions

Heat oil in a large pan over medium-high heat.

Add onion & garlic. Cook about 2 minutes until golden brown.

Add turkey, cook until broken up and browned, about 5 minutes. Transfer turkey mixture to a slow-cooker.

Stir in remaining ingredients. Cook on low heat for 8 hours or high heat for 4 hours.

<https://www.eatright.org/recipes/soups-and-stews/slow-cooker-turkey-chili-recipe>