



eat crunchy veggies.

healthy changes
everything:



BlueShield
of Northeastern New York

Wellness News October 2014, Volume 5, Issue 10

October is National Breast Cancer Awareness Month



Early detection and awareness is the best defense against breast cancer, so it is very important to follow the recommended screening guidelines – monthly self-exams, clinic visits, and mammograms.



Breast cancer is one of the main causes of death in women. Men are generally at a low risk for developing breast cancer but should report any change in their breasts to a physician. Thousands of lives could be saved each year through regular screenings and self-examinations. Some helpful prevention tips are:

- Maintain a healthy weight
- Be physically active
- Eat a healthy diet, including plenty of fruits and veggies
- Limit alcoholic beverages

Did you know?

If breast cancer is detected early, the five-year survival rate is 98%.

Do one thing.

Create an Early Detection Plan—sign up for reminders to do self-breast exams, schedule regular clinic visits, and mammograms. Go to earlydetectionplan.org to learn more.

Can pets paw away depression?

According to Ian Cook, MD, a psychiatrist and director of the Depression Research and Clinic Program at UCLA, pets offer unconditional love that helps to combat depression and improves overall mood.

Research has found that owning a dog or cat can lower blood pressure, reduce stress hormones, and boost levels of feel-good chemicals in the brain.

Did you know?

Pets have a positive effect on our physical and mental health.

Do one thing.

Make room for more love in your life – consider adopting a pet or make it a priority to spend more time with a furry friend.



For more healthy tips:

Call our health coaches at
1-877-878-8785, option 2.

Get Fit – Assess your feet

Feet play an important role in your everyday life and deserve the best support to help you stay healthy and active. Shoes, especially active foot wear, are not meant to be multifunctional. Each activity (e.g., walking, running, or sports) should have a specific shoe.

Most specialty sport stores have trained staff to help you select the correct shoe. Gait and arch assessments are essential in determining the perfect fit.

Did you know?

Back and lower extremity pain is often a result of improper footwear.

Do one thing.

Consult a foot or shoe specialist before buying your next pair of shoes.

Eat Fit – Treat yourself healthy

Try this trick – enjoy some nutrition-packed, tasty alternatives to traditional Halloween treats:

- Mandarin oranges
- Honey sticks
- Maple hard candy
- Pumpkin or sunflower seeds
- Fruit and nut granola bars
- Fruit leather
- Dried strawberries, apples, blueberries, or cherries
- Chocolate dipped figs (see recipe)
- Mini pretzels
- Honey sesame candy



Did you know?

Many fun-sized candy bars have 60 to 100 calories each, so having several a day can really pack on the pounds.

Do one thing.

Use portion control when eating Halloween treats.

Live Fit – Teach kids healthy habits

Your kids are always watching – and learning – from your behavior, so be the best role model you can be.

Pass these healthy habits along:

- Pack a healthy lunch
- Wear sunscreen daily
- Use your seatbelt
- Exercise regularly
- Don't smoke



Did you know?

Parents who smoke are twice as likely to have children who become regular smokers by age 19.

Do one thing.

Live a smoke-free lifestyle and teach your children about the danger of cigarettes and secondhand smoke.

Chocolate Dipped Figs



Ingredients (makes 2 dozen):

- 1 ¼ cup semisweet chocolate chips
- cup chopped unsalted toasted almonds
- 24 plump dried figs, such as Calimyrna

Preparation:

1. Line a large cookie sheet with parchment paper and place the almonds in a wide, shallow dish, set both aside.
2. Place the chocolate in a small pot and heat over medium-low heat, stirring constantly, until melted and smooth, about 5 minutes.
3. Take a fig by the stem and carefully dip it into the chocolate, coating it about halfway up. (Optional: reshape the dried figs with your hands to bring back their natural teardrop shape before dipping.) Shake off any excess chocolate, roll the bottom in almonds, and place on the cookie sheet. (If chocolate becomes too stiff, reheat briefly over medium-low heat.)
4. Set figs aside in a cool spot until chocolate is set, about 2 hours. Chill for about 20 minutes to allow the chocolate to harden and then return them to room temperature.

Nutritional information

Serving size = 1 fig

90 calories, 4.5g fat, 0mg cholesterol, 12g carbohydrate, 2g dietary fiber, 1g protein, 0mg sodium

Source: Whole Foods Market