



# Breast Cancer Screenings



October is National Breast Cancer Awareness Month. Breast cancer is the second most common cancer in women. About one in eight U.S. women born today will get breast cancer at some point. The good news is that if found and treated early, many women can survive breast cancer.

A mammogram – the screening test for breast cancer – can help find breast cancer early, when it's easier to treat.

- Women should perform monthly self-examinations and see a health care provider for a clinical breast exam at least every two years starting in their early 20s.
- Women age 40 to 49 should talk with their doctor about when to start getting mammograms and how often to get them.
- Women age 50 to 74 should get a mammogram every two years.

Talk to your health care provider about your specific risks, including family history and lifestyle factors.

## Healthy Halloween

Love the fun of Halloween but hate being haunted by candy and endless treats? The average American consumes 3.4 pounds of candy around Halloween.

Why not treat your family to a healthier Halloween:

- Take a walk to see fall leaves
- Watch a Halloween movie
- Visit a haunted house
- Carve pumpkins
- Go on a hayride
- Visit a pumpkin patch
- Allow kids to trade their candy for fun activities, like a sleepover with friends, or going to a movie

### health tip

Hand out non-candy treats such as spider rings or Halloween erasers.



Bennett, Katelyn, and Todd  
members



### health tip

For more information about early detection, visit [earlydetectionplan.org](http://earlydetectionplan.org).

## Get Fit – Core Strength



### health tip

Work your way up to one minute of planks every day.

Your core refers to the muscles that surround your abdomen and back. A strong core improves posture, prevents injury, and helps keep back pain at bay.

A simple and effective way to increase your core strength is by performing planks:

1. Lie face down on the floor. Plant your hands directly under your shoulders, slightly wider than shoulder width apart, as if about to do a push up.
2. Raise your body, keeping your toes firmly planted on the floor. Squeeze your glutes to stabilize your body, being careful not to lock your knees. Focus your gaze about one foot in front of your hands to keep your spine and neck in a neutral position and your head in line with your back.
3. Continue to breathe as you hold the plank position for 20 seconds. As you become more comfortable with this exercise, hold the plank as long as possible without compromising form or breathing.

## Live Fit – Sleep Saver

October is the end of Daylight Saving Time when we fall back by setting the clock back one hour.

Get an extra hour of sleep by going to bed at your usual time, not an hour later. Adults need seven to nine hours of restful sleep daily to

maintain healthy blood pressure and blood sugar levels, control their appetite, and sustain healthy immune functions.

### health tip

Create a routine to improve the restfulness of your sleep. Get more info at [sleepfoundation.org](http://sleepfoundation.org).

## Eat Fit – Popcorn Party

Looking for a quick and healthy snack? Try popcorn! Popcorn is a whole grain, so it's packed with fiber, and one cup of popcorn only has about 30 calories. Pop the kernels on the stovetop or with an air popper and top with a pinch of salt.

### health tip

For a savory treat, try topping popcorn with herbs, spices, or even a squeeze of lemon juice!



## Pumpkin Enchiladas

### Ingredients (makes 4 servings):

- 2 teaspoons olive oil, plus more to lightly grease pan
- 1 medium onion, chopped (about ½ cup)
- 1 jalapeno pepper, seeded and finely chopped (optional)
- 1 can (15 oz.) pumpkin
- 1½ cups water
- 1 teaspoon chili powder
- Pinch of salt
- ½ teaspoon ground cumin
- 1 cup low-sodium black beans (rinsed and drained)
- 1½ cups shredded cooked chicken
- ½ cup shredded part-skim mozzarella cheese
- 8 corn tortillas (6 inch)
- Salsa (optional)
- Fresh lime wedges (optional)



### Preparation:

1. Preheat oven to 400 degrees. Lightly oil a 2-quart rectangular baking dish; set aside. In a medium saucepan, heat the oil over medium-high heat. Add onion and jalapeno; cook for about 5 minutes or until the onion is tender, stirring occasionally. Add the pumpkin, water, chili powder, salt, and cumin. Cook and stir until heated through. If necessary, stir in an additional ¼ cup water to reach desired consistency.
2. Place the beans in a large bowl; mash slightly with a fork. Stir in half of the pumpkin mixture, chicken, and ¼ cup of cheese.
3. Place tortillas between paper towels and microwave on high for 30 seconds. Spoon a generous ⅓ cup of the bean mixture onto each tortilla. Roll the tortillas and place seam side down in prepared baking dish. Pour the remaining pumpkin mixture over the tortilla rolls.
4. Bake, covered, for 15 minutes. Remove cover, sprinkle with remaining ¼ cup cheese and bake, uncovered, about 10 minutes more or until heated through. Serve with salsa and lime wedges (optional).

### Nutrition information per serving:

357 calories, 8 g fat, 28 g protein, 44 g carbohydrates, 12 g fiber

(Source: **Better Homes and Gardens**)

