



step into healthy.

healthy changes  
everything:



BlueShield  
of Northeastern New York

## Wellness News October 2013, Volume 4, Issue 10

### October is Breast Cancer Awareness Month

Of the more than 12.5 million cases of cancer in America, more than 2.7 million are breast cancer—that’s more than any other type of cancer. Early detection and awareness is the best defense against breast cancer.



#### Risk factors:

- The main risk factor for developing breast cancer is being female
- Age also plays a role—two out of three cases are found in women over age 55
- Family history of breast cancer increases your risk

Medical professionals estimate thousands of lives could be saved each year through regular screenings and self-examinations. Talk to your doctor about when you should start and how often you should schedule a mammogram. For more information, go to [cdc.gov/cancer/breast](http://cdc.gov/cancer/breast).

#### Did you know?

Five to 10 percent of all breast cancer cases are thought to be a result of a gene defect.

#### Do one thing.

Support breast cancer research by participating in a “Making Strides Against Breast Cancer” event. Visit the American Cancer Society online to find an event near you.

### Know Your HIV Status

If you are between the ages of 13 and 64, you should talk to your doctor about the possibility of sexually transmitted diseases (STDs), especially the human immunodeficiency virus (HIV).

You should be tested if you have ever:

- Had sex without using a latex condom, especially with someone who has ever abused drugs
- Had an STD
- Had multiple sex partners
- Shared needles or devices used to take drugs (even vitamins, insulin, or steroids)
- Shared needles for tattooing or piercing

After testing:

- If you are HIV negative, talk to your doctor about how to reduce your risk of exposure
- If you are HIV positive:
  - Ask your doctor about treatment options that may help you manage the virus and live longer
  - Develop a support network of family and friends so that you can live your life to the fullest

#### Did you know?

Free, anonymous HIV counseling and testing may be available in your area. To learn more, call 1-800-962-5065 or visit [health.ny.gov/diseases/aids/testing/sites](http://health.ny.gov/diseases/aids/testing/sites).

#### Do one thing.

Protect yourself and others. Get tested and ask your partners to get tested, too.



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## Get Fit – Tricks for your treats

It is normal (and healthy) to indulge in the occasional sweet treat. With Halloween right around the corner, you may find yourself surrounded by more goodies than your willpower can resist.

Learn the scary truth about your favorite “fun-sized” Halloween treats ... and the tricks you’ll have to pull to burn them off:

- Skittles®: One package contains 80 calories; burn them off by jumping rope for nine minutes
- York® Peppermint Patty: One patty contains 60 calories; burn them off by biking for eight minutes
- Reese’s® Peanut Butter Cups: One peanut butter cup contains 100 calories; burn them off by walking for 22 minutes

(Activity times are based on a 150-pound person.)



### Did you know?

Just because candy corn is fat-free doesn't mean it's healthy. One serving (22 pieces) contains 140 calories; to burn them off, rake leaves for 30 minutes.

### Do one thing.

Try to limit yourself to one sweet treat a day (about 150 calories).

## Live Fit – Time to replace your batteries

The days are getting shorter and it's almost time to turn the clocks back. As we settle into autumn and prepare for winter, make sure you have your heating system serviced by a qualified technician. It is also a great time to change the batteries in your carbon monoxide detectors, smoke alarms, and thermostats.

### Did you know?

Over 13,000 Americans were exposed to carbon monoxide in 2011.

### Do one thing.

Test your smoke alarms and carbon monoxide detectors monthly.

## Eat Fit – Supplement your diet with food

Foods offer an array of valuable nutrients to the body. Diets rich in fruits and vegetables are associated with lower risks of certain chronic diseases and conditions, such as heart disease and cancer.

### Get these vitamins daily through the foods you eat!

- Vitamin A: Milk, cheese, carrots, leafy green veggies, sweet potatoes
- Vitamin C: Citrus fruits, peppers, cantaloupe, mango, papaya, tomatoes
- Folate: Fortified grains, leafy green veggies, legumes, seeds

### Did you know?

Vitamins are essential nutrients that are required for life and health.

### Do one thing.

Make mealtime a rainbow! By selecting an assortment of colorful fruits and vegetables, your body will receive a variety of essential vitamins and minerals.

## Apple Oatmeal

### Ingredients:

- 4 crisp apples, such as Jazz or Pink Lady, divided
- 1 cup steel-cut oats
- 4 cups water
- 3 tablespoons packed brown sugar, divided
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/2 cup nonfat plain Greek yogurt

### Directions:

1. Grate two of the apples using the large holes of a box grater; discard the core.
2. Heat a large saucepan over medium-high heat. Add oats and cook, stirring, until lightly toasted, about two minutes. Add water and the shredded apples; bring to a boil. Reduce heat to maintain a simmer and cook, stirring frequently, for ten minutes.
3. Meanwhile, chop the remaining 2 apples.
4. Stir in the chopped apples, two tablespoons brown sugar, cinnamon, and salt; continue cooking, stirring occasionally, until the apples are tender and the oatmeal is quite thick, about 15 to 20 minutes more.
5. Divide the oatmeal among four bowls. Top each portion with two tablespoons of yogurt and 3/4 teaspoon of brown sugar.

**Servings:** 4

### Nutrition:

**Per serving:** 207 calories; 1g fat; 0mg cholesterol; 46g carbohydrates; 5g protein; 4g fiber; 166 mg sodium

Source: Adapted from EatingWell®, September/October 2012

### healthy tips:

For more information about healthy topics, visit our health library at [bsneny.com/healthandwellness](http://bsneny.com/healthandwellness) or call one of our health coaches at 1-877-878-8785, option 2.