



LiveHealthy

October 2014

October is Breast Cancer Awareness Month

Breast cancer is the second most common cancer in America. Most women and the few men who develop this disease have no family history, nor do they exhibit any detectable symptoms. Still, there are several important steps you can take that will significantly reduce your breast cancer risk:

- Maintain a healthy weight
- Exercise regularly (at least four hours a week)
- Get enough sleep
- Limit alcoholic drinks to no more than one per day
- Avoid exposure to carcinogens that can cause cancer, and excessive or unnecessary X-rays, CT scans and other imaging studies
- If you are taking or considering hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks
- Breastfeed rather than bottle-feed when possible

Talk to your doctor for more ways to reduce your risk of breast cancer.

What is Breast Cancer?

Two genes influence risk for breast cancer: BRCA1 and BRCA2. All men and women have these genes. Normally, they help protect you from getting cancer. But when one or both of these genes have a mutation, they can put you at risk for breast and ovarian cancer.

Without treatment, women with a BRCA gene mutation are seven times more likely than other women to get breast cancer and 30 times more likely to get ovarian cancer before age 70.

Case Management

Support through treatment and recovery

Our Case Management program can help you and your family deal with complex medical needs, including serious medical conditions, extended hospital stays, and organ or tissue transplants.

Our knowledgeable, caring professionals are here to assist you through treatment and recovery, putting your health and quality of life first. They can help coordinate your care, maximize your covered benefits, and work with you to create a customized care plan.

Case Management services are included in your insurance coverage with no extra fee.

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If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, you may be at higher risk for breast cancer and should discuss this with your doctor. If you are unsure of your family history, consider genetic testing.

Breast Lumps

An easy way to screen for breast cancer is with a self-exam, feeling for lumps. While detectable lumps in the breast can be symptoms of breast cancer, many lumps are caused by other medical conditions, such as fibrocystic condition and breast cysts.

Fibrocystic condition causes noncancerous changes in the breast that can make them lumpy, tender, and sore. Cysts are small, fluid-filled sacs that can develop in the breast and are usually benign. If you feel anything, talk to your doctor so he or she can determine what is causing the lump.

Screenings

Screenings such as clinical breast exams and mammograms can detect breast cancer early, when it is more likely to be treatable.

You spend so much time on the clock as mom, wife, daughter, superwoman. This October, take a timeout to care for *yourself*. Call your physician to schedule your annual wellness exam and find out which breast cancer screening tests are right for you.

- Courtesy of CDC.gov

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Recipe Row

Hearty Cauliflower Salad

Ingredients (serves 4):

- 2 cups cauliflower florets
- 1 carrot, shredded
- 2 scallion spears, chopped
- 1 red onion, sliced
- 2 endives, cut
- 4 radishes, sliced
- 8 baby asparagus spears, steamed and cut

For dressing:

- 1 garlic clove, minced
- 1 tbsp honey
- 1-2 tbsp Dijon mustard
- 1 tbsp balsamic vinegar
- 1 tbsp olive oil
- 2 tbsp sugar
- Salt and pepper

Directions:

Toss all vegetables together. In a small bowl, combine all ingredients for dressing and mix until smooth. Add to vegetables. Serve immediately.

Nutrition:

Calories 270 | Fat 18 g | Protein 3 g

See more recipes and share your own tips for living healthy at capitalbluestore.com/blog.

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