



Wellbeing Insights

Living a Better, More Vibrant Life

Spotlight On: Mammography

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Breast Cancer Awareness
Dental Hygiene Month

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What is a mammogram?

A mammogram is an x-ray exam of the breast. Images produced by mammograms give doctors a closer look at changes in breast tissue that may not be felt during a clinical breast exam in order to detect early signs of breast cancer. Mammograms may be used for screening or diagnostic purposes.

- **Screening mammograms** include two images of each breast. They are conducted as a preventive test in those with no obvious signs or symptoms of breast cancer.

A screening mammogram takes approximately 20 minutes to complete.

- **Diagnostic mammograms** are used to check for breast cancer after a lump or other sign of breast cancer has been found. More x-rays are taken, and the technician may magnify certain areas of the breast for a closer look. For this reason, diagnostic mammograms take longer to conduct.

Tell your doctor and technician if you have breast implants. It's important that your technician and radiologist

are experienced in x-raying patients with implants as they can hide some breast tissue and require special care in obtaining accurate and thorough images.

What do mammograms detect?

- **Lumps/masses:** The size, shape and edges of a lump provide insights as to whether or not it may be cancerous. Benign growths often look smooth and symmetrical while breast cancer often has a jagged outline and irregular shape.

Mindful Minute

It can be difficult to forgive. But who hurts most when we don't? This short practice offers a way forward.

- 1. Take your seat.** Take a moment to close your eyes and take a few deep breaths.
- 2. Picture a person.** Visualize a person in your life who has hurt you. This could be a family member, a coworker or a stranger. Recall the actual event(s) that occurred that hurt you.
- 3. Observe the feeling.** Tune in to how the body feels in this moment and what emotions are present. Is there a sense of anger, sadness or other emotions?

- 4. See the thoughts.** Be aware of the thoughts that are circulating around this person. Notice if there are thoughts of hate or spite. Feel the burden that lives inside of you from holding on to past hurts. Ask yourself in this moment: Who is suffering? Are you willing to forgive?

And if not, that's perfectly fine. Perhaps this isn't the time. And if so, just continue on with this short practice. Breathing in, acknowledge the hurt and pain that's there. Breathing out, forgive and release this burden from your heart and mind. You may need to continue this practice off and on for as long as it's helpful to you.

Adapted from mindful.org

“FORGIVENESS IS NOT ABOUT LETTING SOMEONE OFF THE HOOK FOR THEIR ACTIONS, BUT FREEING OURSELVES OF THE NEGATIVE ENERGY THAT BINDS US TO THEM.”

– SATSUKI SHIBUYA

Mammograms

Continued from page 1

- **Calcifications:** Calcifications are deposits of calcium in the breast that appear as small white specks on a mammogram. Depending on their size and location, a grouping of calcifications may be a sign of cancer.

What if my mammogram is abnormal?

Mammograms are an important part of the diagnosis of breast cancer, but your doctor will use other information to assess your breast health. In addition to the mammogram, physical exam and family history, an abnormal mammogram reading may lead your doctor to perform other tests such as an MRI, biopsy, ultrasound or diagnostic mammogram.

How often should I receive a mammogram?

Not all organizations agree on breast cancer screening guidelines.

For example, the U.S. Preventive Task Force recommends screening every two years for women ages 50 to 74. The American Cancer Society recommends women begin annual screenings at age 45. Both organizations acknowledge that screening beginning at, or even before, age 40 makes sense for some women.

When to begin screening is a personal decision. If you are over 40 and have not yet discussed a screening plan with your doctor, it would be very wise to do so at your next annual exam. Ask your doctor to discuss screening schedule options for you based on your personal and family history, health risks and insurance coverage.

Why does breast density matter?

Breast density is the proportion of fat to connective tissue in the breast. Breast density typically decreases with age, particularly after menopause.

However, $\frac{2}{3}$ of women in their 40s still have dense breasts and $\frac{1}{3}$ of these women's breasts do not get less dense after menopause. Not only is dense breast tissue itself a risk factor for developing cancer, it also makes tumors more difficult to identify on a mammogram. In an x-ray, both dense breast tissue and tumors appear white, making it very difficult to distinguish between them. Mammograms identify approximately 80 percent of tumors in fatty breasts and as few as 40 percent in dense breasts.

It is important to know your breast density and insist on additional or more thorough testing if you have dense breasts. This may include a new screening method called molecular breast imaging or “MBI” which uses gamma imaging and has been found to be more effective at identifying tumors in women with dense breast tissue.

On the Menu

Flaxseed

Flaxseed has been on list of wonder foods for a number of years now, popping up in all sorts of granola bars, cereals and cracker snacks. The hype around flaxseed is certainly justified; rich in antioxidants, calcium and iron, this seed is worth getting on the menu. The recommended daily amount of flaxseed for health benefits is 2 tablespoons. This small dose provides a whopping 4 grams of fiber and meets your daily recommended dose of omega-3. This nutritional profile makes flaxseed excellent for digestive health along with reducing your risk for heart disease, stroke, diabetes and many cancers. Many women have reported that taking flaxseed regularly helps alleviate hot flashes as well.

Flaxseed is sold in many forms, and they are each a bit different:

- **Whole flaxseeds** can pass through your body undigested, which means you miss out on most of the health benefits. If you buy whole seeds, put them through a coffee grinder before using.
- **Flaxseed oil** contains all the nutrients of the seed other than the fiber. If you want to reap the digestive benefits, this is not your best option.
- **Ground flaxseed** is the star! Also called “milled flaxseed” or “flaxseed meal,” this form will ensure you receive all the benefits this super seed has to offer.

Ground flaxseed has very little flavor and is the consistency of flour, making it easy to incorporate into your diet.

Here are some tips for adding it to your diet:

- Add it to foods you eat regularly. It will blend right into a cup of yogurt, a bowl of cereal, oatmeal, soup or smoothies.
- Bake it into cookies, muffins, pancakes, breads, etc. by substituting a few tablespoons of flour with ground flaxseed.
- Hide it in dark, moist dishes such as stew, meatloaf or enchiladas.
- Make “flax eggs.” Combine 1 tablespoon of ground flaxseed with 1½ tablespoons of water and allow it to rest for 5 to 15 minutes. The result is a sticky mixture that can be used as an egg substitute in most baking recipes. Each flax egg is the equivalent of one real egg.

Keep It Fresh

In order to retain nutrients store flaxseed in an airtight, non-metal, dark container in the fridge or freezer. While it can take years for flaxseed to noticeably lose flavor, the rate at which the nutrient content diminishes greatly depends on type of seed and storage method. Whole flaxseeds will preserve their nutritional integrity longest. If you do not plan to use your flaxseeds quickly, consider buying whole seeds and grinding them yourself before using.



Pumpkin Flax Pancakes

Ingredients:

- 1/3 cup pumpkin puree
- 2 eggs
- 2 Tbsp. ground flaxseed
- 1 tsp. vanilla extract
- 1 tsp. Stevia (about 5 drops if using liquid stevia)
- 1/2 tsp. baking soda or baking powder
- 1/2 tsp. pumpkin pie spice
- 1/4 tsp. cinnamon
- Sprinkle of salt

Directions:

- Preheat pan/griddle to medium heat with a drizzle of olive oil or coconut oil.
- Whisk all of the ingredients together in a mixing bowl until smooth.
- Pour a small amount of your batter into the pan. Let cook for 2 to 3 minutes until edges start to look done and the middle is full of bubbles. Flip and let cook 1 to 2 more minutes.
- Top with your favorite ingredients and enjoy! (Our favorite: dark agave nectar and chopped pecans)

Serves 2. Recipe can easily be doubled.

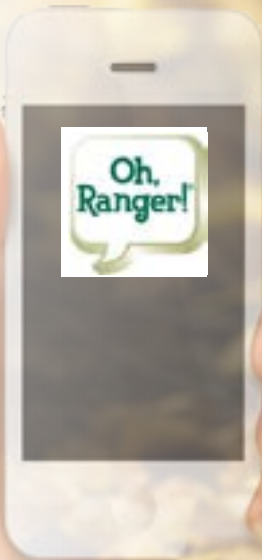
Nutrition Info	
Per serving (1/2 recipe)	
Calories	122
Carbohydrates	6.4g
Fiber	3.3 g
Protein	7.3g
Sodium	381mg

App in a Snap

Name: Oh Ranger!

Price: Free

Focus: Physical & Mental Wellbeing



Oh, Ranger! is your virtual map to parks in the U.S. This comprehensive database includes national parks and forests, all federally managed recreation destinations, all state parks, and all local parks. Simply enter your location to explore the parks near you. You can filter the parks based on your desired activity. The app includes vivid pictures and links to each park's website to help you select your next destination.

This year marks the centennial for national parks in the U.S. Join in the celebration by enjoying our nation's public spaces using Oh Ranger! as your guide.

Step into Fall

Walking is the single most useful way to increase physical activity. Its benefits have been very widely researched and well-documented. Increasing your daily steps is linked to lowering risk of disease (particularly heart disease and type-2 diabetes) and death. You will also notice the more immediate rewards of improved mood, less stress and better sleep as you ramp up your walking breaks.

With crisp air and colorful crunchy leaves, fall is the perfect time of year to ramp up your walking before winter hits. Here are some tips not only to get you walking outside but also to boost your step count throughout the entire day:

- Make a walking date with a friend or set up a friendly challenge via an app such as My Fitness Pal.
- If you use an activity device, track your steps and make it a goal to increase each day.
- Park a little farther from the office or store.
- Take the stairs.
- Talk to coworkers in person instead of through email or phone.
- Skip the conference room; arrange for walking meetings.
- Forget about unpacking the groceries in one trip; extra trips mean extra steps.
- Pace during daily activities such as talking on the phone, brushing your teeth or waiting on the microwave.
- Make it a goal to create at least two new opportunities to walk each day.
- Circle around your house or even around the block before picking up your mail.
- Walk the perimeter of the store before you begin shopping.
- Pass by the drive-thru and walk into the restaurant or bank instead.
- Early for your appointment? Good for you! Don't sit and wait; go for a quick stroll after you check in.

Brush Up on Dental Hygiene

- 1. Brush your teeth twice a day with a soft-bristled brush and change your toothbrush every 2 to 3 months.** If you struggle with stains, try brushing with baking soda once per week; you can use it just as you would toothpaste.
- 2. Floss your teeth every day.** We know this is a tough one. If you are not accustomed to flossing, you may start out by aiming for once a week and increase frequency as it becomes a habit.
- 3. Clean your tongue each time you brush.** You can use your toothbrush for this, but using a professional tongue cleaner is ideal for wiping out excess bacteria.
- 4. Visit your dentist every 6 months for a routine check-up and cleaning.**

5. Eat wisely.

- Avoid sweets, fruit and starchy food before bedtime. Saliva production slows down overnight rendering your mouth less effective at successfully clearing the sugary debris that leads to cavities.
- Eat sticky or chewy foods throughout your meal (not after or between meals). This will allow you to better clear foods that easily become stuck in your teeth.
- Try cleansing foods such as raw apples, celery or carrots at the end of your meal.



Guide to Freezer Meals

Preparing meals in advance can give you back a lot of your evening time. Many people have even taken to the idea of cooking an entire month of dinners in one day! Whether you are looking to try this technique or simply save a little time and money by taking full advantage of your freezer space, these tips will keep you on track.

Top Tips for Freezing

- Cool foods before you freeze them. The temperature in your freezer rises when warm foods are added to it, which can cause food to freeze at an uneven pace and even begin to thaw other foods that were frozen.
- To maintain quality and integrity of food, never re-freeze anything that's been frozen.
- Don't freeze to avoid waste. The point of freezing is to capture food in its prime. So as tempting as it may be to throw those week-old leftovers in the freezer for a rainy day, that day rarely comes and freezing food certainly doesn't improve the quality of the food.

- Wrap properly.
 - Wrap solid foods such as meats and baked goods in foil before placing in a bag.
 - Get as much air out of your packaging as possible.
 - Re-wrap meat before freezing if it was packaged on a Styrofoam tray.
 - Package in the smallest portions possible that still make sense for your purpose.



How to Thaw Frozen Food

- **In the refrigerator:** If you can plan a couple of days in advance, this is the safest method of thawing.
- **In cold water:** Keep your food in its packaging and place in a clean sink full of cool water.
- **In a microwave:** Always use the defrost setting to maintain the texture of your food as much as possible. Plan to cook your food immediately after thawing in the microwave.

Fridge Only – Don't Freeze

- Raw eggs in the shell
- Hard boiled eggs
- Vegetable with a high water content: lettuce, cucumbers, radishes, tomato, watermelon, citrus fruit
- Yogurt, cream cheese, cottage cheese, sour cream, milk- or egg-based sauces such as mayonnaise or gravy
- Fried foods

Keeping Your Financial Goals on Track: a Checklist to Help You Finish the Year Strong



As we start the final quarter of the year, now is the perfect time to take stock of where you stand financially and make any necessary tweaks to accomplish the goals you've set for yourself. Your financial plan can change suddenly, depending on life circumstances, so a quarterly check in helps you stay on track.

1. Have you maximized your minimum retirement benefit? Most employer-sponsored retirement programs (i.e., 401k or 403b) will offer some type of employer contribution. If your employer offers a 3 percent matching contribution, make sure you have, at the bare minimum, contributed 3 percent of your salary. If your savings target is more than 3 percent of salary (which it should be), make the necessary adjustments to try and get there.
2. The holidays are just around the corner. Now is the time to create a budget and start parking some money in your savings account. Did you know there are banks offering up to \$300 just for opening an account? A great tip to help save for the holidays is to find one of those banks, open a savings account and start saving. If your budget is \$600, this method can get you 50 percent of the way there.
3. Make sure your emergency savings fund is still adequate. A good guideline is a minimum of 3 months' salary to be set aside for unforeseen circumstances.
4. Check in on your life insurance needs. Life insurance is not something that most people think about annually. Most believe that once you have it, you've completed your job. The amount of life insurance you carry should be tied to your current financial situation, which changes constantly. Use this equation to guide your life insurance selections:

$$6x \text{ Annual Salary} + \text{Outstanding Debt} + \text{Future Financial Obligations}^* - \text{Total Personal Savings} = \text{Amount of Life Insurance You Should Own}$$

**Children's college and weddings are good examples.*

This checklist will help you take the action steps necessary to achieve your financial goals for the year. Start now because 2017 is just around the corner.

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