



# Wellness Newsletter

## Autumn Health & Safety Tips

Help ensure your autumn plans include ways to stay safe & healthy.

Keep your kids safe & healthy. Get involved in your kids' activities at home and at school.

Get a flu vaccination every autumn. The single best way to protect against the flu is to get vaccinated each year. October through December is the best time to get vaccinated.

Use antibiotics wisely. Get Smart about Antibiotics Week is in October. Antibiotics can cure bacterial infections, but not viral infections. The common cold and the flu are viral infections, so avoid using antibiotics if you have one of these.

Have a safe & healthy Halloween. Make Halloween festivities fun, safe, and healthy for

trick-or-treaters and party guests.

Test & replace batteries. Check or replace carbon monoxide and smoke detector batteries twice a year when you change the time on your clocks each spring and fall.

Keep food safe. Food is the center stage during holidays. Be sure to keep it safe by following basic food safety steps.

Learn your family history. At the next family gathering, talk about and write down the health conditions that seem to run in your family.

Be prepared for cold weather. Know how to prevent cold weather related health problems and what to do if a cold weather health emergency arises.

[www.cdc.gov](http://www.cdc.gov)

*Have a Safe and Healthy Autumn!*

## DATES TO REMEMBER

### SEPTEMBER

America On the Move's Steptember Campaign

[www.americaonthemove.org](http://www.americaonthemove.org)

Fruit & Veggies - More Matters Month

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

National Cholesterol Education Month

[Http://hp2010.nhlbihin.net/cholmonth](http://hp2010.nhlbihin.net/cholmonth)

Ovarian Cancer Awareness Month

[www.ovarian.org](http://www.ovarian.org)

Prostate Cancer Awareness Month

[www.fightprostatecancer.org](http://www.fightprostatecancer.org)

### OCTOBER

Halloween Safety Month

[www.preventblindness.org](http://www.preventblindness.org)

Healthy Lung Month

[www.lungusa.org](http://www.lungusa.org)

National Breast Cancer Awareness Month

[www.nbcam.org](http://www.nbcam.org)

National Dental Hygiene Month

[www.adha.org](http://www.adha.org)

"Talk About Prescriptions" Month

[www.talkaboutrx.org](http://www.talkaboutrx.org)



## Let's Get Physical!!!

"Walk to School" week takes place the first week of October, so join in your child's "Walk to School" Week activities. Find out what your child's school has planned. Or organize your own activities with other families. Make walking to school a daily routine. Create a team of parents who can take turns walking students safely to school. If it is too far to walk, drive students but park a few blocks away and then walk.

Visit [www.cawalktoschool.com](http://www.cawalktoschool.com) for more information.

If walking to school is not possible, consider other safe places to walk - the library, park, or around your neighborhood. Be a role model and make walking a regular part of your life. Studies show that children who see their parents having fun and being active are more likely to stay active their entire lives. Walk up stairs, walk to the market, or take a family walk after dinner.

For more physical activity ideas, visit: [www.kidnetic.com](http://www.kidnetic.com) & [www.verbnow.com](http://www.verbnow.com).



### Recommended Daily Amounts of Fruits & Vegetables\*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2 1/2 - 5 cups per day	3 1/2 - 6 1/2 cups per day	3 1/2 - 6 1/2 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.



*Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all.*  
- Stanley Horowitz





## Prostate Cancer Awareness Month

### PSA Blood Test

Know your score. The Prostate Specific Antigen (PSA) blood test doesn't show whether or not you have prostate cancer - only whether or not you need further testing. Annual screening should start at age 45 for the general population, but the right age to start depends on your level of risk.

While you can't change your genes, changes in your lifestyle especially diet and exercise can make a difference when it comes to prostate cancer prevention.

### Eat a Healthy Diet

Diet is one prevention measure that is completely under your control. There are certain foods that help in the decrease in PSA levels, reduce the risk of prostate cancer, and slow the growth of cancer. There is growing evidence that changing your diet and behavior can lower your risk. Remember, it is important to speak to your doctor before embarking on a diet plan that includes dramatically increasing your consumption of any one food. Here are some suggested foods to include in your diet:

- Soy
- Tomatoes
- Fish Oil containing Omega-3 fatty acids
- Mushrooms
- 5 servings or more of fruit per day
- Vitamin D and E
- Green Tea
- Pomegranates
- Drinking four or more glasses of Red Wine a week
- 3 or more servings of cruciferous Vegetables (broccoli & cabbage) per day

## Fall Back!!

Don't forget to set your clocks back one hour on November 1st for Daylight Savings Time!



## Roasted Butternut Squash



Ingredients: Makes 4 servings at 3/4 cup each

- 2 lbs butternut squash
- 1 T vegetable oil
- 1 t thyme
- 1 t sage
- 1 t salt
- Nonstick cooking spray

1. Preheat oven to 425 F.
2. Peel squash and cut in half lengthwise. Remove seeds & cut into cubes.
3. In a bowl, toss squash with oil & seasonings until well coated.
4. Spray a cookie sheet with nonstick spray & spread squash cubes in a single layer.
5. Bake for 45 minutes or until tender.
6. Serve warm.

## National Cholesterol Education Month

### What do Your Cholesterol Numbers Mean??

Everyone age 20 and older should have their cholesterol measured at least once every 5 years. It is best to have a "lipoprotein profile" blood test to find out your cholesterol numbers. This test is done after a 9 to 12 hour fast and gives information about your:

- **Total Cholesterol**
- **LDL (bad) Cholesterol** - the main source of cholesterol buildup & blockage in the arteries
- **HDL (good) Cholesterol** - helps keep cholesterol from building up in the arteries
- **Triglycerides** - another form of fat in your blood

HDL (good) cholesterol protects against heart disease, so for HDL, higher numbers are better. Triglycerides can raise heart disease risk. Borderline levels may need treatment in some people.

### What Affects Cholesterol Levels??

**Diet** - saturated fat & cholesterol in your food can make you cholesterol level go up.

**Weight** - being overweight is a risk factor for heart disease & it tends to increase your cholesterol.

**Physical Activity** - regular activity can help lower LDL (bad) and raise HDL (good) cholesterol levels. Try to be active for 30 minutes on most, if not all, days.

**Age & Gender** - as women and men get older, their cholesterol levels rise. Before the age of menopause, women have lower cholesterol totals than men of the same age. After the age of menopause, women's LDL levels tend to rise.

**Heredity** - your genes partly determine how much cholesterol your body makes. High blood cholesterol can run in families.



October is Breast Cancer Awareness Month! Except for skin cancers, breast cancer is the most common cancer in women, but it can be successfully treated. Screening tests can find cancer early, when it's most treatable. Know your Risk. Get Screened. Know what is Normal for You. Make Healthy Lifestyle Choices. Early Detection is the Key!



The excitement of children & adults at this time of year sometimes makes them forget to be careful. Simple common sense can do a lot to stop any tragedies from happening. Make Halloween a fun, safe and happy time for your kids and they'll carry on the tradition that you taught them to their own families some day!!



We're on the Web!!  
[www.healthcomp.com](http://www.healthcomp.com)



Any additional information you are interested in receiving, on a number of different topics, please don't hesitate to call your personal Wellness Nurse 1-800-442-7247