



# Positive Pulse Wellness Newsletter

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"Promote and protect the wellness of our community through education, programs, and services".

## Breast Awareness and Self-Exam

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October is National Breast Cancer Awareness Month.

### Breast Awareness and Self-Exam:

Beginning in their 20's, women should be told about the benefits and limitations of breast self-exam (BSE). Even those who choose not to do BSE should be aware of how their breasts normally look and feel and report any new breast changes to a health professional as soon as they are found. Finding a breast change does not necessarily mean there is cancer.

### How to Examine Your Breasts:

Lie down on your back and place your right arm behind your head. The exam is done while lying down, not standing up. This is because when lying down the breast tissue spreads evenly over the chest wall and is as thin as possible, making it much easier to feel all the breast tissue.

Use the finger pads of the 3 middle fingers on your left hand to feel for lumps in the right breast. Use overlapping dime-sized circular motions of the finger pads to feel the breast tissue.

Use 3 different levels of pressure to feel all the breast tissue. Light pres-



sure is needed to feel the tissue closest to the skin, medium pressure to

feel a little deeper, and firm pressure to feel the tissue closest to the chest and ribs. It is normal to feel a firm ridge in the lower curve of each breast, but you should tell your doctor if you feel anything else out of the ordinary. If you're not sure how hard to press, talk with your doctor.

Move around the breast in an up and down pattern starting at an imaginary

### Special points of interest:

\* October 2015 Monthly Challenge Options: Complete the Spooktacular 30 Day Total Body Challenge; Eat a serving of both fruits and vegetables, with every meal of the day, at least 3 times a week for the month of October 2015.

line drawn straight down your side from the underarm and moving across the breast to the middle of the chest bone. Be sure to check the entire breast area going down until you feel only ribs and up to the neck or collar bone.

Repeat the exam on your left breast, putting your left

arm behind your head and using the finger pads of your right hand to do the exam.

While standing in front of the mirror with your hands pressing firmly down on your hips, look at your breasts for any changes in size, shape, contour, or dimpling, or redness or scaliness of the nipple or breast skin.

Examine each underarm while sitting up or standing and with your arm only slightly raised so you can easily feel in this area. Raising your arm straight up tightens the tissue in this area and makes it harder to examine.

## Walking—Surgeon General's Call to Action to Promote Walking and Walkable Communities

Why Not Walk!!! The *Physical Activity Guidelines* for Americans recommend that adults get at least 150 minutes of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity physical activity, or an equivalent combination each week. The guidelines also recommend that children and adolescents be active for at least 60 minutes every day. Following these guidelines can contribute to overall health, and decrease the risk of chronic diseases such as heart disease, cancer, or diabetes. Walking is a great way to

get the physical activity needed to obtain health benefits. Walking does not require any special skills. It also does not require a gym membership or expensive equipment. Why not add walking as part of your daily routing??? The importance of walking is very evident in the *Surgeon General's Call to Action to Promote Walking and Walkable Communities*. As a health department let's make it a goal and mission to promote walking and this Surgeon General's Call to Action! The Positive Pulse Wellness Coordinator (myself : ) ) will now be co-

ordinating an optional "walking club" that will take place once a week for 30 minutes during WCDHD's scheduled lunch break, Please look for a survey via email from me in the next week or two to help decipher what day would work best for the majority of employees interested.



## Coping With Stress At Work

Any job can have stressful elements, even if you love what you do. In the short-term, you may experience pressure to meet a deadline or to fulfill a challenging obligation. But when work stress becomes chronic, it can be overwhelming — and harmful to both physical and emotional health. You can't always avoid the tensions that occur on the job. Yet you can take steps to man-

age work-related stress.

**Common Sources of Work Stress:** Low salaries, excessive workloads, few opportunities for growth or advancement,

lack of social support, and conflicting demands or unclear performance expectations.

**Effects of Uncontrolled Stress:** a stressful work environment can contribute to problems such as headache, stomachache, sleep disturbances, short temper and difficulty concentrating. Chronic stress can result in anxiety,

In 2012, 65 percent of Americans cited work as a top source of stress, according to the American Psychological Association's (APA) annual Stress in America Survey. Only 37 percent of Americans surveyed said they were doing an excellent or very good job managing stress.

insomnia, high blood pressure and a weakened immune system. It can also contribute to health conditions such as depression, obesity and heart disease. Compounding the problem, people who experience excessive stress often deal with it in unhealthy ways such as overeating, eating unhealthy foods, smoking cigarettes or abusing drugs and alcohol.

### Taking Steps to Manage Stress:

Track your stressors, develop healthy responses, establish boundaries, take

time to recharge, learn how to relax, talk to your supervisor, and get some support.



## Brandi's "Clean Eating" Halloween Treat Recipe of the Month

[Apple Monster Mouths \(source Thrifty-fun.com\)](#)

1. Cut apple into 8 sections, then halve each to form "lips", slicing off core and seed portions.
2. Spread peanut butter or almond butter on one side of each slice.
3. Press mini marshmallows into the nut butter to form "teeth", placing 1 marshmallow behind the main row to stabilize the top lip.
4. Place the top lip onto the marshmal-

low teeth.



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