



Positive Pulse Wellness Newsletter

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

YOU CAN'T **FIGHT** IF YOU DON'T KNOW.

SCHEDULE YOUR MAMMOGRAM TODAY



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Breast cancer is the most common cancer among women in the U.S. and around the world. In 2017, about 255,180 new cases of invasive breast cancer will be diagnosed in the U.S. alone. Progress in treatment and early detection has led to improved survival for people of all ages and races, and with all stages of breast cancer. In fact, there are more than 3.1 million breast cancer survivors in the U.S. today (more than any other group of cancer survivors).

What is Breast Cancer

Breast cancer occurs when cells divide and grow without their normal control. In 2017, it's estimated that among U.S. wom-

en there will be 252,710 new cases of invasive breast cancer and 40,610 breast cancer deaths.

Warning Signs:

The warning signs of breast cancer are not the same for all women. The most common signs are a change in the look or feel of the breast, a change in the look or feel of the nipple and nipple discharge.

Breast Cancer Screening Tests:

Tests include a clinical breast exam and mammography. For some women at higher risk of breast cancer, breast MRI may also be used. Women ages 45-54. Women 55+ should get a mammogram every 2 years, as long as a woman is in good health.

Treating Breast Cancer

If breast cancer is found, it can be treated. Breast cancer treatment is tailored to your specific breast cancer, the stage of the breast cancer, your overall health, age and other medical issues as well as your personal preferences. Each treatment option has risks and benefits to consider along with your own values and lifestyle.



National Domestic Violence Awareness Month

October is Domestic Violence Awareness Month. Numerous ways exist to enhance prevention efforts in your community. A key strategy is preventing domestic violence, often called intimate partner violence, is promoting respectful, nonviolent relationships.

Intimate Partner Violence (IPV)

Is a serious, preventable public health problem that affects millions of Americans. The term, "intimate partner violence" describes physical, sexual, or psychological harm by a current or former partner or spouse. This type of violence can occur among heterosexual or same sex couples and does not require sexual intimacy.

The goal is to stop IPV before it begins. There is a lot to learn about how to prevent IPV. We do know that strategies that promote healthy behaviors in relationships are important. Programs that teach young people skills for dating can prevent violence. These programs can stop violence in dating relationships before it occurs.

Why is Intimate Partner Violence a Public Health Problem?

Data from CDC's National Intimate Partner and Sexual Violence Survey (NISVS) indicate:

- ◆ 1 in 4 women and 1 in 9 men in the U.S. have experience contact sexual violence, physical violence, or stalking by an intimate partner, and reported that the violence in that relationship impacted them in some way.
- ◆ Almost 1/3 of women and more than 1/4 of men experienced physical violence by an intimate partner in their lifetime. This includes being hit with something hard, being kicked or beaten, or being burned.
- ◆ 1 in 6 women (16.4%) and 1 in 14 (7.0%) experienced contact sexual violence by an intimate partner during their lifetime, 9.0% of women and 2.0% of men were stalked by an intimate partner during their lifetime.
- ◆ Among victims of contact sexual violence, physical violence, or stalking by an intimate partner, 71% of women and 58% of men first experienced these types of violence before the age of 25.

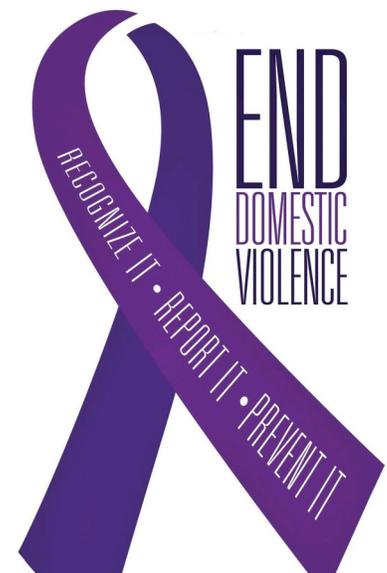
Join CDC in Preventing Intimate Partner Violence

CDC has developed a technical package to help states and communities prioritize efforts to prevent intimate partner violence. A technical package is a collection of strategies that represent the best available evidence to

prevent or reduce public health problems such as violence. The Package highlights six strategies to prevent IPV:

- ◆ Teach safe and healthy relationship skills
- ◆ Engage influential adults and peers
- ◆ Disrupt developmental pathways toward partner violence
- ◆ Create protective environments
- ◆ Strengthen economic supports for families
- ◆ Support survivors to increase safety and lessen harms

The technical package is a resource to guide decision-making to help communities and states stop IPV before it starts, support survivors, and lessen the short and long-term harms of IPV.



"Clean Eating" Recipe (www.nhlbi.nih.gov)

One Pan Healthy Sausage and Veggies

Prep Time

10 mins

Cook Time

30 mins

Total Time

40 mins

Servings: 4 if served with rice/quinoa

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Ingredients

- 2 cups (~1 small) red potato
- 3/4th pound green beans
- 1 large head of broccoli (~ 1 and 1/2 cups)
- 1 and 1/2 cups chopped bell peppers 2 large or 6-7 mini sweet bell peppers
- 9 ounces smoked sausage I use turkey or chicken, not ground sausage
- 6 tablespoons olive oil
- 1/4 teaspoon red pepper flakes optional
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1 tablespoon dried oregano
- 1 tablespoon dried parsley
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Serve with: fresh parsley, quinoa/rice, lots of freshly grated Parmesan cheese

Instructions

1. Preheat the oven to 400 degrees F.
2. Line a large sheet pan with foil or parchment paper.
3. Prep the veggies: chop the red potatoes (pretty small pieces here so they will be tender in time), trim the green beans and halve (see video above recipe), chop the broccoli, chop the peppers into thick squares, and coin the sausage in thick slices.
4. Place all the veggies and sausage on a sheet pan. Pour the olive oil and all the spices on top. Toss to evenly coat all the veggies and meat.
5. Bake 15 minutes, remove from the oven and flip/stir all the veggies around. Return to the oven and bake for another 10-15 minutes or until vegetables are crisp tender and sausage is browned.
6. If desired, sprinkle freshly grated Parmesan cheese over the veggies and sausage as soon as they come out of the oven.
7. Enjoy with rice or quinoa and fresh parsley if desired.

★★★★★
4.91 from 43 votes



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