

# OCTOBER 2015 UPDATE

## Five Ways to Reduce Your Breast Cancer Risk

While you can't change some breast cancer risk factors—family history and aging, for example—there are some risk factors that you can control. And while there is no sure way to prevent breast cancer, there are things you can do that may lower your risk. Here are 5 ways to help protect your breast health.

**1. Watch your weight.** [Being overweight or obese increases breast cancer risk.](#) This is especially true after menopause and for women who gain weight as adults. After menopause, most of your estrogen comes from fat tissue. Having more fat tissue can increase your chance of getting breast cancer by raising estrogen levels. Also, women who are overweight tend to have higher levels of insulin, another hormone. Higher insulin levels have also been linked to some cancers, including breast cancer.

If you're already at a healthy weight, stay there. If you're carrying extra pounds, try to lose some. There's some evidence that losing weight may lower breast cancer risk. Losing even a small amount of weight – for example, half a pound a week – can also have other health benefits and is a good place to start.

**2. Exercise regularly.** Many studies have found that [exercise is a breast-healthy habit.](#) The difference in risk between the most active and the least active women is typically around 25%. In one study from the Women's Health Initiative, as little as 1.25 to 2.5 hours per week of brisk walking reduced a woman's risk by 18%. Walking 10 hours a week reduced the risk a little more.

The American Cancer Society recommends getting at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous activity each week. (Or a combination of both.) And don't cram it all into a single workout – spread it out over the week.

**3. Limit time spent sitting.** Evidence is growing that sitting time, no matter how much exercise you get when you aren't sitting, [increases the likelihood of developing cancer, especially for women.](#) In an American Cancer Society study, women who spent 6 hours or more a day sitting outside of work had a 10% greater risk for invasive breast cancer compared with women who sat less than 3 hours a day, and an increased risk for other cancer types as well.

**4. Limit alcohol.** Research has shown that [women who have 2 to 5 alcoholic drinks daily have a higher risk of breast cancer](#) than women who drink only 1 drink a day or not at all. Studies have found evidence that links even lower levels of drinking alcohol to an increase in breast cancer risk. As little as 3 to 6 glasses of wine a week has been shown to slightly increase breast cancer risk.

It's not clear how or why alcohol increases the risk, or which women are most likely to be affected. But limiting alcohol is especially important for women who have other risk factors for breast cancer, such as breast cancer in their families.

**5. Avoid or limit hormone replacement therapy.** [Hormone replacement therapy \(HRT\)](#) was used more often in the past to help control night sweats, hot flashes, and other troublesome symptoms of menopause. But researchers now know that postmenopausal women who take a combination of estrogen and progestin may be more likely to develop breast cancer. Breast cancer risk appears to return to normal within 5 years after stopping the combination of hormones. Talk with your doctor about all the options to control your menopause symptoms, and the risks and benefits of each. If you do decide to try HRT, it is best to use it at the lowest dose that works for you and for as short a time as possible.

## 15 Best Superfoods for Fall

With the weather about to get cooler, produce choices are heating up. These amazing seasonal foods are the perfect excuse to visit your local farmers market.



Apples  
Brussels sprouts  
Parsnips  
Pears  
Rutabaga

Cauliflower  
Winter squash  
Pumpkin  
Sweet potatoes  
Turnips

Pomegranates  
Dates  
Kiwi  
Grapefruit  
Tangerines

## EVENTS

Oct 1 – 31 [Marathon in a Month](#)

Oct 10 [Yoga on the Plaza](#)

8am, Prete Main Street Plaza

[Outlaw Trail 100 Cycling Tour](#)

8am-5pm, Old Settlers Park/Dell Diamond

Oct 17 [Vern's No Frills 5K](#)

8 am, Berry Springs Park, Georgetown

Oct 21 & 22 [VI Pink: Mammogram Screenings](#)

Seton Medical Center, Round Rock

Oct 30 [Chair and Table Massages](#)

11:30-3:30, Baca Center

\$15-Chair (15 min); \$30-Table (30 min)

Call 512-736-9131 for appt

**OCTOBER 2015 UPDATE****GROUPS**

**Basketball:** Every Tuesday/Thursday at noon, Clay Madsen Rec Center. Contact Ryan Beardmore for details at rbeardmore@roundrocktexas.gov

**Walk Across Texas:** a free 8-week program designed to help Texans establish the habit of regular physical activity. For more information, click [here](#).

**CLASSES**

**CoRR Fit:** This 1 hour class is designed to optimize muscle building and muscle retention during weight loss. Each class targets maximum weight loss through high intensity intervals in a group setting. This program is customized for all levels of fitness and offered Monday/Wednesday/Friday mornings and Tuesday/Thursday afternoons to accommodate your schedule. Click [here](#) for full details.

**PROGRAMS**

**Healthy Computing, Stretches and Exercises:** Most injuries that happen at work are caused by physical stress and strain, such as sitting in the same position for a long time, making repetitive movements, which leads to overuse. Ergonomics can help you be more comfortable at work and help lower stress and injury. It is recommended to incorporate exercise and stretches in your daily routine to prevent injury. To view the CoRR Risk Management plan, click [here](#).

**Stretch N'Go Program:** This program has the same purpose as Healthy Computing Stretches and Exercises but is designed to target employees performing field work. Click [here](#) for details.

**WEB RESOURCES**

[One-Stop Guide for Living with Diabetes](#)

**Healthy Bites** - check out this month's recipe

[Employee Net](#)

[Slow Cooker Chicken and Mushroom Gravy](#)

[Breast Cancer Symptoms: What You Need to Know](#)



[Quiz – Do You Know the Difference Between a Cold and an Allergy?](#)

**Aetna Resources:** Please visit [aetna.com](http://aetna.com) for more information.

Aetna Care Pass: CarePass connects you to health and fitness apps to help you with your goals. Click [here](#) for more details.

**LOCAL RESOURCES**

The clinic offers employees enrolled in the CORR Health Care Plan a convenient source for healthcare *at no cost*. Now there is no need to go off-site for treatment and no waiting in the doctor's office.. It is equipped to treat everything from minor scrapes to diabetes. The clinic is located at 901 Round Rock Avenue, Suite 300.



To schedule an appointment, contact the *clinic at 512-904-0009*. Or call the *scheduling line at 866-959-9355*, Monday 6am to 4pm, Tuesday through Friday 6am to 7pm and Saturday 7am to 12pm.

**Walk-in hours.**

Monday - Friday  
7 am to 8 am

**Clinic hours**

Monday 7am to 4pm (closed noon to 1)  
Tues - Thurs 7 am to 5pm (closed noon to 1)  
Friday 7am to 12pm

**Round Rock Parks and Recreation/Clay Madsen Recreation Center** – Membership is free for all City employees. Click [here](#) for a detailed listing of available classes or [here](#) for PARD programs

**Round Rock Public Library** – A wealth of resources available including books, DVDs and magazines. Library cards are **free** to employees.

**Lactation Room:** This room is solely for the use of nursing mothers, who are City of Round Rock employees, in need of a private place to nurse or pump. It is located on the 3<sup>rd</sup> floor of City Hall in the Administration office, next to the break room.

**Know of an upcoming event or program?**

**Have an idea for a program?**

**Suggestions for future newsletters?**

**PLEASE LET US KNOW**

by emailing [wellnesscommittee@roundrocktexas.gov](mailto:wellnesscommittee@roundrocktexas.gov) or call 512-218-5410

## Cancer Awareness

Cancer is the 2<sup>nd</sup> leading cause of death in the United States. About 300 of every 100,000 Americans develop cancer each year, and the U.S. has the seventh highest cancer rate in the world. Much of the suffering and death from cancer could be prevented by more systematic efforts to reduce tobacco use, improve diet and physical activity, and expand the use of established screening tests.

### Did you know?

In 2015, there will be an estimated 1,665,540 new cancer cases diagnosed and 585,720 cancer deaths in the US.

Cancer is on the way to becoming the number one killer disease in the US.

### Top 5 Cancer Killers:

1. Lung Cancer
2. Colon Cancer
3. Breast Cancer
4. Pancreatic Cancer
5. Prostate Cancer



### The Evolution of Cancer:

The DNA of a cell becomes mutated.

The cell splits via mitosis to create a new cell, and damaged DNA is then copied into the new cell.

These cells continue to replicate and damaged DNA spreads over time until whole areas become cancerous or a tumor forms.

Source: American Cancer Society, 2014,  
<http://www.cancer.org/research/cancerfactsstatistics/cancerfactsfigures>

### Steps to reducing your risk of cancer:

#### Step 1: Don't use Tobacco.

Tobacco use is responsible for 90% of lung cancer deaths in men and 80% in women. Consider quitting methods to reduce your risk of certain types of cancers.

#### Step 2: Eat a healthy diet.

A diet high in whole grains, fruits, vegetables and lean proteins like chicken and fish may help to prevent cancers. Consume red meats and alcohol in moderation.

#### Step 3: Maintain a healthy weight and be physically active.

#### Step 4: Protect yourself from the sun.

It is recommended that all adults have an annual skin exam with a physician to check for signs of skin cancer.

#### Step 5: Get immunized.

Hepatitis B and Human papillomavirus (HPV) vaccines could help prevent certain types of cancers.

#### Step 6: Avoid risky behaviors.

Practice safe sex and don't share needles to reduce risk of infections that could lead to cancers.

#### Step 7: Get regular medical care.

It is recommended that all adults have an annual physical exam with their primary care provider. Often a doctor can find early cancer during a physical exam or with routine tests, even if a person has no symptoms.

# Breast Cancer Awareness

Breast cancer is cancer that forms in the cells of the breasts. Breast cancer is the second most common cancer diagnosed in women in the United States. Breast cancer can occur in both men and women, but it's far more common in women. Substantial support for breast cancer awareness and research funding has helped improve the screening and diagnosis and advances in the treatment of breast cancer.

## Breast Self-Exam (BSE)

**Step 1:** Begin by looking at your breasts in the mirror with your shoulders straight and your arms on your hips. Look for:

Breasts that are their usual size, shape, and color

Breasts that are evenly shaped without visible distortion or swelling

**Step 2:** Raise your arms and look for the same changes.

**Step 3:** While you're at the mirror, look for any signs of fluid coming out of one or both nipples (this could be a watery, milky, or yellow fluid or blood).

**Step 4:** Next, feel your breasts while lying down, using your right hand to feel your left breast and then your left hand to feel your right breast. Use a firm, smooth touch with the first few finger pads of your hand, keeping the fingers flat and together. Use a circular motion, about the size of a quarter

**Step 5:** Finally, feel your breasts while you are standing or sitting. Cover the entire breast, using the same method as step 4.

## Signs and Symptoms of Breast Cancer

It is important to look out for changes to the skin and texture of the breast.

One of the most common symptoms is a lump which feels different from the rest of the breast and the discovery of a lump helps identify over 80% of cases.

Other changes might include:

- Changes to the size, shape or texture of the breast or nipple.
- The appearance of small white spots.

The American Cancer Society recommends that a woman obtain her first baseline mammogram at the age of 40. After that, she should receive a yearly mammogram.

## Did you know?

- Staying at a healthy weight, being physically active, and limiting how much alcohol you drink can help reduce your risk of breast cancer. Regular screening can often find breast cancer early when treatments are more likely to be successful..

# Prostate Cancer Awareness

Prostate cancer is one of the most common types of cancer in men. Prostate cancer usually grows slowly and initially remains confined to the prostate gland, where it may not cause serious harm. While some types of prostate cancer grow slowly and may need minimal or no treatment, other types are aggressive and can spread quickly. Prostate cancer that is detected early — when it's still confined to the prostate gland — has a better chance of successful treatment.

## Factors that can increase your risk of prostate cancer include:

**Older age.** The risk of prostate cancer increases with age. Prostate cancer is most common in men older than 65.

**Ethnicity.** Black men have a greater risk of prostate cancer than do men of other races. In black men, prostate cancer is also more likely to be aggressive or advanced. It's not clear why this is.

**Family history.** If men in your family have had prostate cancer, your risk may be increased. Also, if you have a family history of the BRCA1 or BRCA2 gene mutation or a very strong history of women with breast cancer, your risk for prostate cancer may be higher.

**Obesity.** Obese men diagnosed with prostate cancer may be more likely to have advanced disease that's more difficult to treat.

## Signs and Symptoms of Prostate Cancer

Symptoms include:

- pain
- difficulty urinating
- frequent urination
- difficulty ejaculating
- blood in the urine (hematuria)
- sexual problems
- erectile dysfunction

Men over age 40 should have a yearly digital rectal exam to check the prostate gland for hard or lumpy areas. A PSA blood test can be performed to screen for the disease and should be done annually in males 40+ or performed as directed by your physician.

Often a doctor can find early cancer during a physical exam or with routine tests, even if a person has no symptoms.

## Did you know?

- The prostate is a small, walnut-sized structure that makes up part of a man's reproductive system. It wraps around the urethra, the tube that carries urine out of the body.
- Prostate cancer causes 5.1% of all cancer deaths in the U.S and is the 5th most deadly type of cancer.