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The Stall Street Journal

Fire Prevention Week

Everyone needs to have an escape plan.

In a fire, seconds count. Seconds can mean the Difference between residents of our community escaping safely from a fire or having their lives end in tragedy.



Test your smoke alarms at least once a month. Press the test button to be sure the alarm is working.

Smoke alarms save lives. Smoke alarms that are properly installed and maintained play a vital role in reducing fire deaths and injuries. If there is a fire in your home, smoke spreads fast and you need smoke alarms to give you time to get out.

Source: <http://www.nfpa.org/public-education/campaigns/fire-prevention-week>

Head to the Trails this Fall

Take Advantage of Autumn Activities: Autumn group events like pumpkin picking, corn mazes, haunted trails, and building leaf piles are active options that can also be fun bonding experiences for family and friends. Fall is one of the most beautiful times of year for getting outside. Grab a friend and find some local parks or trails to walk, run or bike and take in the view of changing leaves.



Source: livingstrong.com

Breast Cancer Awareness Month

- On average, every 2 minutes a woman is diagnosed with breast cancer and 1 woman will die of breast cancer every 13 minutes.
- Over 2.8 million breast cancer survivors are alive in the United States today.

5 WAYS TO HELP PREVENT BREAST CANCER

Every two minutes, a woman is diagnosed with breast cancer.

What can you do?



Exercise.

Studies show that even moderate physical activity, such as one to two hours of brisk walking each week, can help reduce your risk for breast cancer. Sweating it out with vigorous exercise for up to 10 hours each week can reduce that risk even further.



Maintain a healthy BMI.

Women who are overweight and obese, especially those who are post-menopausal, are at an increased risk for breast cancer. Aim to keep your body mass index in a healthy range between 18 and 24.9.



Drink less.

For women, the risk of breast cancer rises with the amount of alcohol consumed. Limit yourself to an average of no more than one drink per day.



Know the signs.

Be aware of how your body looks and feels. Don't wait to report any changes to a doctor.



Be your own advocate.

Discuss your personal risk factors with a doctor or genetic counselor, and initiate a proactive plan of action to help lower your risk and protect your health.

Source: American Cancer Society on Nutrition and Physical Activity for Cancer Prevention



Patient care and research partner:



For more information please visit www.nationalbreastcancer.org

Expecting trick-or-treaters?

Follow these tips to help make the festivities fun and safe for everyone:

- Provide healthier treats for trick-or-treaters such as low-calorie treats and drinks. For guests, offer a variety of fruits and vegetables.
- Keep candle-lit jack o'lanterns and luminaries away from doorsteps, walkways, landings, and cutains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.
- Remind drivers to watch out for trick-or-treaters and to drive safely.



Source: www.cdc.gov



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