

October 2018

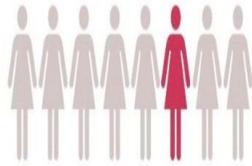
The Stall Street Journal

National Breast Cancer Awareness Month

1 in 8

WOMEN

WILL BE DIAGNOSED WITH
Breast Cancer
IN THEIR LIFETIME



Facts About Breast Cancer in the United States:

- Breast cancer is the most commonly diagnosed cancer in women.
- Breast cancer is the second leading cause of cancer death among women.
- Each year it is estimated that over 252,710 women in the United States will be diagnosed with breast cancer.
- Over 3.3 million breast cancer survivors are alive in the United States today.

What Can I Do to Reduce My Risk?

Although you cannot prevent cancer, some habits that can help reduce your risk are:

- Maintain a healthy weight
- Stay physically active
- Eat fruits and vegetables
- Do not smoke
- Limit alcohol consumption

For more information please visit www.nationalbreastcancer.org

Raking Leaves is Great Exercise

Get in a workout without having to pay for a gym membership with fall yardwork. Mulching, planting spring bulbs and trimming trees all raise your heart rate moderately as you squat, reach and pull. A tree-filled yard tasks you with plentiful raking and bagging of leaves. How many calories you burn depends on your size and how long it takes you to do the job.



A 125-pound person burns about 120 calories raking for a half hour, while a 185-pound person burns 178 calories. The calories burned raking leaves is equivalent to walking at a brisk 3.5 mph pace, horseback riding or participating in a stretching yoga class or water aerobics.

Source: livestrong.com

Health Benefits of Pumpkin Seeds

When you carve your pumpkin in October, rather than just tossing the seeds, roast them in the oven for a nutritious snack. Pumpkin seeds, also called pepitas, are a natural source of vitamins, minerals and essential fatty acids.

Pumpkin seeds can be boiled, baked or eaten raw. They are low-calorie, high-nutritive snacks and can help improve various physical conditions including prostate and bladder problems. If you're buying pumpkin seeds at the grocery store, steer clear of the heavily salted pepitas as they can add too much sodium to your diet.



A 1-ounce serving of roasted pumpkin seeds – about a handful – contains 163 calories and gives you almost 8.5 grams of protein. That's 15 percent of the daily requirement for men and 18 percent for women. The same-size serving is low in carbs, providing just 4 grams, almost half of which come from fiber, a nutrient that supports healthy digestion and helps you feel full longer.

Source: livestrong.com

The Flu Season

While seasonal influenza (flu) viruses are detected year-round in the United States, flu viruses are most common during the fall and winter. The exact timing and duration of flu seasons can vary, but influenza activity often begins to increase in October. Most of the time flu activity peaks between December and February, although activity can last as late as May.

"Take 3" Actions to Fight the Flu

1. Vaccinate
2. Stop Germs – Wash your hands often with soap and water, cover your nose and mouth with a tissue when you sneeze, and clean and disinfect surfaces and objects
3. Use Antiviral Drugs if your doctor prescribes them

Source: cdc.gov

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