

September 2018

The Stall Street Journal

Overian Cancer Awareness Month

Did You Know...



1 in 75

An estimated 1 woman in 75 will develop ovarian cancer in her lifetime.

90%

When diagnosed and treated in the earliest stages, 5-year survival rate is over 90%.

➔ The Pap test does not detect ovarian cancer

Potential signs and symptoms of ovarian cancer:

- ➔ Bloating
- ➔ Pelvic or abdominal pain
- ➔ Trouble eating or feeling full quickly
- ➔ Feeling the need to urinate urgently or often

Persistence of Symptoms

Persistence of symptoms is key. Because these signs and symptoms of ovarian cancer have been described as vague or silent, only approximately 19 percent of ovarian cancer is diagnosed in the early stages.

For more information please visit www.ovarian.org

Grilled Pineapple Sundaes

YIELDS: 4

PREP TIME: 10 MINS

TOTAL TIME: 10 MINS

INGREDIENTS

- 4 pineapple slices
- 4 scoops vanilla ice cream
- Dulce de leche, for drizzling
- 2 tbsp. sweetened shredded coconut, toasted



DIRECTIONS

1. Heat grill to high. Grill pineapple until charred, 1 minute per side.
2. Top each pineapple slice with vanilla ice cream and drizzle with dulce de leche or caramel. Top with shredded coconut and serve immediately.

Source: delish.com

Child Passenger Safety Week

Car crashes are a leading cause of death for children ages 1 to 13. Many times, deaths and injuries can be prevented by proper use of car seats, boosters and seat belts.

Tips on Child Passenger Safety

- Children should ride in the back seat at least through age 12
- Always be consistent and wear your seat belt; driver safety belt use strongly influences whether your child will buckle up
- The life of a car seat is from six to eight years
- Air bags can save the lives of older children and adults, but they can be fatal for young children



Kids and Hot Cars

Dozens of children die every year in hot cars, with incidents peaking between Memorial Day and Labor Day.

- 87% of children who die are 3 years or younger
- 54% are forgotten in a vehicle
- 28% are playing in an unattended vehicle
- 17% are intentionally left in a vehicle by an adult

Source: nsc.org

Back to School Tips for Parents

- Meet the new teacher
 - Breaking the ice early on is one of the best ways to calm everyone's fears. Take advantage of your school's open house or back-to-school night.
- Tour the school
- Connect with friends
 - A familiar friend can make all the difference when heading back to school.
- Ease into the routine

Source: pbs.org



Brought to you by:

Relph Benefit Advisors
AN ALERA GROUP COMPANY